

Start Up Practice - 2v1

Category: Fun Games

Length: 00:10 Rec. Players: 3

Published: November 05, 2014 @ 12:23

Practice Theme/Topic

General Notes

Aims & Objectives

Organisation & Setup

Coaching Factors & Outcomes

Adaptation & Progression

Technical

Attacking techniques as individuals and in pairs

Physical

Movement patterns as individual and when working in pairs

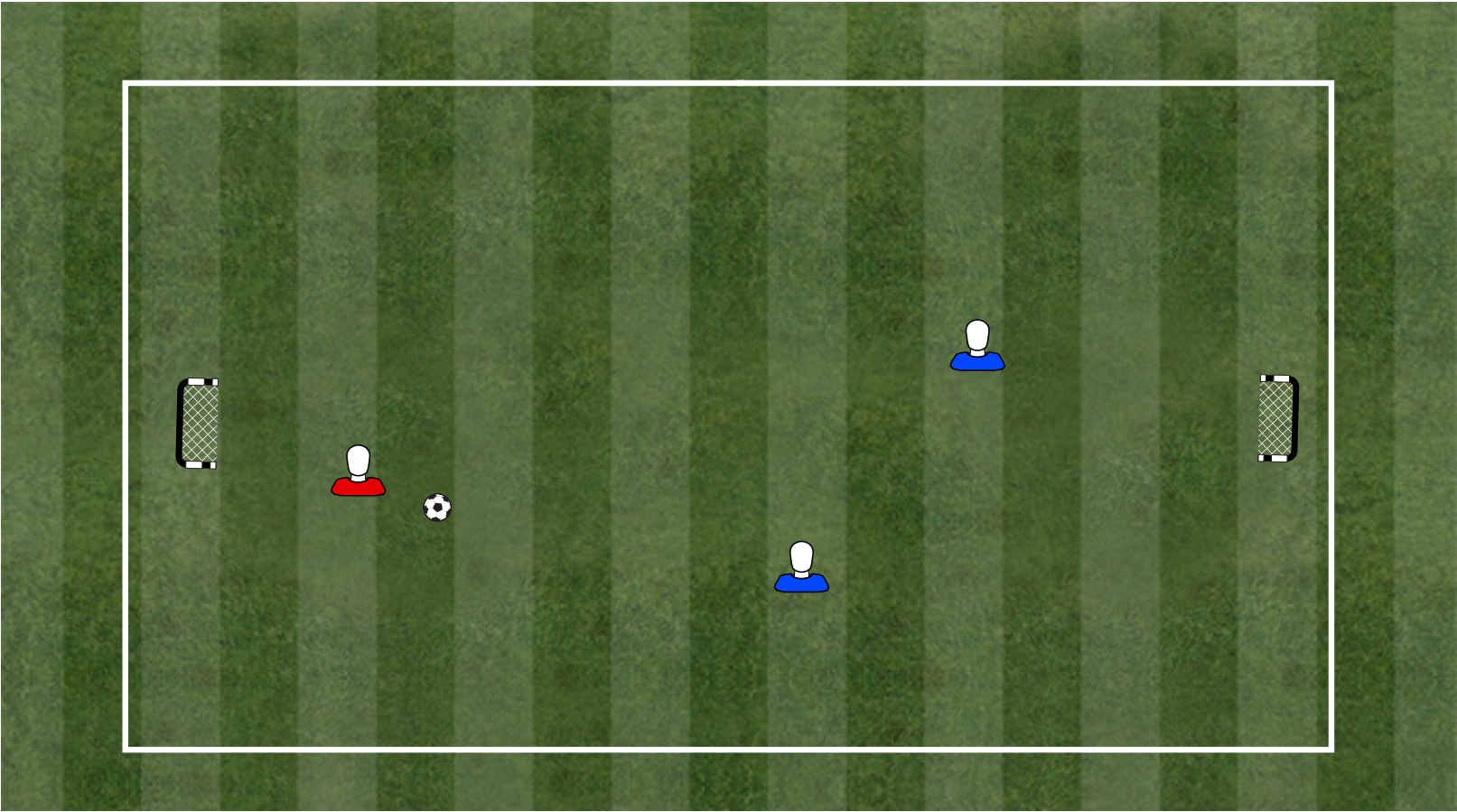
Psychological

Problem solving in over/underloads

Social

Working on own or with partner

Communication techniques



Coaching Point #1

Attacking techniques as individuals and in pairs

Coaching Point #2

When to pass, dribble or shoot

Coaching Point #3

Supporting your team mate (in 2s)

Coaching Point #4

Attacking and defending in over/underloads

Developing individual and combi...

Practice: 03 Length: 01:00

Categories: Fun Games, Attacking, Small Sided...

Practice: 01 Length: 00:10

Start Up Practice - 2v1

Category: Fun Games

Slide: 01/01



Individual & Combination Attacking Play

Category: Attacking

Length: 00:30 Rec. Players: 24

Published: November 05, 2014 @ 12:23

Practice Theme/Topic

General Notes

Aims & Objectives

Organisation & Setup

Coaching Factors & Outcomes

Adaptation & Progression

Technical

Passing & dribbling techniques

Physical

Movements to create space

Psychological

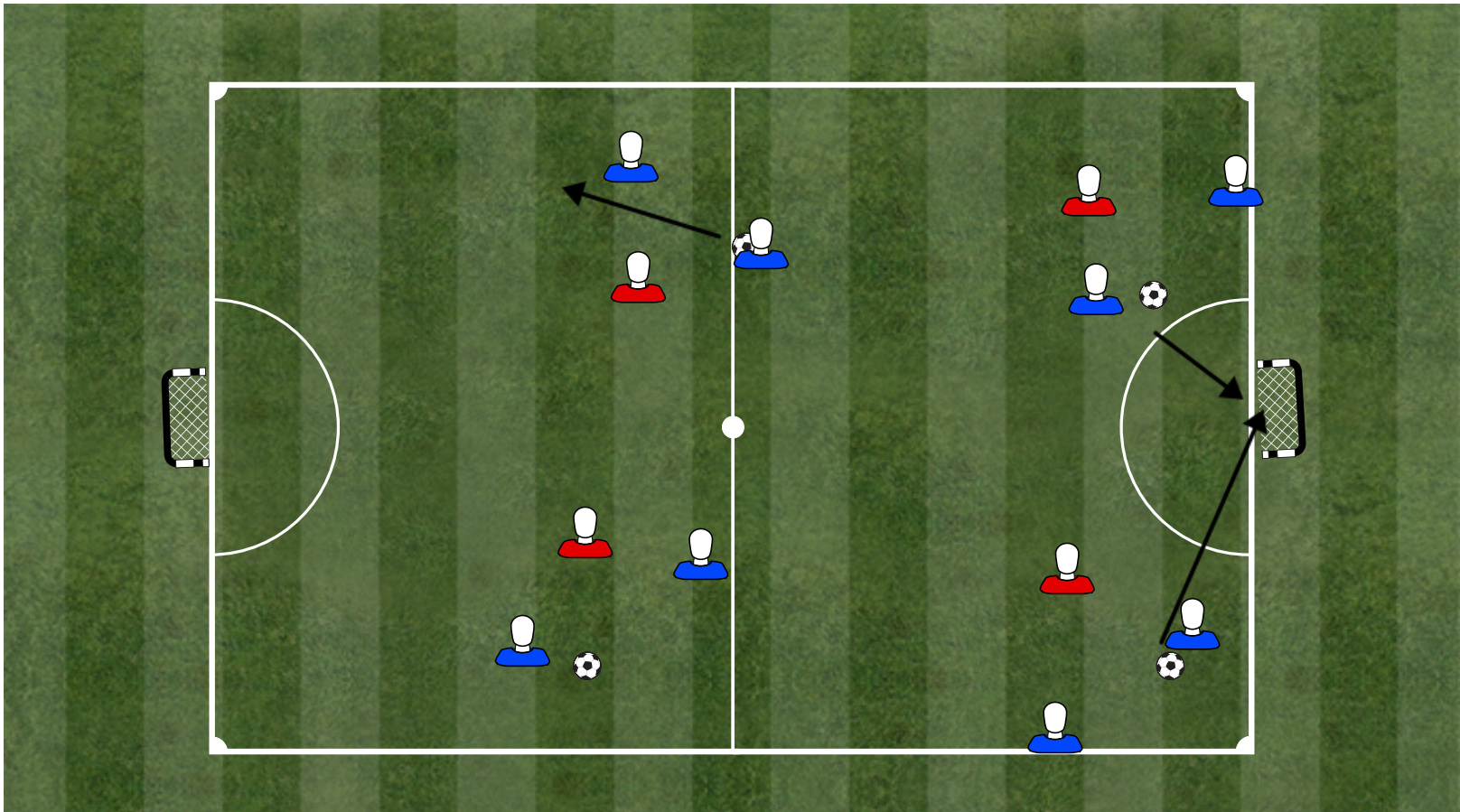
Decision making to attack effectively
Develop bravery in different situations

Social

Working on own and in pairs

Communication methods

Helping each other



Coaching Point #1

- Try to attack quickly
- how can you attack?
 - what helps you attack at speed?
 - how do you attack on your own or with a partner?

Coaching Point #3

- Try to read the game
- what can you see?
 - what will help you score?

Coaching Point #2

- Try to create spaces to shoot through
- how can you create space on your own or with a partner?
 - what can the person without the ball do to help?

Coaching Point #4

Developing individual and combi...

Practice: 03 Length: 01:00

Categories: Fun Games, Attacking, Small Sided...

Practice: 02 Length: 00:30

Individual & Combination Attacking Play

Category: Attacking

Slide: 01/02



Individual & Combination Attacking Play

Category: Attacking

Length: 00:30 Rec. Players: 24

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Organisation & Setup

Coaching Factors & Outcomes

Adaptation & Progression

Technical

Passing & dribbling techniques

Physical

Movements to create space

Psychological

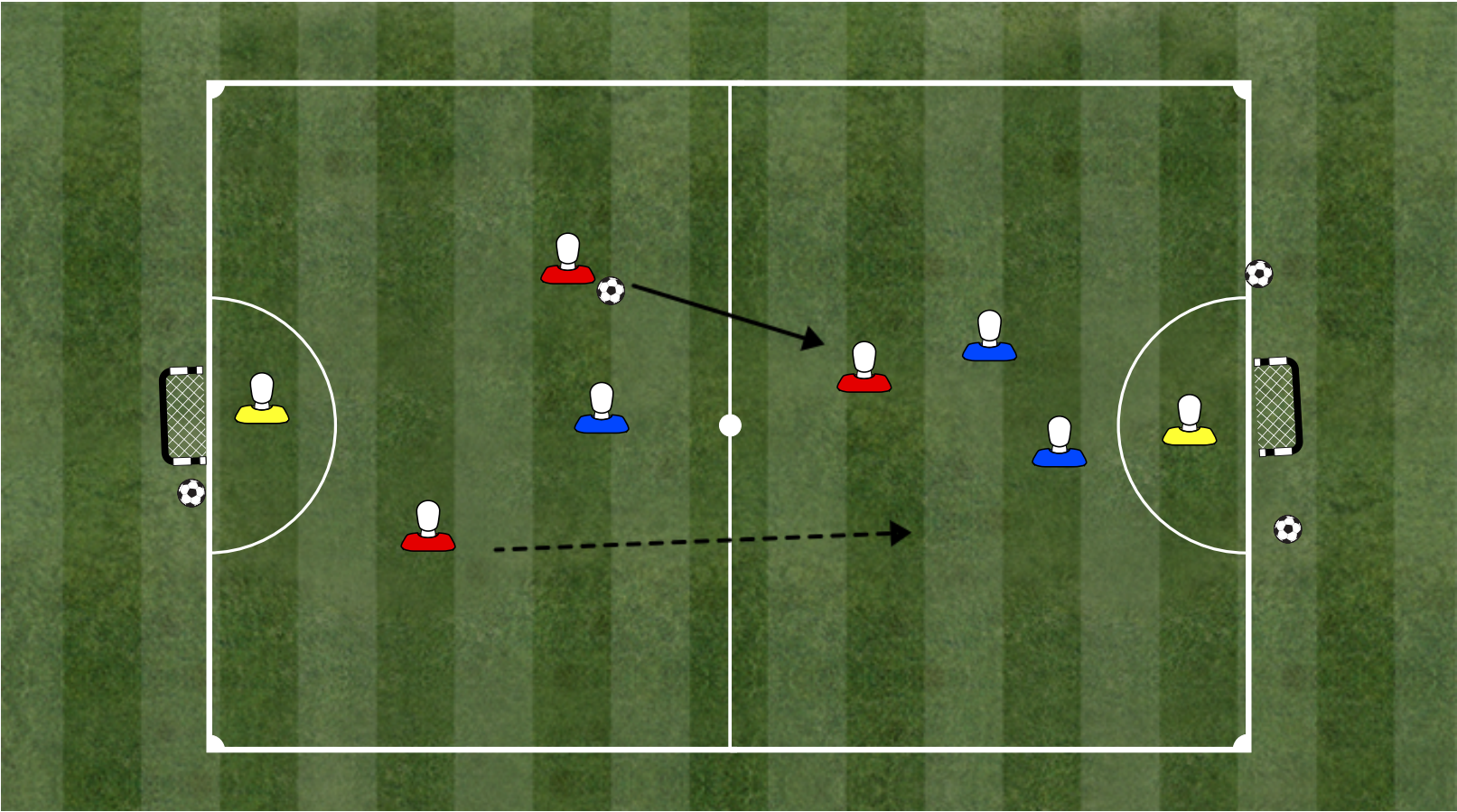
Decision making to attack effectively
Develop bravery in different situations

Social

Working on own and in pairs

Communication methods

Helping each other



Coaching Point #1

- Try to attack quickly
- how can you attack?
 - what helps you attack at speed?
 - how do you attack on your own or with a partner?

Coaching Point #3

- Try to read the game
- what can you see?
 - what will help you score?

Coaching Point #2

- Try to create spaces to shoot through
- how can you create space on your own or with a partner?
 - what can the person without the ball do to help?

Coaching Point #4

Developing individual and combi...

Practice: 03 Length: 01:00

Categories: Fun Games, Attacking, Small Sided...

Practice: 02 Length: 00:30

Individual & Combination Attacking Play

Category: Attacking

Slide: 02/02



Individual And Team Attacking Combinations

Category: Small Sided Games

Length: 00:20 Rec. Players: 8

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Practice Theme/Topic

General Notes

Aims & Objectives

Organisation & Setup

Coaching Factors & Outcomes

Adaptation & Progression

Technical

Attacking as individual and within a team

Physical

N/A

Psychological

Decisions around when to attack as individual and with a team mate

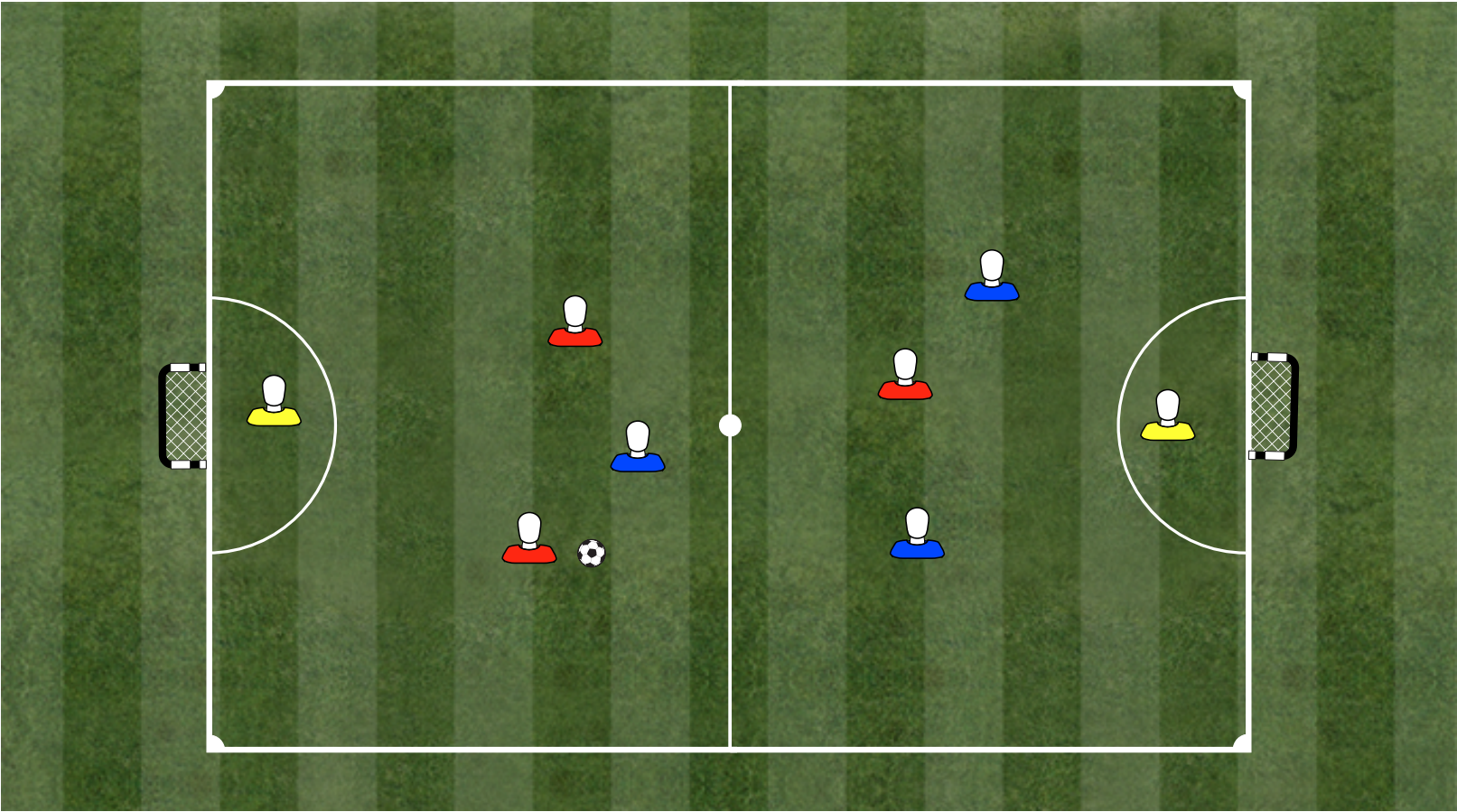
Selection of techniques

Social

Working within a team

Supporting your team

Communication techniques



Coaching Point #1

Recognise space and movement
What can you see?
When can you recognise what to do?

Coaching Point #3

When to play forwards
What helps you do this?
When? Why?

Coaching Point #2

Be aware
What do you need to know? How can you help move the ball towards the goal/for your team?

Coaching Point #4

Developing individual and combi...

Practice: 03 Length: 01:00

Categories: Fun Games, Attacking, Small Sided...

Practice: 03 Length: 00:20

Individual And Team Attacking Combinations

Category: Small Sided Games

Slide: 01/01

