

Breakaway

Category: Warm Up

Length: 00:15 Rec. Players: 15

Published: January 21, 2015 @ 20:10

Practice Theme/Topic

General Notes

Arrival activity is 2v2 games. Players to organise pitches and score by shooting through opponents goal.

Aims & Objectives

To develop agility & create space as individuals

Organisation & Setup

Three channels with a guard/tagger in each channel.

Football scattered at one end.

Players start at opposite end to footballs, run through the channels to collect a ball and then move back to the start with their ball. Place ball down on the ground when they arrive back at the start.

If tagged, return to the start without a ball.

Coaching Factors & Outcomes

Can you see space to move through?

Can you create space to move through?

Start position when beginning?

Movement with bent knees and low centre of gravity to change direction quickly (agility)

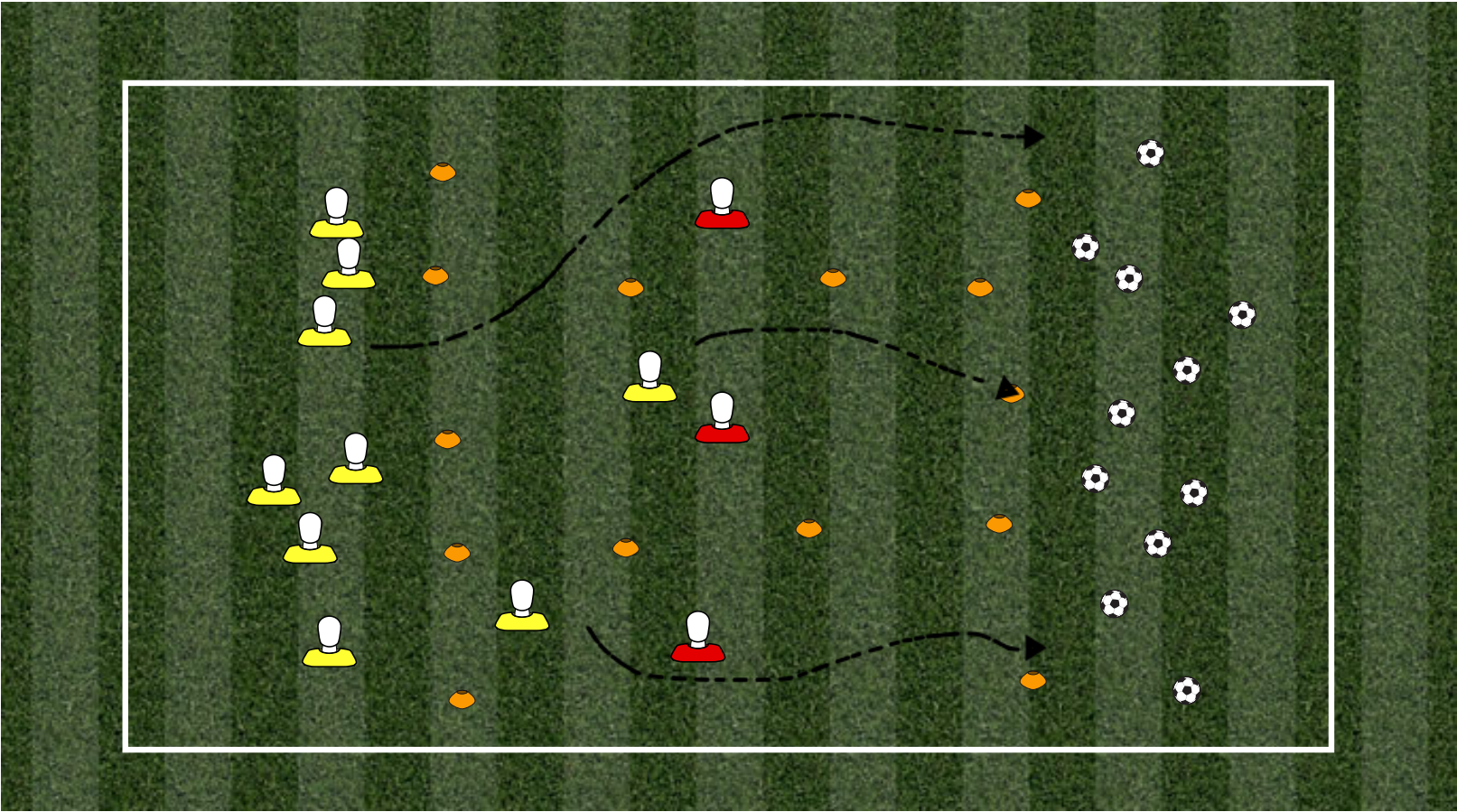
Adaptation & Progression

Football can be used in hands or at feet

Size of each grid

Players may be asked to use specific movements to move through the channels (ie skipping or jumping)

Guards could be locked into channels or can have no more than 2 guards in each channel.



Coaching Point #1

Try to recognise space
Where is there space?
What do you need to do to get there?

Coaching Point #3

Try to move into space
How can you create space?
What movements do you use in space?

Coaching Point #2

Try to use set position to start
What part of the foot do you start on?
How should your knees and upper body be positioned?

The practice is designed to allow players to move around a grid and to pass between teams mates, as this progresses, the practice becomes more challenging.

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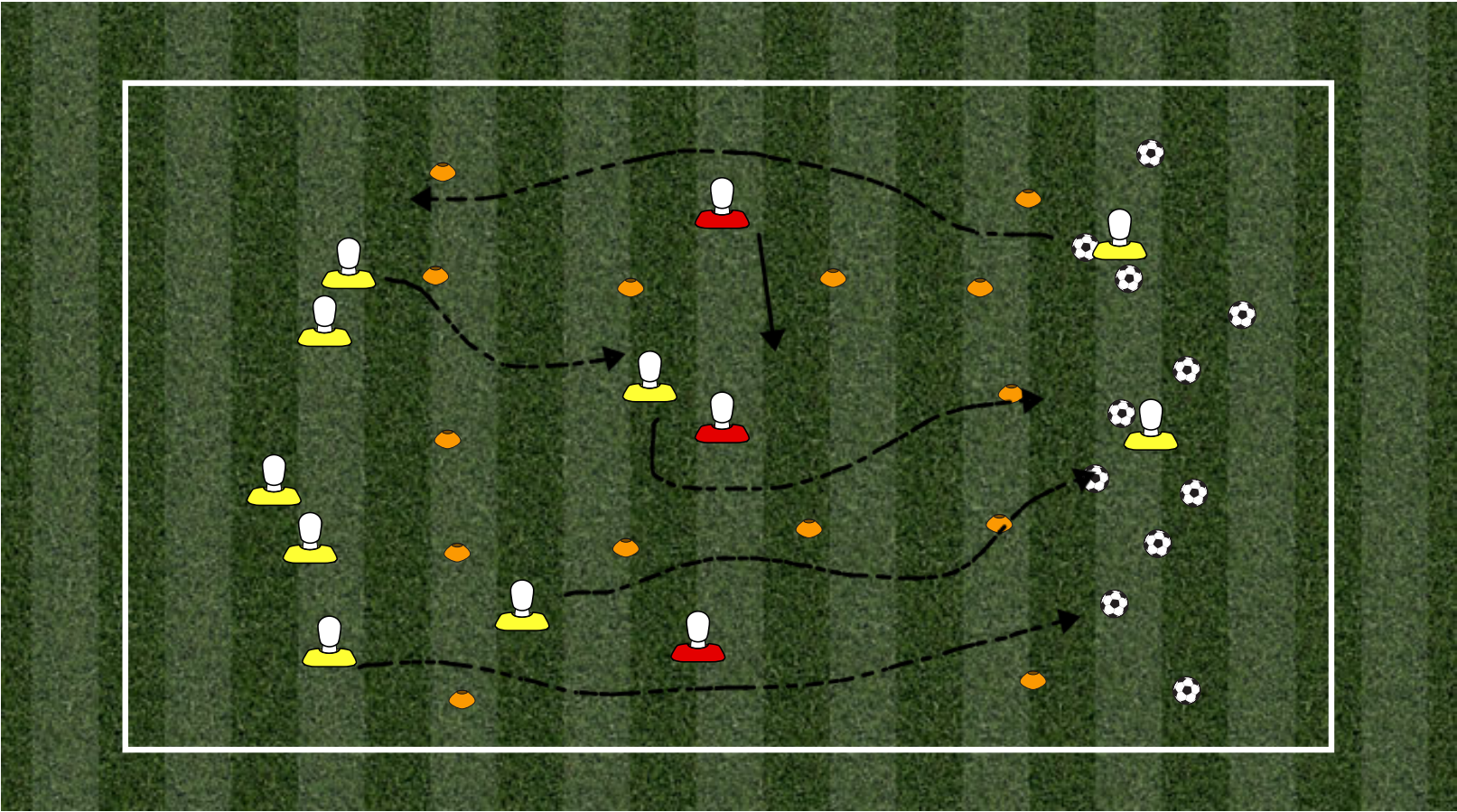
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Channels In Pairs

Category: Attacking

Length: 00:30 Rec. Players: 15

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Practice Theme/Topic

General Notes

N/A

Aims & Objectives

To develop team work and movement to support a team mate within semi-opposed practices

Organisation & Setup

3 channels with a guard in each channel.

In pairs, players need to work their way to the opposite end, take a football to share and move the ball back to the end they started at. Guards will try to tag them if they don't have a ball (return to start) or tackle the ball if it is in their channel. Guards stop the ball by a cone if they gain possession for one goal.

Rotate guards after all footballs are stopped at end the pairs started at.

Coaching Factors & Outcomes

Working in a team

Support team mate

Looking after the ball with a partner

Adaptation & Progression

Progression - include goals at the end they start at so once they move the ball through the channels they can have a shot at goal

Size of channels can be different

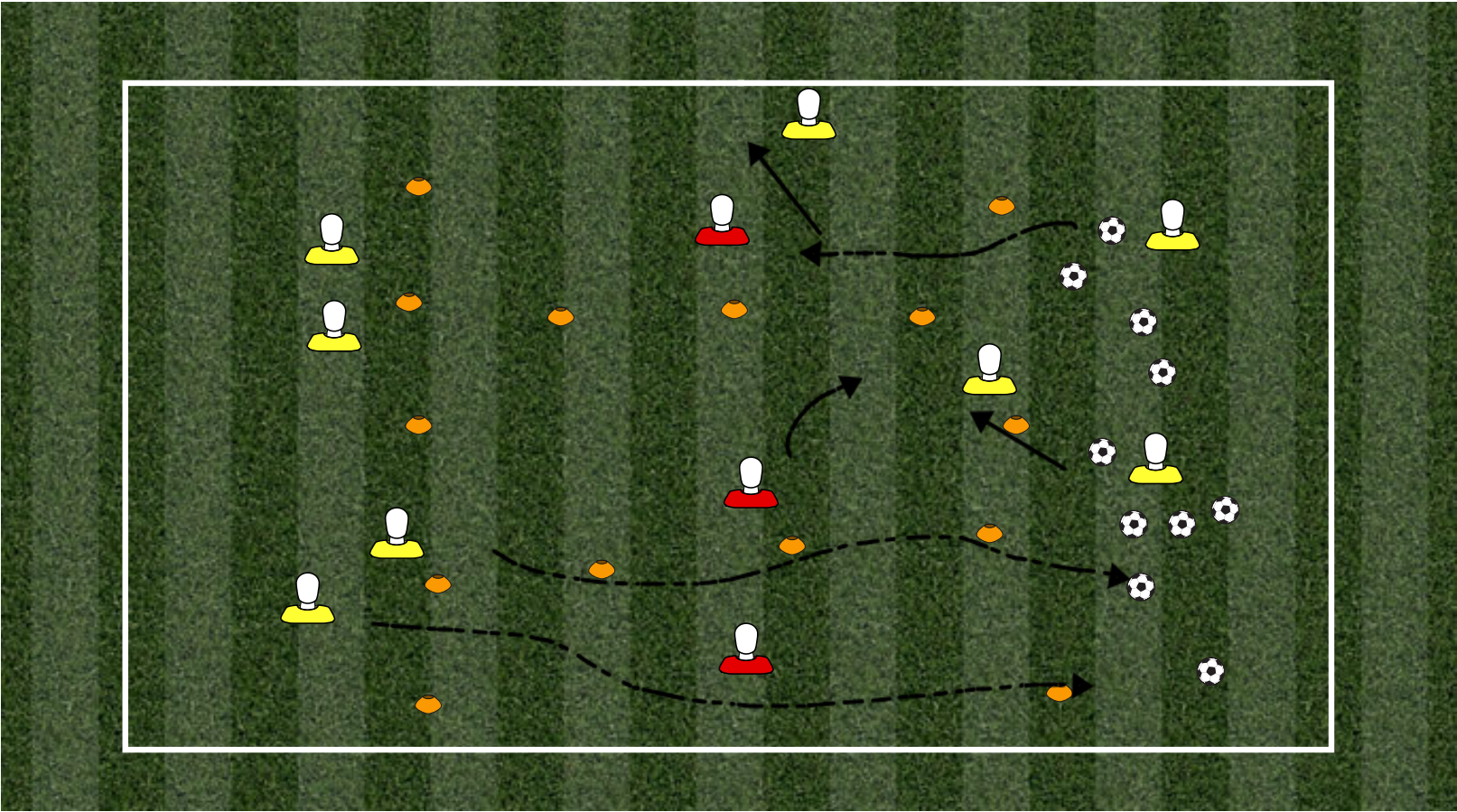
Numbers on each team could change

Guards could be allowed to work together in each channel or locked into individual channels.

Technical

Possession (individual and pair)

Physical



Coaching Point #1

Try to create space
How will you create space with a partner? What will this help you do?

Coaching Point #3

Try to move so you can see the ball
Why does this help you? What does seeing the ball help you do?

Coaching Point #2

Try to work together
How can you work together?
Where can you move?

Coaching Point #4

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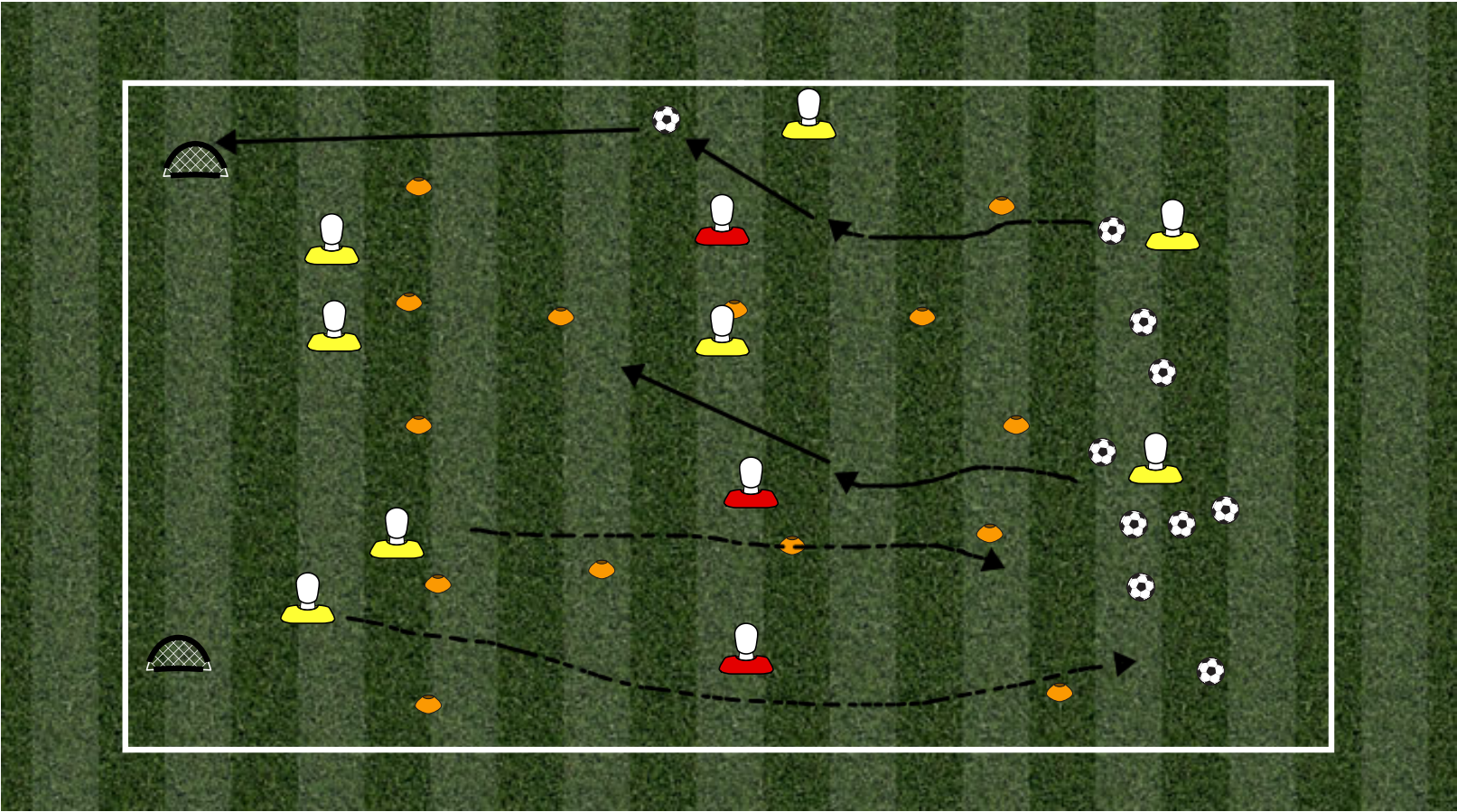
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Where can you move?

Coaching Point #4

2v2 Games

Category: Small Sided Games

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Practice Theme/Topic

General Notes

N/A

Aims & Objectives

Working in pairs within opposed practices

Organisation & Setup

2v2, goal at each end.

Coaching Factors & Outcomes

Follow up coaching outcomes from previous part of practice

Adaptation & Progression

May include a half way line, with one player challenged to be in each half if required for creating space in pairs (shown on diagram)

Technical

Possession (individual and pairs)

Physical

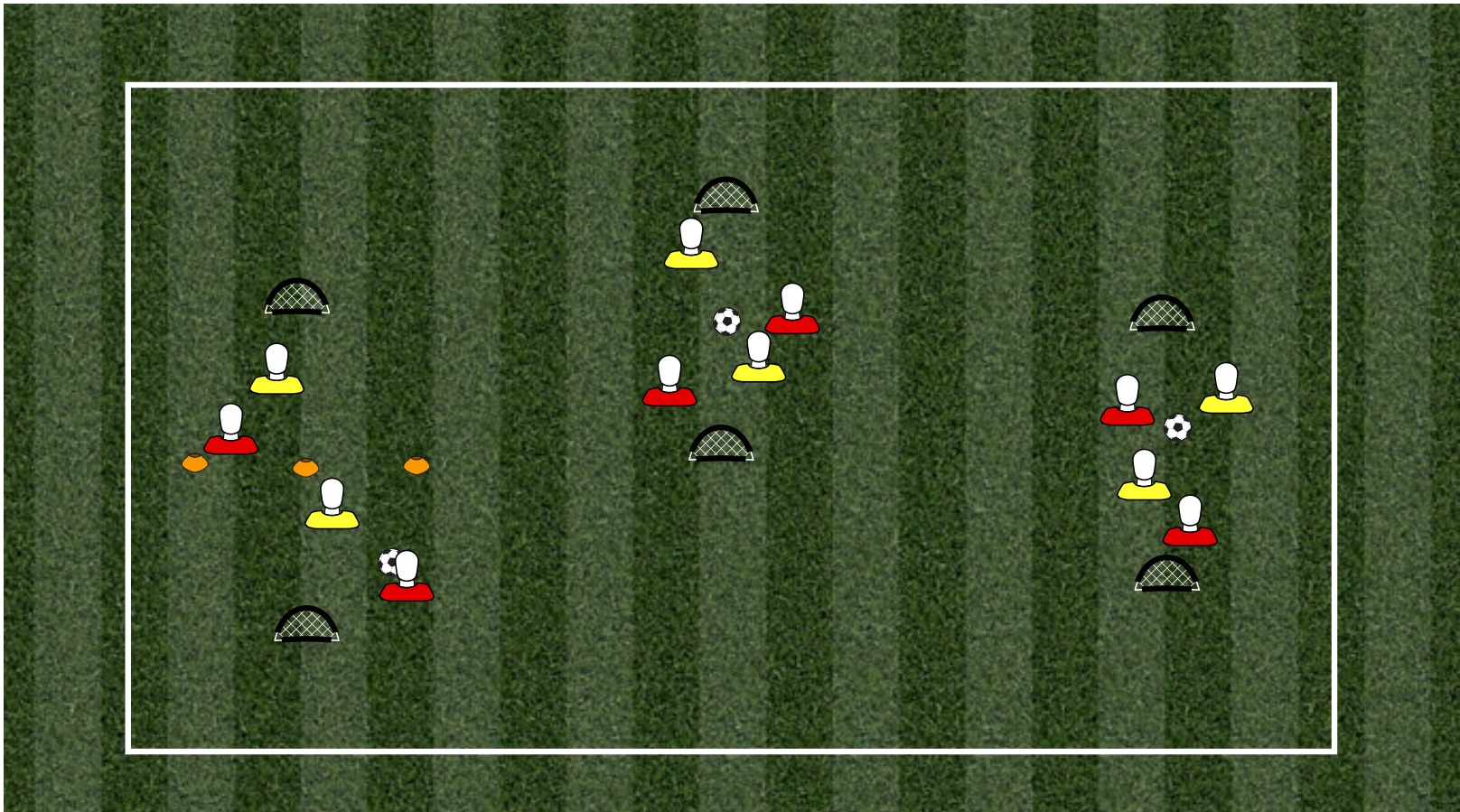
N/A

Psychological

Recognition of space

Social

Working in a team



Coaching Point #1

Try to work together

Coaching Point #2

Try to support your team mate

Coaching Point #3

Coaching Point #4