

Practice Theme/Topic

General Notes

This is a template, please adapt & use as appropriate for your teams.

Arrival activities: small sided 2v2 & 3v3 games

Aims & Objectives

To show ways to create passing lines & support team mates to pass within semi-opposed and unopposed practices

Organisation & Setup

Grps of 3, make a square that all of you can play inside.

2v1 handball game, 2 throw and catch the ball to move it to one side of the square before moving to a different side of the square. Can only pivot if you have the ball in your hands. Guard can gain possession if they tag the ball or intercept a pass and stop it at side of the square. Rotate guard every 2 minutes or so.

Slide 2 - in teams of 3, move the football through the squares in as many different ways as you can.

Coaching Factors & Outcomes

Create clear passing lines

Support the ball

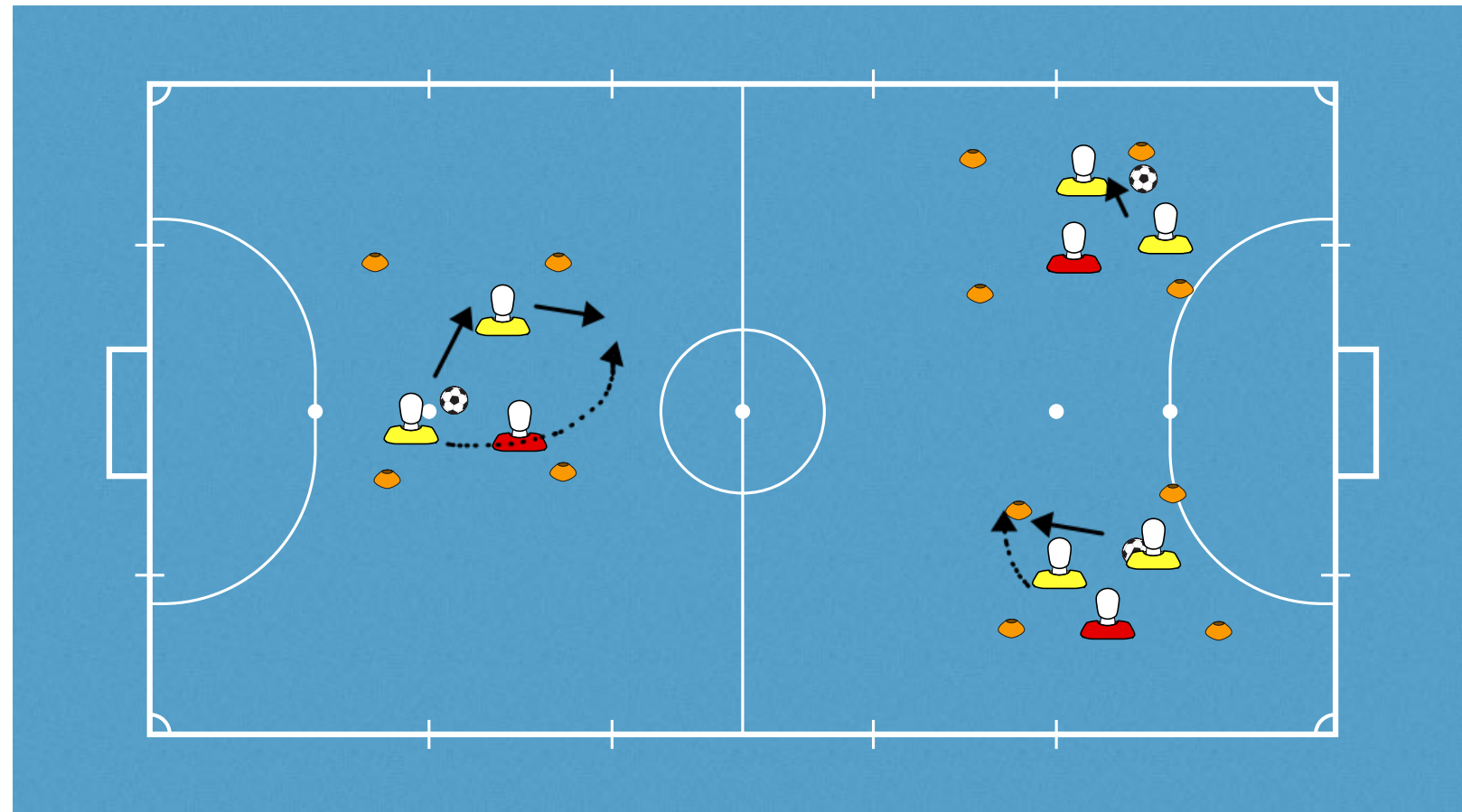
Use bigger surfaces

Adaptation & Progression

Size of squares

Those in possession could be allowed to move a set number of steps when in possession

Could play same game using feet.



Coaching Point #1

Try to create a clear path
What movement helps create a clear path?
How do you create a clear path?

Coaching Point #3

Try to use larger surfaces
Which parts of your foot are easier to use?
Which different parts of your foot did you use?

Coaching Point #2

Try to work together
What can you do to help each other?
How can you work together better?

Coaching Point #4

Technical

Luton SC 16/03/15

Practice: 02 Length: 01:00

Categories: Passing

Practice: 01 Length: 00:25

2v1 Handball W/U

Category: Passing

Slide: 01/02

Practice Theme/Topic

General Notes

This is a template, please adapt & use as appropriate for your teams.

Arrival activities: small sided 2v2 & 3v3 games

Aims & Objectives

To show ways to create passing lines & support team mates to pass within semi-opposed and unopposed practices

Organisation & Setup

Grps of 3, make a square that all of you can play inside.

2v1 handball game, 2 throw and catch the ball to move it to one side of the square before moving to a different side of the square. Can only pivot if you have the ball in your hands. Guard can gain possession if they tag the ball or intercept a pass and stop it at side of the square. Rotate guard every 2 minutes or so.

Slide 2 - in teams of 3, move the football through the squares in as many different ways as you can.

Coaching Factors & Outcomes

Create clear passing lines

Support the ball

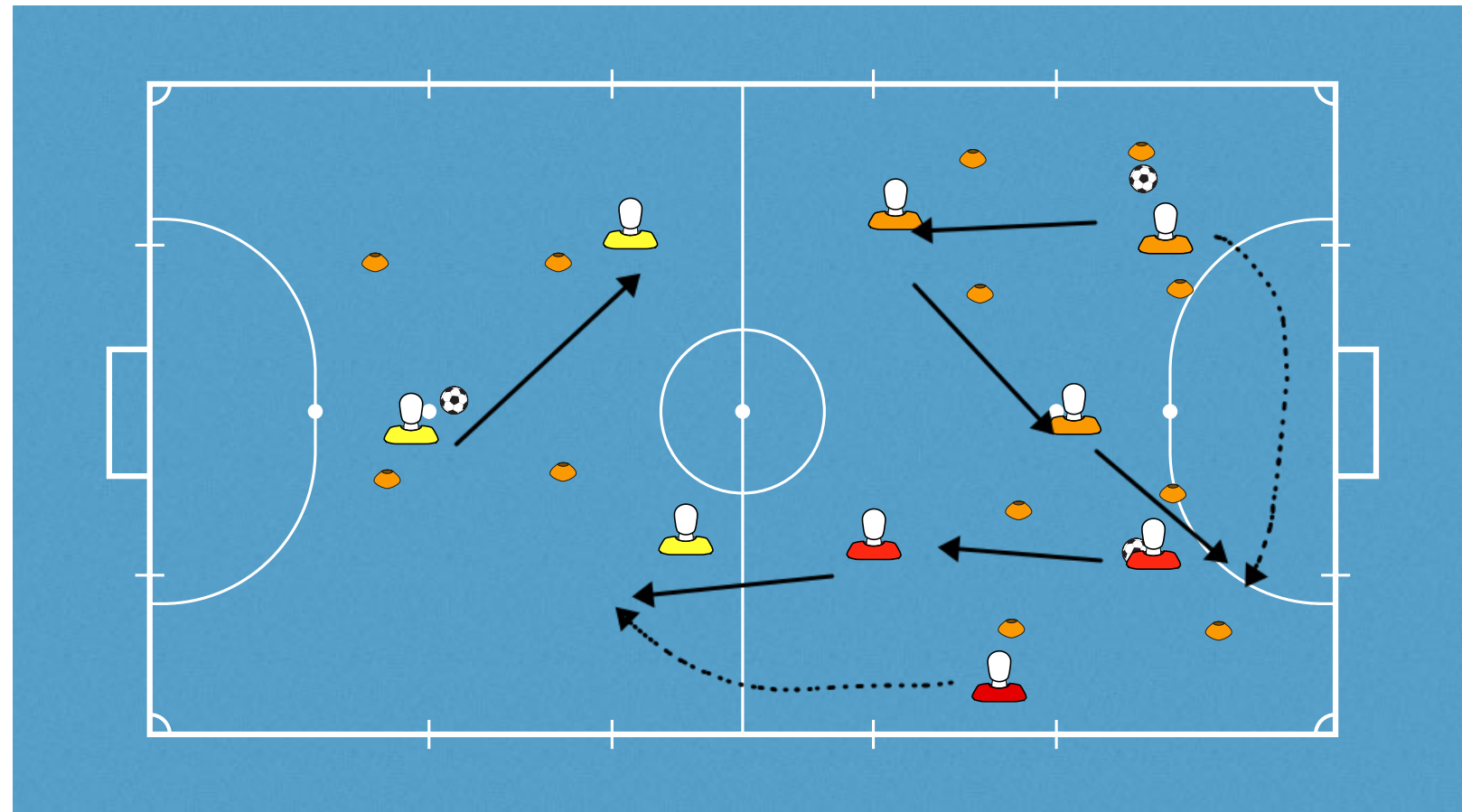
Use bigger surfaces

Adaptation & Progression

Size of squares

Those in possession could be allowed to move a set number of steps when in possession

Could play same game using feet.



Coaching Point #1

Try to create a clear path
What movement helps create a clear path?
How do you create a clear path?

Coaching Point #3

Try to use larger surfaces
Which parts of your foot are easier to use?
Which different parts of your foot did you use?

Coaching Point #2

Try to work together
What can you do to help each other?
How can you work together better?

Coaching Point #4

Technical

Luton SC 16/03/15

Practice: 02 Length: 01:00

Categories: Passing

Practice: 01 Length: 00:25

2v1 Handball W/U

Category: Passing

Slide: 02/02

Practice Theme/Topic

General Notes

Group needed to repeat this section from last week due to minimal time spent on this last week & group needing to revisit semi-opposed element of the practice.

Aims & Objectives

To support your team mate & develop passing techniques within 2v1 practices

Organisation & Setup

Slide 1- Two goals opposite each other, 2v1 within the game.

Team of 2 start with the ball to try and score in opposing goal. Both players need to touch the ball before the team can score.

Rotate the players so everyone within the game so everyone gets to play as a team and on their own.

Slide 2 - 2v2 games with a goal at each end. Teams score in opposing teams goal. Both members of the team to touch the ball before they score.

Coaching Factors & Outcomes

Support your team mate

Create clear paths

Use larger surfaces

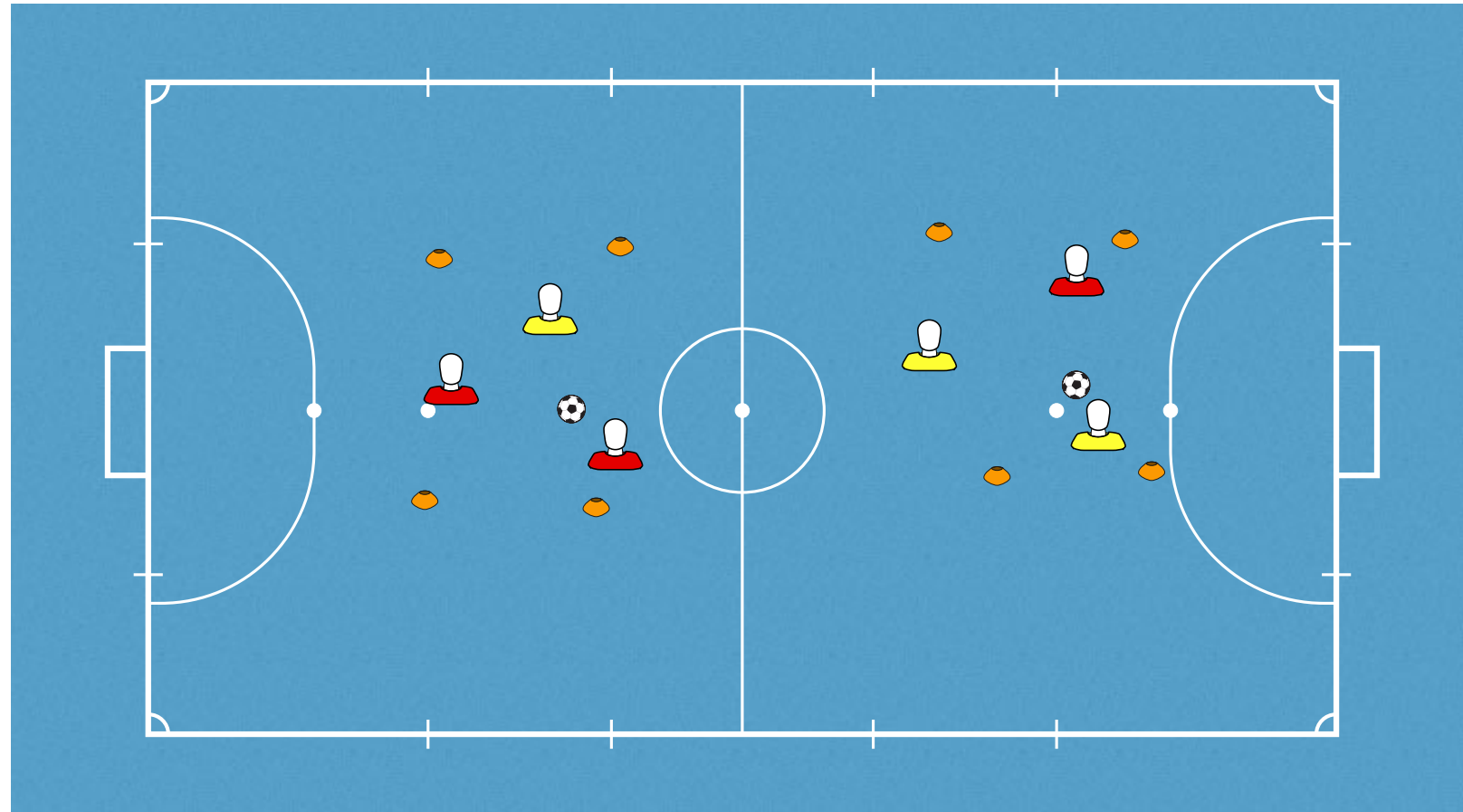
Adaptation & Progression

Size of goals

People within each group can be adjusted

Type/size of ball being used

Slide 2- players could score by stopping the ball, in a square rather than shooting into a goal.



Coaching Point #1

Try to support your team mate
How can you support your team mate?
Where can you move?

Coaching Point #3

Try to use larger surfaces
Which Parts of the foot do you use?

Coaching Point #2

Try to create clear passing lines
Where can you move too?
What helps create a clear path?

Coaching Point #4

Practice Theme/Topic

General Notes

Group needed to repeat this section from last week due to minimal time spent on this last week & group needing to revisit semi-opposed element of the practice.

Aims & Objectives

To support your team mate & develop passing techniques within 2v1 practices

Organisation & Setup

Slide 1- Two goals opposite each other, 2v1 within the game.

Team of 2 start with the ball to try and score in opposing goal. Both players need to touch the ball before the team can score.

Rotate the players so everyone within the game so everyone gets to play as a team and on their own.

Slide 2 - 2v2 games with a goal at each end. Teams score in opposing teams goal. Both members of the team to touch the ball before they score.

Coaching Factors & Outcomes

Support your team mate

Create clear paths

Use larger surfaces

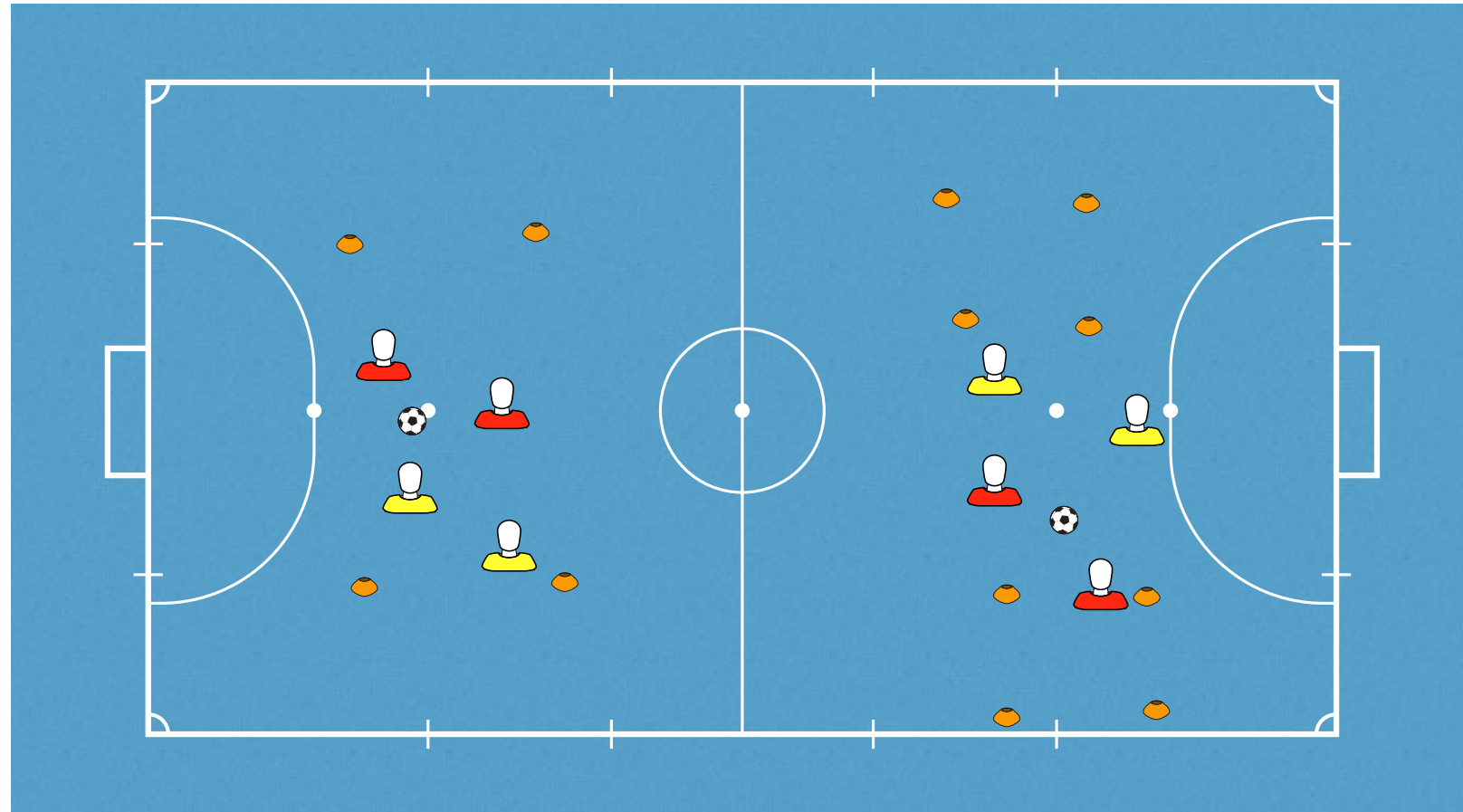
Adaptation & Progression

Size of goals

People within each group can be adjusted

Type/size of ball being used

Slide 2- players could score by stopping the ball, in a square rather than shooting into a goal.



Coaching Point #1

Try to support your team mate
How can you support your team mate?
Where can you move?

Coaching Point #3

Try to use larger surfaces
Which Parts of the foot do you use?

Coaching Point #2

Try to create clear passing lines
Where can you move too?
What helps create a clear path?

Coaching Point #4