

# Acceleration Deceleration Practice

Category: Warm Up

Length: 00:15 Rec. Players: 14

Published: December 04, 2014 @ 15:26

## Practice Theme/Topic

### General Notes

Specific colour sequences can be set if needed  
Psych development if asked to find available cones at all times

### Aims & Objectives

Players are to move to a different coloured cone each time by only using available cones. Must try to get there as quickly as possible.

Slide 2; include some footballs and ask players to move to different coloured cones again as quickly as possible, but if a football is at the cone they move to they need to move with the ball as quickly as possible to a different colour cone.

### Organisation & Setup

Start with arrival games, 3v3 activities on large pitches

Different coloured cones set out along the playing area, with same colour cones being on opposite sides of the pitch.

4-6 footballs available for slide 2

### Coaching Factors & Outcomes

Use of acceleration and deceleration

Recognition of space

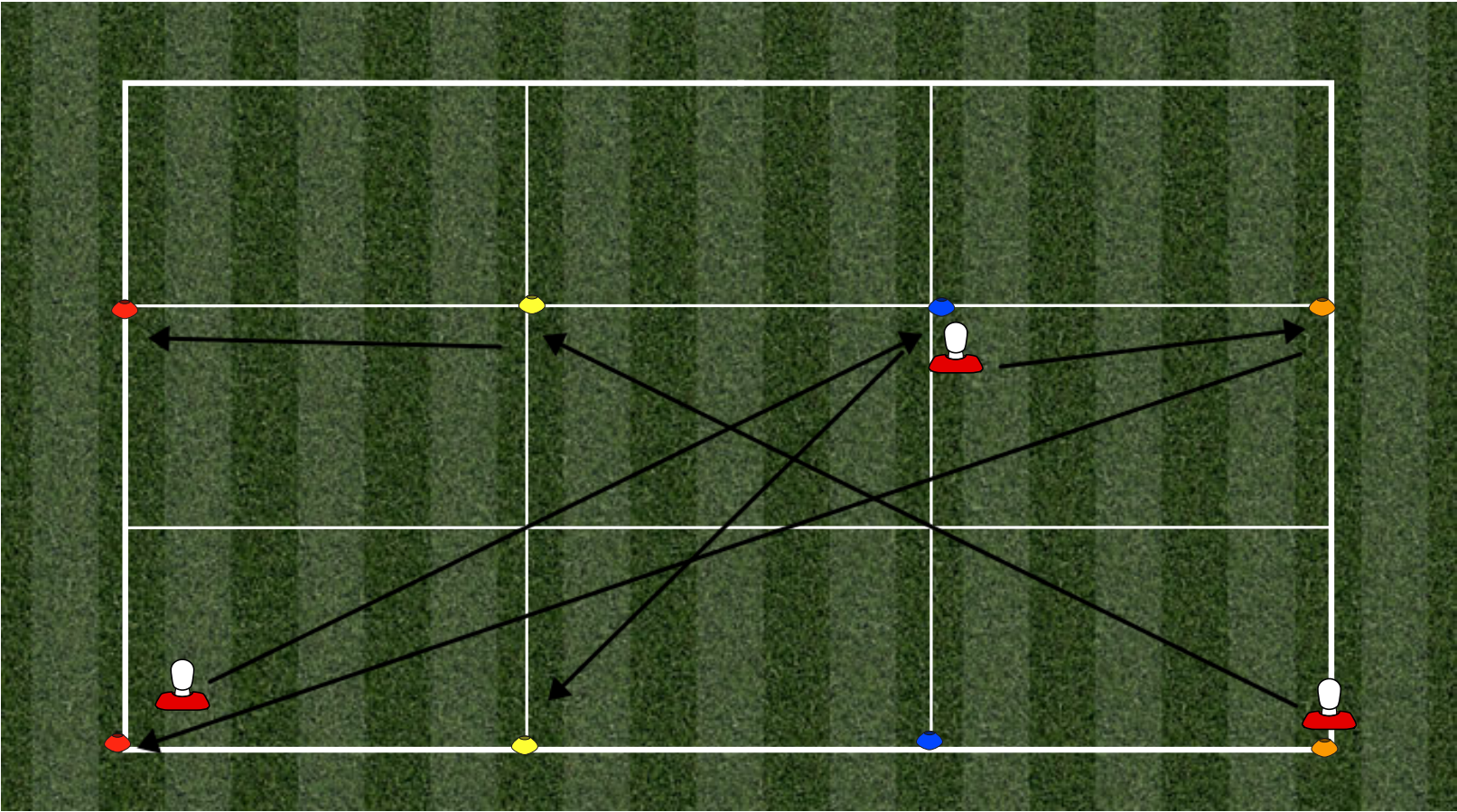
Use of speed with and without the ball

### Adaptation & Progression

Distance between different colours

Set patterns or movements could be used

Time constraints/targets could be used



### Coaching Point #1

Use front part of foot to move on

### Coaching Point #2

Lower your centre of gravity for more speed

### Coaching Point #3

Use straight arm movements to increase speed

### Coaching Point #4

Light feet, minimal contact time with ground.

### Technical

N/A

Oaklands Skills Centre 25/11

Practice: 02 Length: 01:00

Categories: Warm Up, Attacking

Practice: 01 Length: 00:15

Acceleration Deceleration Practice

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Slide: 01/02



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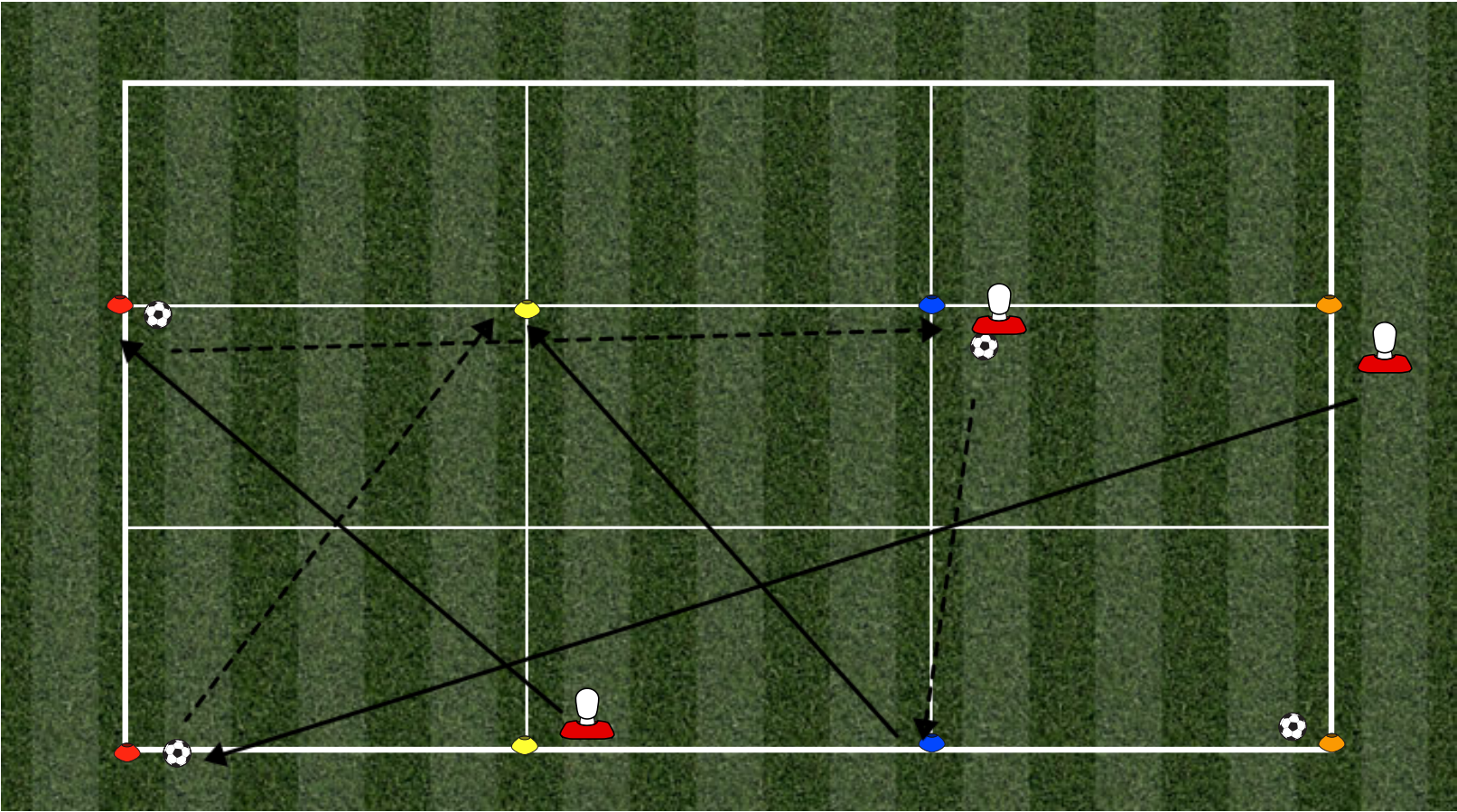
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# Attacking With Overloads In 4v3

Category: Attacking

Length: 00:45 Rec. Players: 8

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## Practice Theme/Topic

Attacking in an overload

### General Notes

N/A

### Aims & Objectives

To be able to attack with an overload to score

### Organisation & Setup

Slide 1 team of 4 start with ball from central area and score in goal. Team of 3 with GK to gain possession and score in Pugg goals to the side.

Teams can use full width of pitch, but can only have one defender in each wide area

Slide 2 - small sided game, try to create overloads. 1v1 allowed in wide areas.

Cool down - 2v1 one ball to try and reach the target areas before other player takes over. Rotate single player.

### Coaching Factors & Outcomes

Team shape

Individual movement

Dribble or pass?

Producing an end product

### Adaptation & Progression

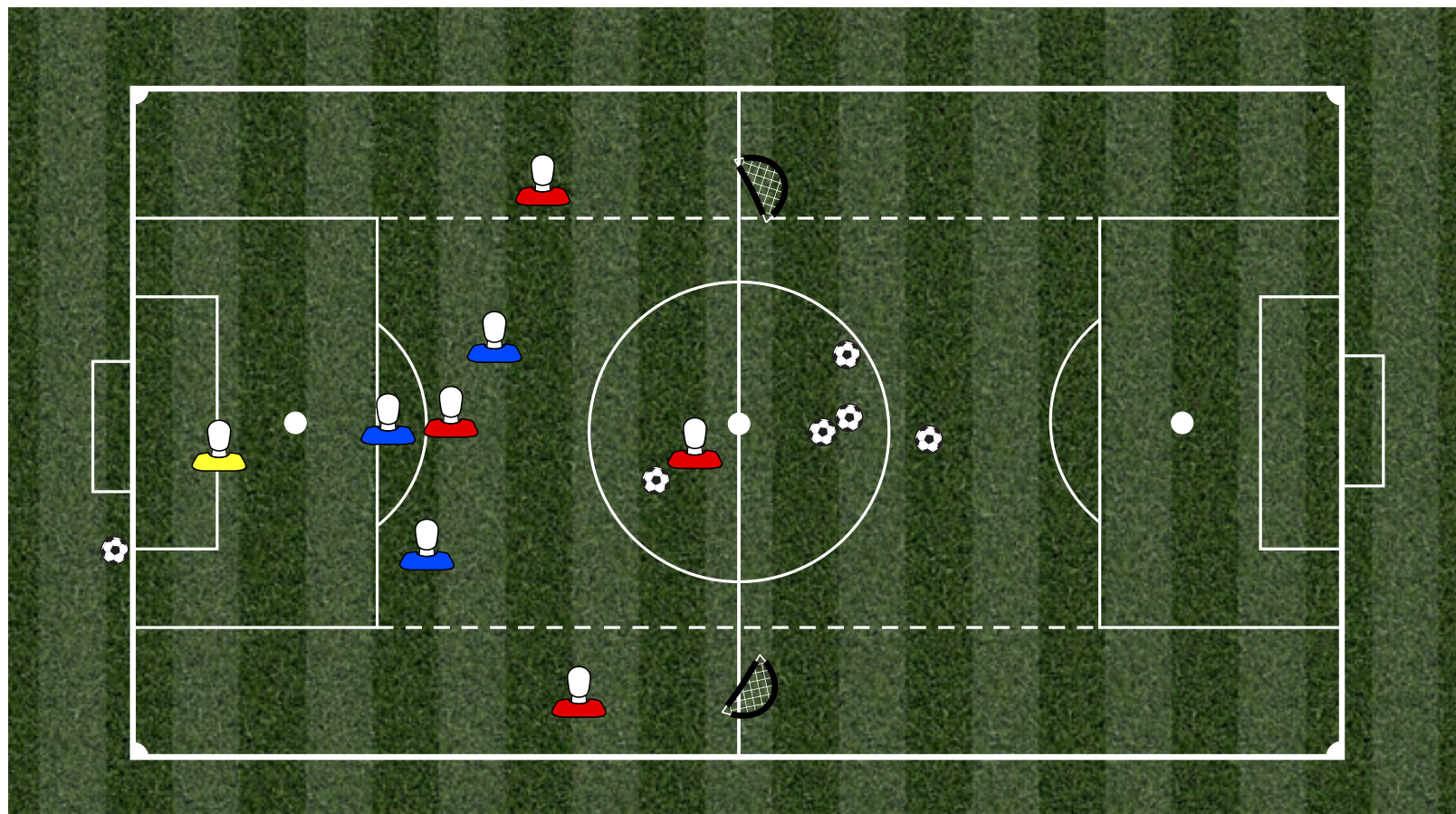
Slide 1 - size of playing area, use of gks and numbers on each team can be changed.

Slide 2 - any number of attackers can go in wide areas, but only one defender? Size of pitch?

### Technical

Attacking techniques in an overload

### Physical



### Coaching Point #1

Try to create space for self and team

### Coaching Point #2

Try to move the ball forwards  
How? When to dribble or pass?

### Coaching Point #3

Try to recognise space and support  
What might this look like?  
Where is it?

### Coaching Point #4

Try to score  
When? How? Who?

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Practice: 02 Length: 01:00

Categories: Warm Up, Attacking

Practice: 02 Length: 00:45

Attacking With Overloads In 4v3

Category: Attacking

Slide: 01/02



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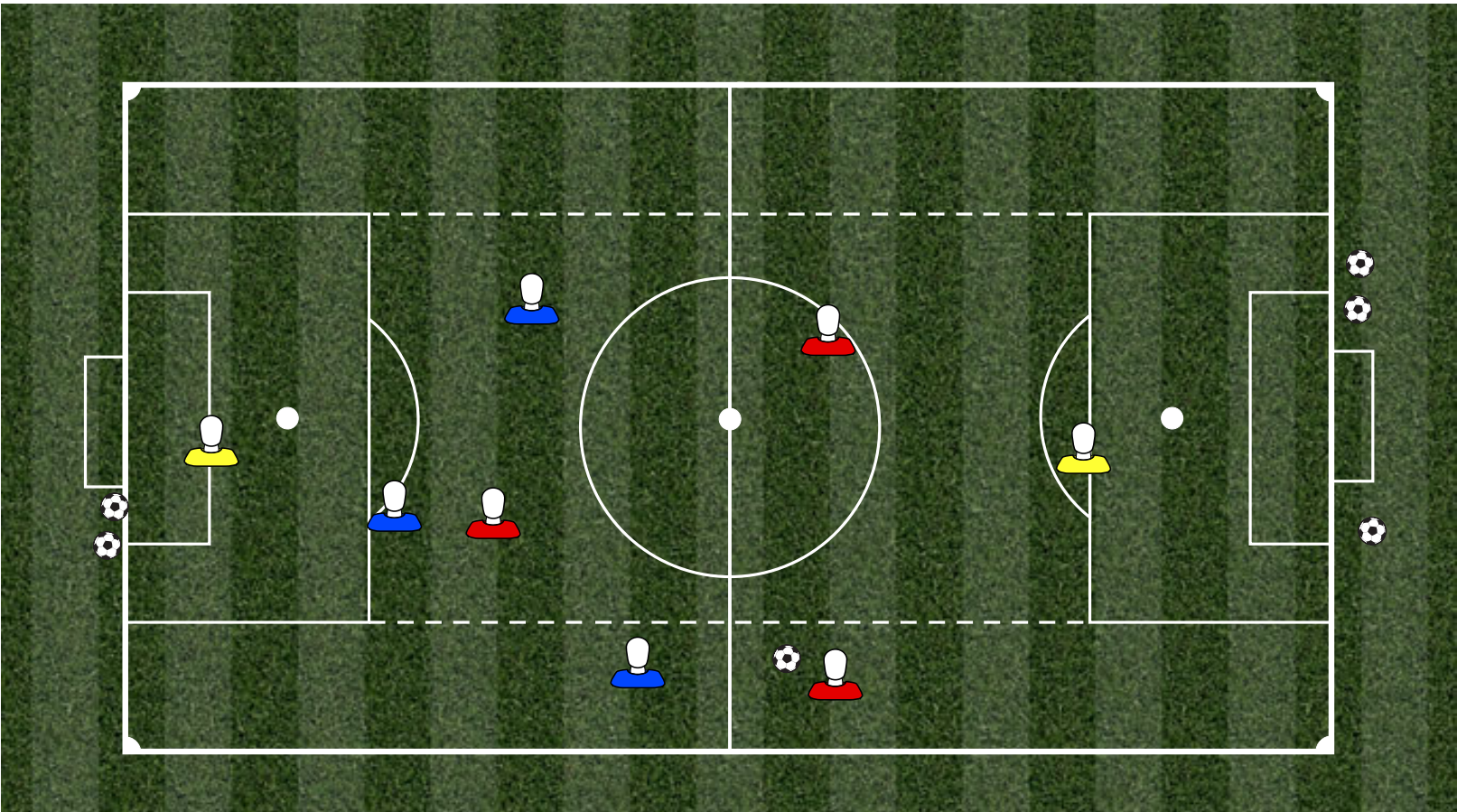
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