

Gates Balance Warm Up

Category: Warm Up

Length: 00:20 Rec. Players: 12

Published: January 29, 2015 @ 20:50

Practice Theme/Topic

General Notes

Arrival activities will be 2v2 games to play by stopping the ball in a box

Aims & Objectives

To develop balance & core stability

Organisation & Setup

Players can create their own size boxes for arrival games. Teams need to stop the ball in their opposing teams box to score a point.

W/U - different size gates scattered around the playing area. Players need to move into the gates and perform a balance using different amounts of contact points.

Coaching Factors & Outcomes

Try to control your body

Bend knees to help balance

Use outstretched arms or focal point to focus the balance,

Adaptation & Progression

Type and length of balance can be indicated by coach.

Balance in pairs or individuals

Two teams, one team can try and off balance their opponents when they balance using one finger or no contact. Could adjust to using shoulders if players have both feet on the ground.

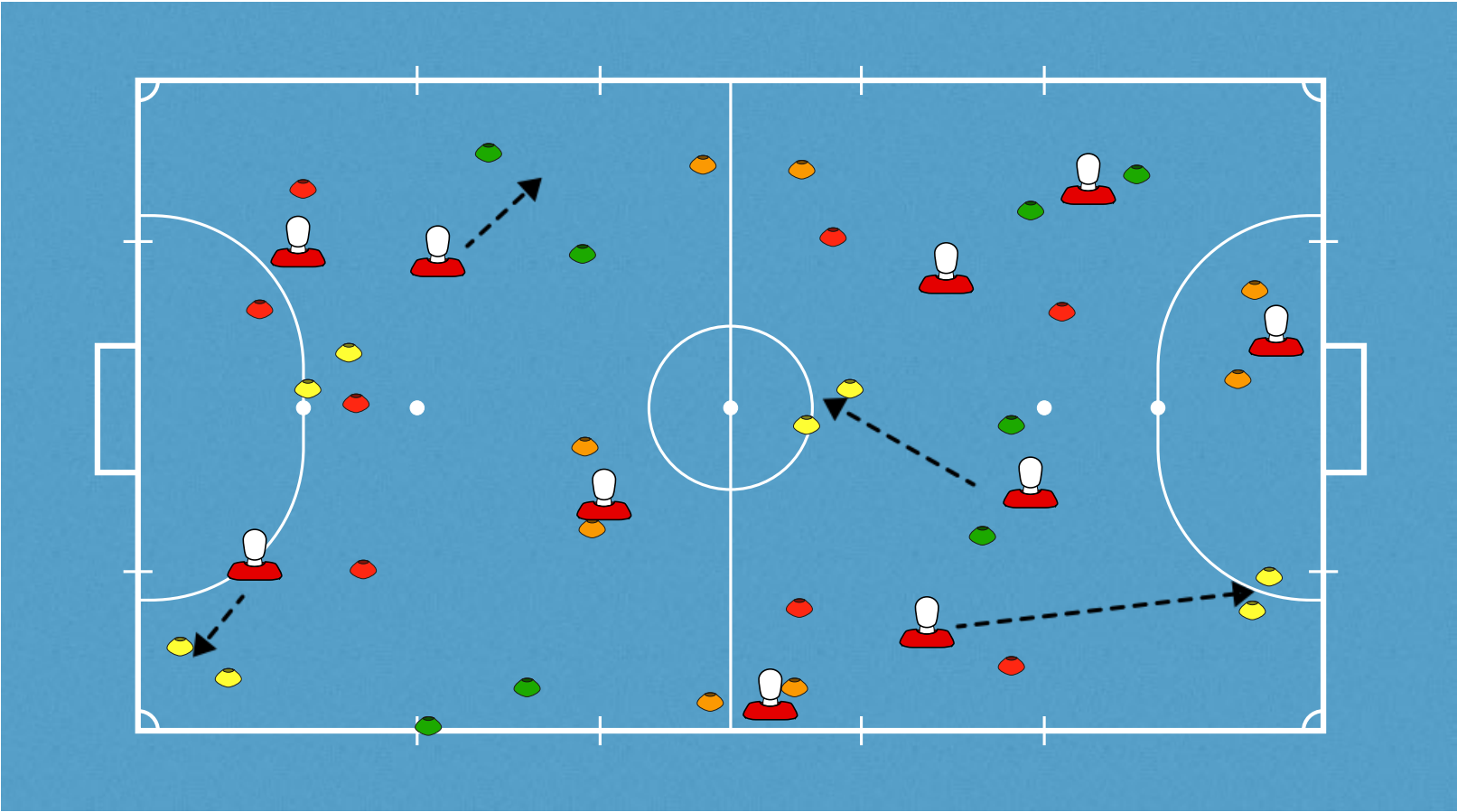
Movement within balance can increase difficulty (ie extension of arms and legs)

Technical

N/A

Physical

N/A



Coaching Point #1

Try to control your body

Coaching Point #2

Bend your knees

Coaching Point #3

Keep focused

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.

Luton skills centre 26/01/15

Practice: 03 Length: 01:00

Categories: Warm Up, Passing, Small Sided Ga...

Practice: 01 Length: 00:20

Gates Balance Warm Up

Category: Warm Up

Slide: 01/01



Demolition Derby

Category: Passing

Length: 00:25 Rec. Players: 12

Published: January 29, 2015 @ 20:50

Practice Theme/Topic

General Notes

Can be used with more or less players

Aims & Objectives

To develop passing techniques within pairs during unopposed and semi opposed practices

Organisation & Setup

Different size gates scattered around the playing area, in pairs with a ball between two. The players need to pass the ball between the gates to their partner before they move onto a different size gate

Progress to guards within the gates who need to intercept passes and stop the ball in a different gate to score a goal.

Coaching Factors & Outcomes

Try to find your partner

Try to be accurate

Try to pass through space

Try to look after your ball

Adaptation & Progression

Number of guards, with their roles either locked into gates or free to roam between gates or across the playing area.

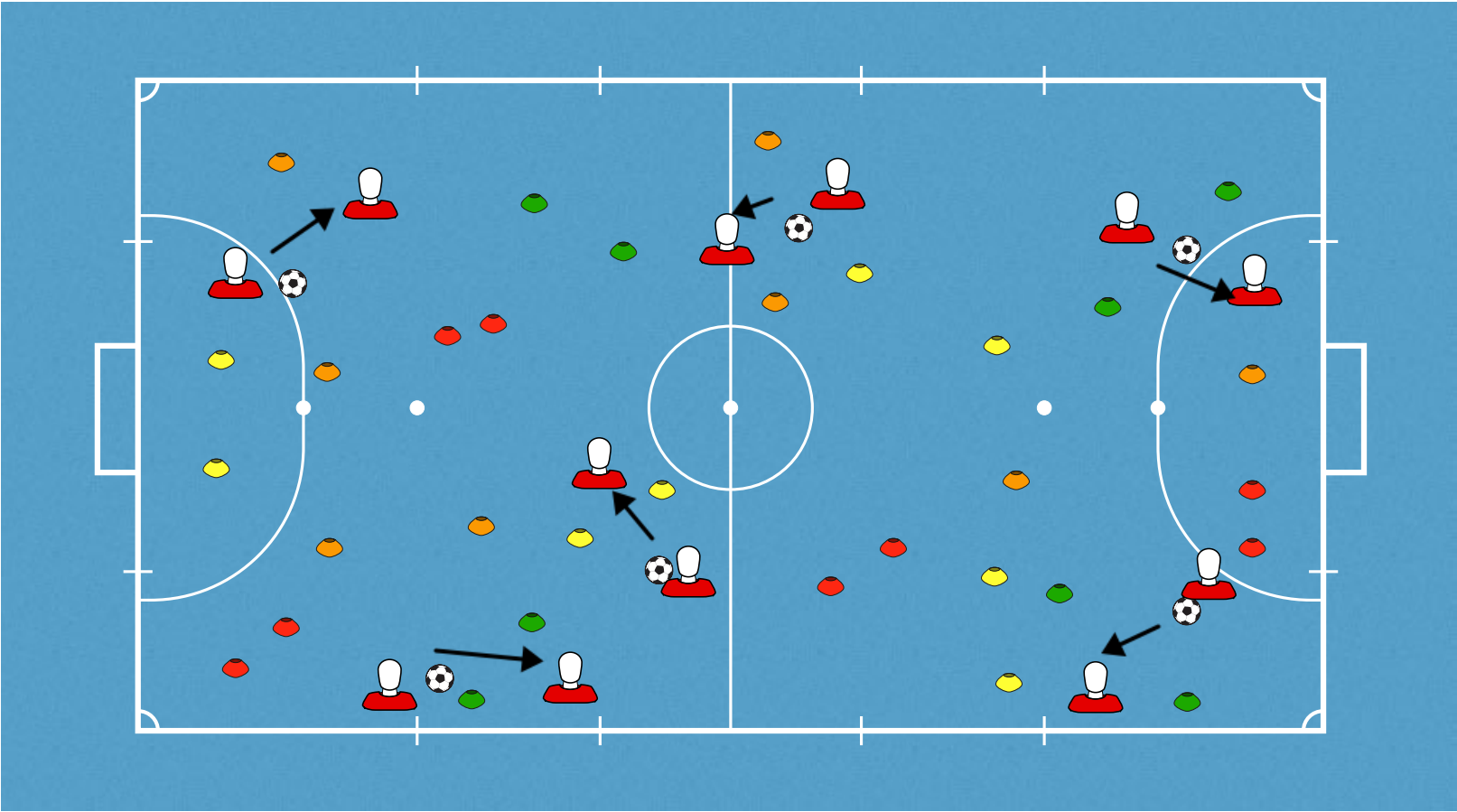
Types of pass can be dictated by coach or players. Part of foot to use can be specific or players choice.

Can included goals that players can score in after completing X amount of passes.

Technical

Passing - sole, sides and scoop

Physical



Coaching Point #1

Try to find your partner
How do you know where they are? Why is this important?

Coaching Point #3

Try to pass through space
How can you create this space?
When do you pass?

Coaching Point #2

Try to be accurate
How can you make your pass accurate?
What part of your foot might you use?

Coaching Point #4

Try to look after your ball
How can you do this on your own or with a partner?
What might this look like?



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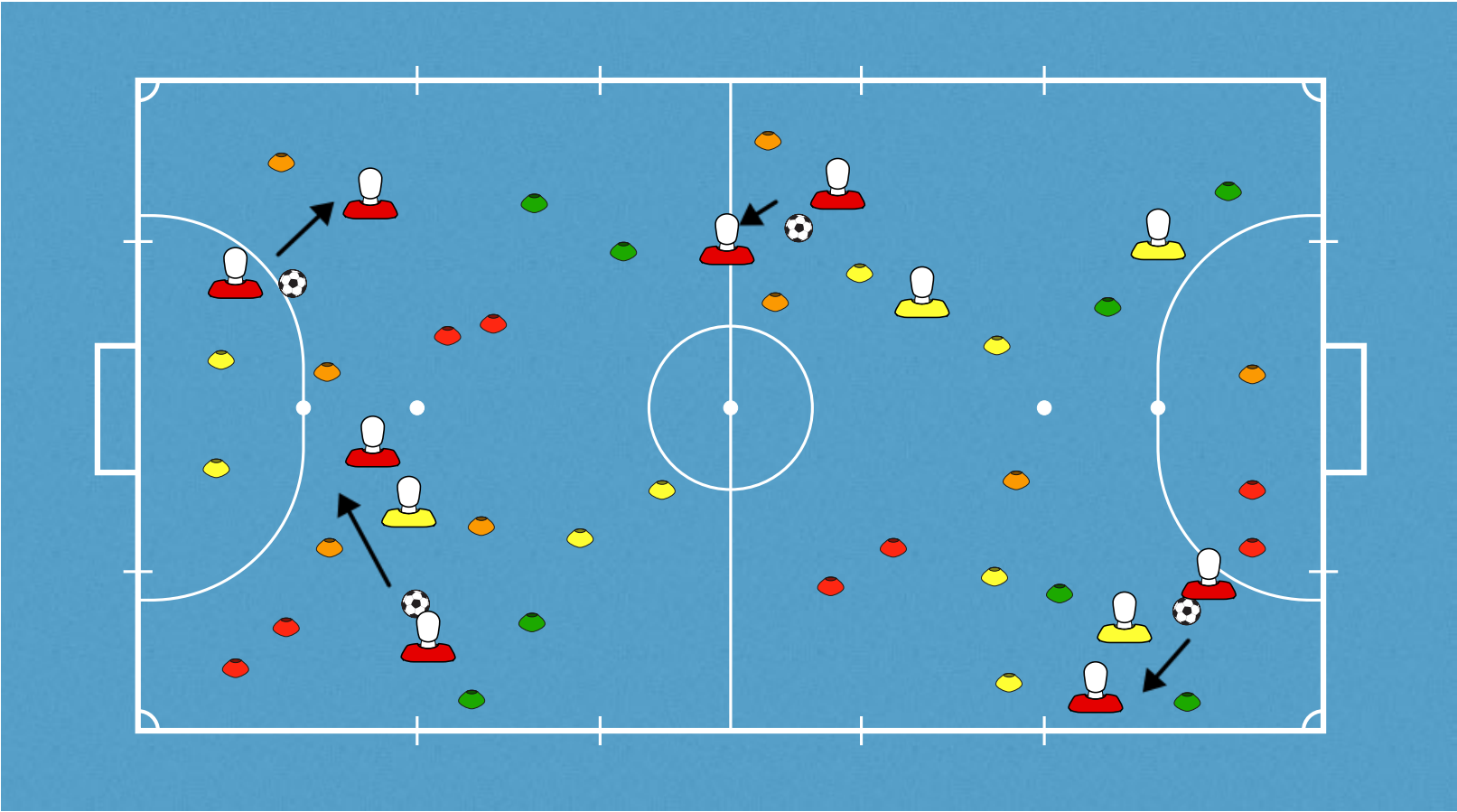
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How do you know where they are? Why is this important?

Coaching Point #3

Try to pass through space
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When do you pass?

Coaching Point #2

Try to be accurate
How can you make your pass accurate?
What part of your foot might you use?

Coaching Point #4

Try to look after your ball
How can you do this on your own or with a partner?
What might this look like?

2v2 Variance Games

Category: Small Sided Games

Length: 00:15 Rec. Players: 12

Published: January 29, 2015 @ 20:50

Practice Theme/Topic

General Notes

N/A

Aims & Objectives

To develop passing and attacking in pairs during opposed practices

Organisation & Setup

Three pitches of different size, with 2v2 playing on each pitch

Coaching Factors & Outcomes

Try to look after the ball

Try to work together

Try to attack into space

Adaptation & Progression

Could play in overloads ie 2v1 or 3v2

Technical

Passing

Physical

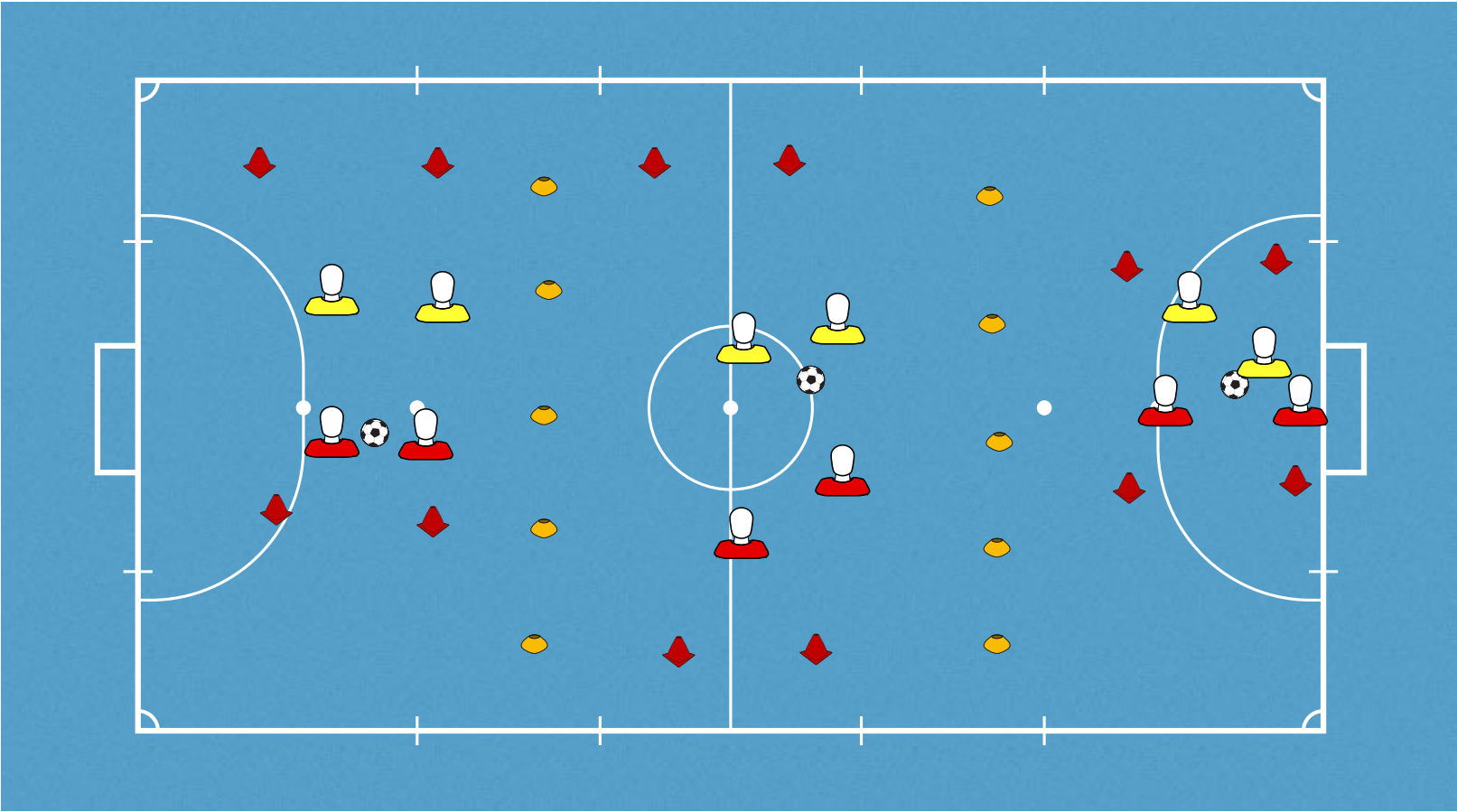
N/A

Psychological

Creativity

Social

Working in pairs



Coaching Point #1

Try to look after the ball
How? Where can you move the ball?

Coaching Point #3

Try to attack onto space
Where is the space?
What techniques helps get the ball there?

Coaching Point #2

Try to work together
Where can you move?
What can you do to help your partner?

Coaching Point #4

