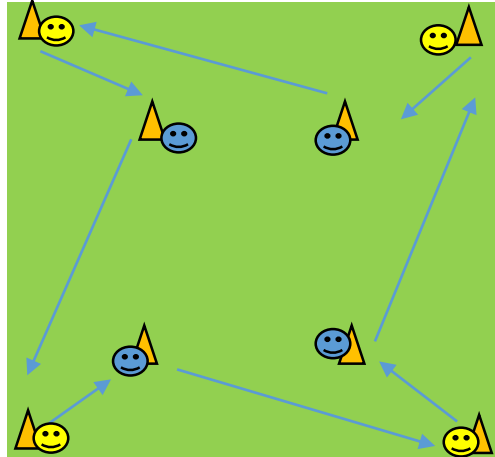


Theme of Session: Effective use of the ball to develop fitness

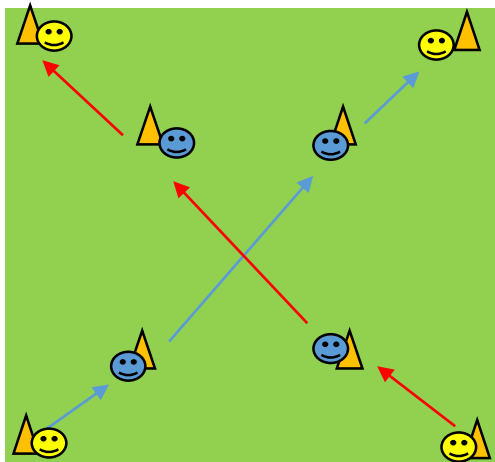
Teaching Points/ Key Words

- Organise so ball is heavily involved
- Various movements/ skills can be performed
- Change the focus every few minutes, try to have 3/4 variations
- Combine dynamic stretches/ movements with the ball work/ speed

1

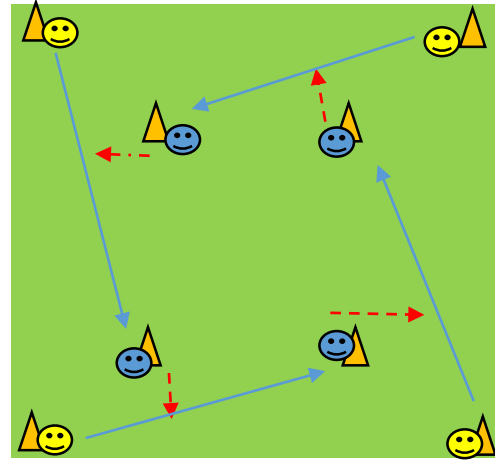


- 4 men in the middle (blue)
- 4 groups on the outside (yellow)
- Yellow gives it to blue, takes the return ('glued to man in the middle)
- Progress to partner (one gives, other receives)



- 4 men in the middle (blue)
- 4 groups on the outside (yellow)
- Yellow makes a 1, 2 with blue when taking the ball from the outside.

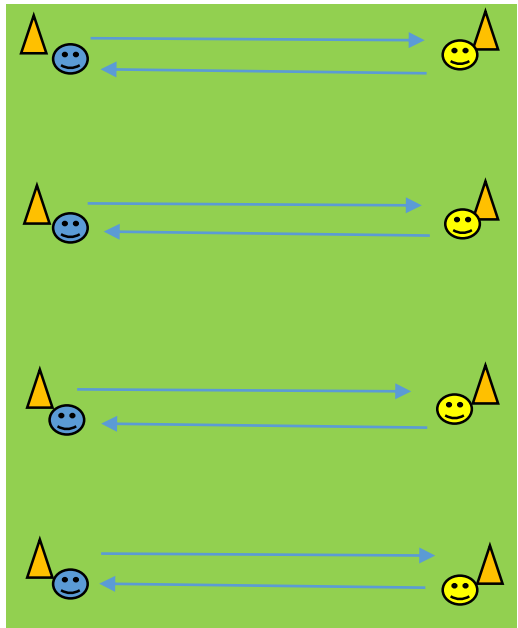
Teaching Points/ Key Words



Pick Ups

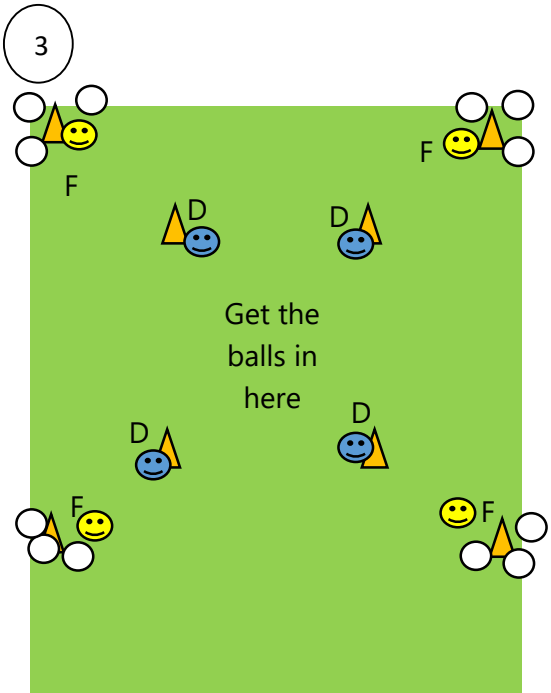
- 4 men in the middle (blue)
- 4 groups on the outside (yellow)
- Yellow throws ball out
- Pick Up and give to the next man.

2

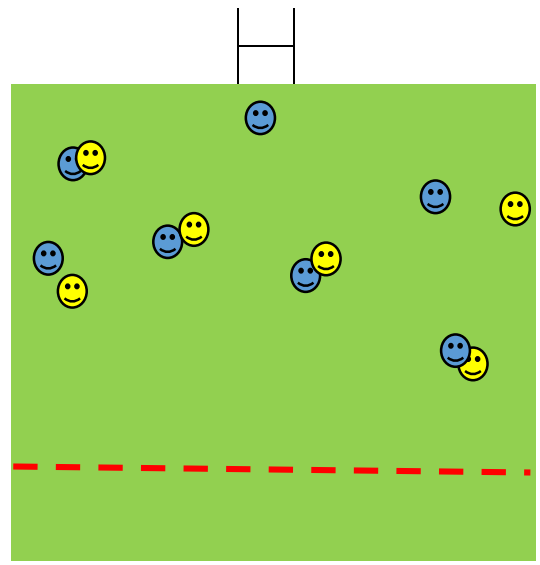


1. Start straight line in the group passing (blue to yellow)
2. Change to support drills (4 men in a line, passing across the line)
3. Change back to kick passing in the line.

Teaching Points/
Key Words



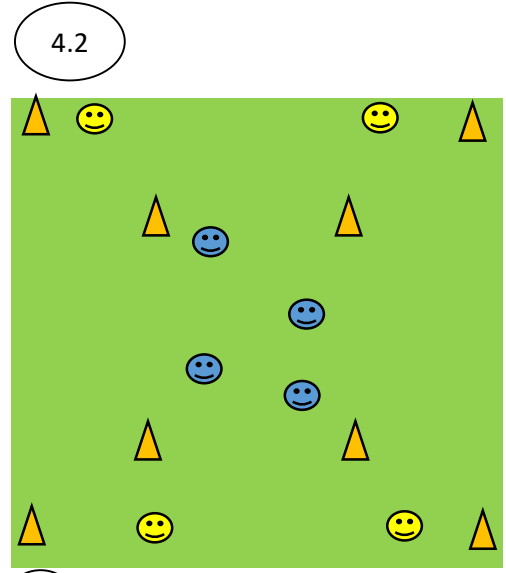
4.1



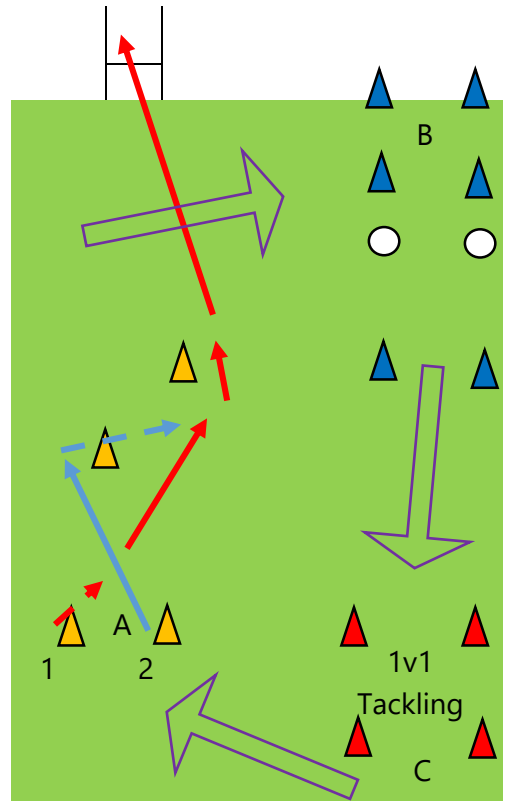
- Pick Ups
- 4 men in the middle (defenders)
 - 4 groups on the outside (forwards)
 - 1 v 1 tackling
 - Forwards try to get ball into the square
 - Forwards can get a ball from any of the 4 corners
 - Can add additional defenders to double up & forwards to support.

- Keeper kicks out the ball and team who winds it must work it beyond the 65m line.
- Can add in extra forwards or defenders
- If turnover – attack
- If you get to the 65m line, turn and attack.

Teaching Points/
Key Words



5

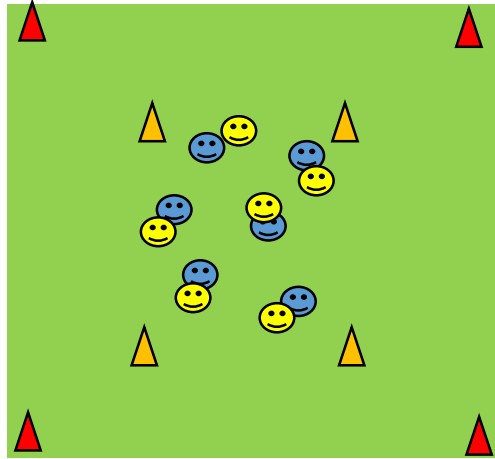


- Divide into two groups
- Yellows (outside group), on the coaches whistle sprint around outside & give the pass to the next man.
- Blues solo the ball in the middle

- Combination Drill
- A. Shooting Drill
 - B. Pick Up's in the corner
 - C. Tackling Drill 1v1

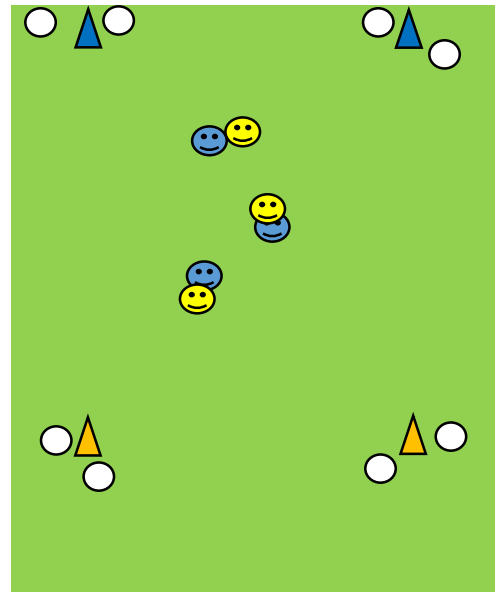
Teaching Points/
Key Words

6



6v6/ 7v7
 - Get 2/3 passes inside the small box and then run outside the poles (red cones).
 - Try to get 2 30m runs and passes inside the poles
 - Hard runs to make space.

7

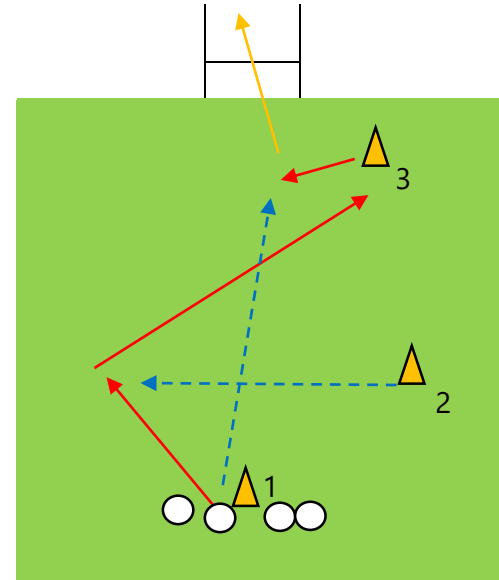


3 attack 3
 - Each team tried to work the ball over the line.
 - Player that carries the ball over the line is out, so it then becomes a 3v2.
 The 3 then get the ball from the corner & attack.
 - Each time they score they lose that player,
 - Team with no players left win.

- All about using extra man effectively

Teaching Points/
Key Words

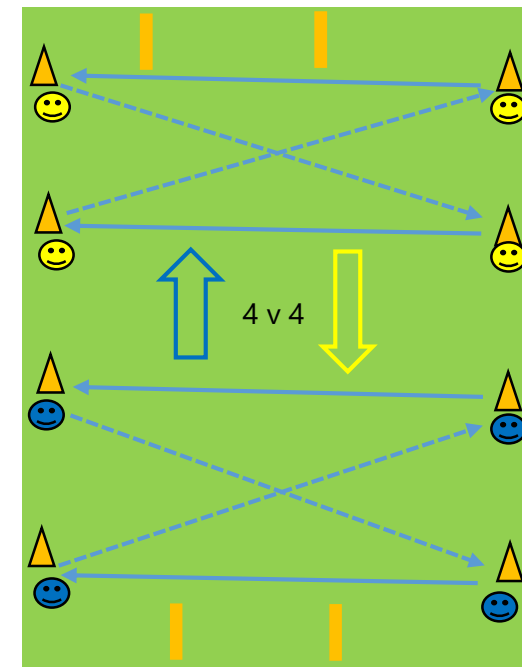
8



Shooting Drill
 - Pass (red arrow)
 - Run (blue arrow)
 - Shoot (yellow arrow)

- 1. Kick pass and follow up with straight run towards goals
 - 2. Makes run across field, takes pass and delivers diagonal ball
 1 3. Wins diagonal ball and lays off to 1. coming through the centre
 - 1. Takes the shot

9



- Run with ball straight, give to man at the cone and run diagonal, take the next ball and do the same.
 - On the whistle it becomes a 4v4 on the pitch, up & down
 - On the next whistle, can be a run or a shot in the big goals.

