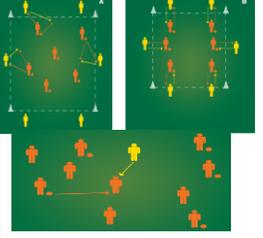
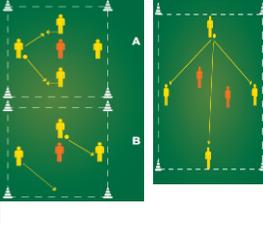
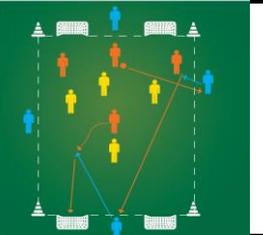




Session Plan



Topic (Session Objective)	Striking the Ball - Passing / Shooting - Looking for good pace and direction.				
Date / Team					
S.E.T.U.P	Balls	Bibs	Cones	Players	
	50% of team	4 blue, 4 Orange, 4 Green	12	12	
Skill Introduction Grid 20 x 20 Half team outside without ball, other half in grid with ball.			<p>(1) The player inside the grid, dribbles freely, until they can pass to a 'free' player on the outside. Change every 2 mins, use both left foot only or right foot only.</p> <p>(2) Players start a meter apart in pairs, striking ball backward and forward, then move closer, then move back.</p> <p>(3) Tagging game, player without ball can be tagged, so they must call for the ball to prevent this. One tagger to start, every second player with ball</p>		<p>Pass ball when 'player is opened'</p> <p>Pass ball with good pace.</p> <p>Look where you run when passing the ball back.</p>
Skill Training Grid size 10 x 10 or 15 x 15.			<p>(1) Depending on skill of players, start with basic positioning games (3v1, 4v1)</p> <p>Players in Yellow need to move so that the person with the ball always has option left or right.</p> <p>Ball strike must be with good pace and direction.</p> <p>(2) 4 v 2 - Look to pass btw defenders.</p>		<p>Players keep body open to field and stay out of corners.</p> <p>3 v 1 , need to move when the ball moves.</p>
Skill Game			<p>3 teams of 4, one team on outside of grid, other two playing inside. Players on outside can be used by team with ball (8v4), as bouncers. Striking the ball, make sure passing channel is free, move to get ball back. Aim is to get combinations going with people on the outside. Swap every 3 mins.</p>		<p>2-3 touches max, as we are focusing on passing.</p> <p>Wall players, only two touches, then one if good enough.</p>

CHANGE IT

CHAPTER 11