

Pairs Thirds Practice

Category: Possession

Length: 00:40 Rec. Players: 14

Published: March 26, 2015 @ 22:37

Practice Theme/Topic

General Notes

Arrival activity will be 2v1 games following from last weeks session

This is a template. Please adapt the session as needed for your group

Aims & Objectives

To support the pass over different distances & receive to move the ball during semi-opposed and opposed practices

Organisation & Setup

Playing area split into thirds with target zones at each end.

Slide 1 - football in middle third, taggers in end thirds trying to stop the players in pairs from getting past them & moving the ball back to the target area at either end. Guards can tag players or steal footballs from them and return them to the middle third.

Slide 2 - in pairs, work together to move the ball between the thirds before they can score in goals at each end.

Coaching Factors & Outcomes

Create a clear path for ball to travel through

Use technique relevant to distance ball needs to travel

Receive with sole or inside to try and keep the ball moving

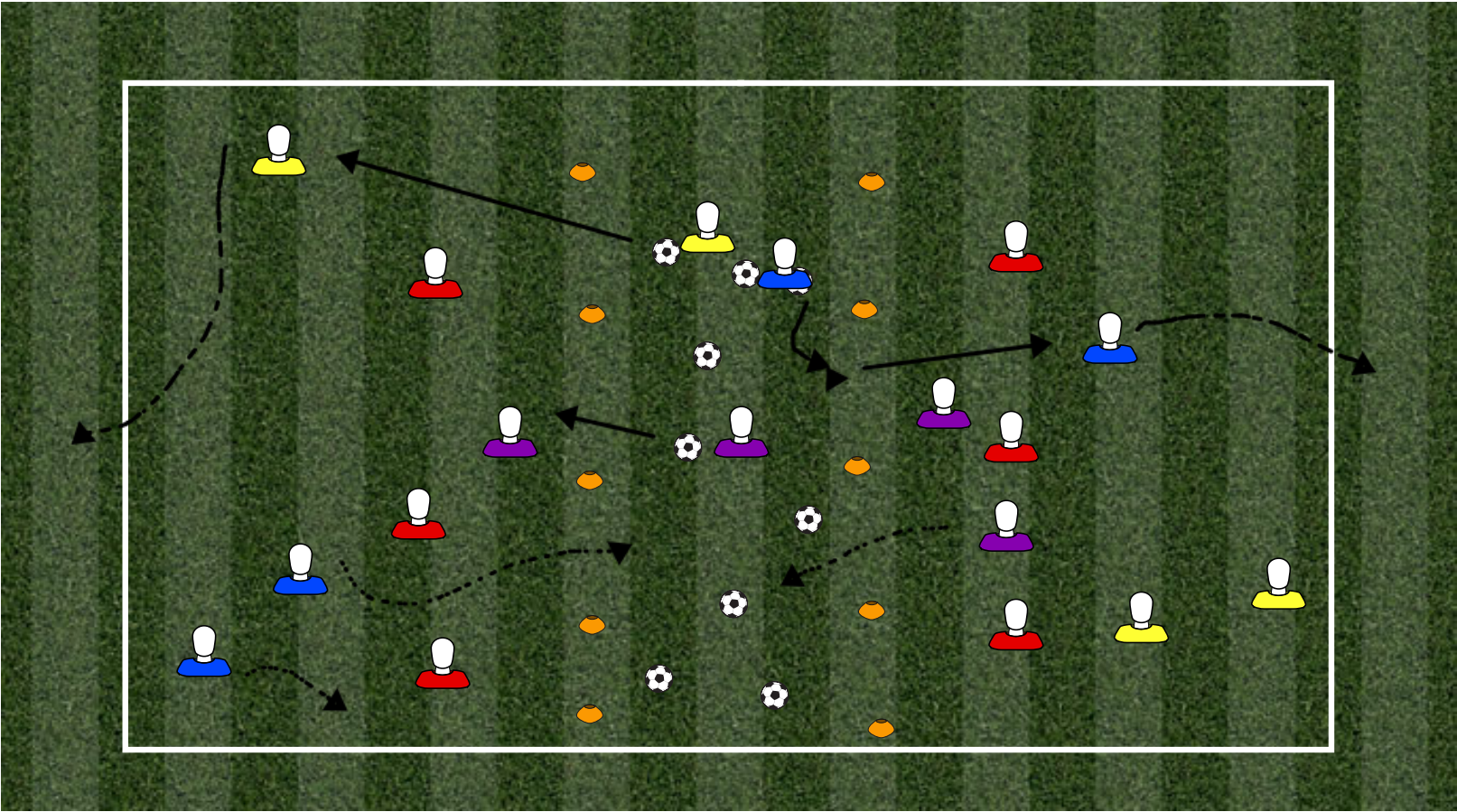
Adaptation & Progression

Slide 3- guards covering the thirds who try to gain possession & score in goals at side or either end.

Size of thirds

Guards can be locked into specific thirds or free to roam

Players can have to touch the ball in each third or be asked to move the ball through the thirds as they wish.



Coaching Point #1

Try to see the ball
How can you be in position to see the ball?
Where can you move so you have a clear path?

Coaching Point #3

Try to keep the ball moving
Which part of the foot can you use to receive the ball?
How can you keep the ball moving?

Coaching Point #2

Try to use appropriate techniques
How can you pass over that distance?
Which part of the foot will you use?

Coaching Point #4

Luton SC 23/03/15

Practice: 02 Length: 01:00

Categories: Possession, Small Sided Games

Practice: 01 Length: 00:40

Pairs Thirds Practice

Category: Possession

Slide: 01/03



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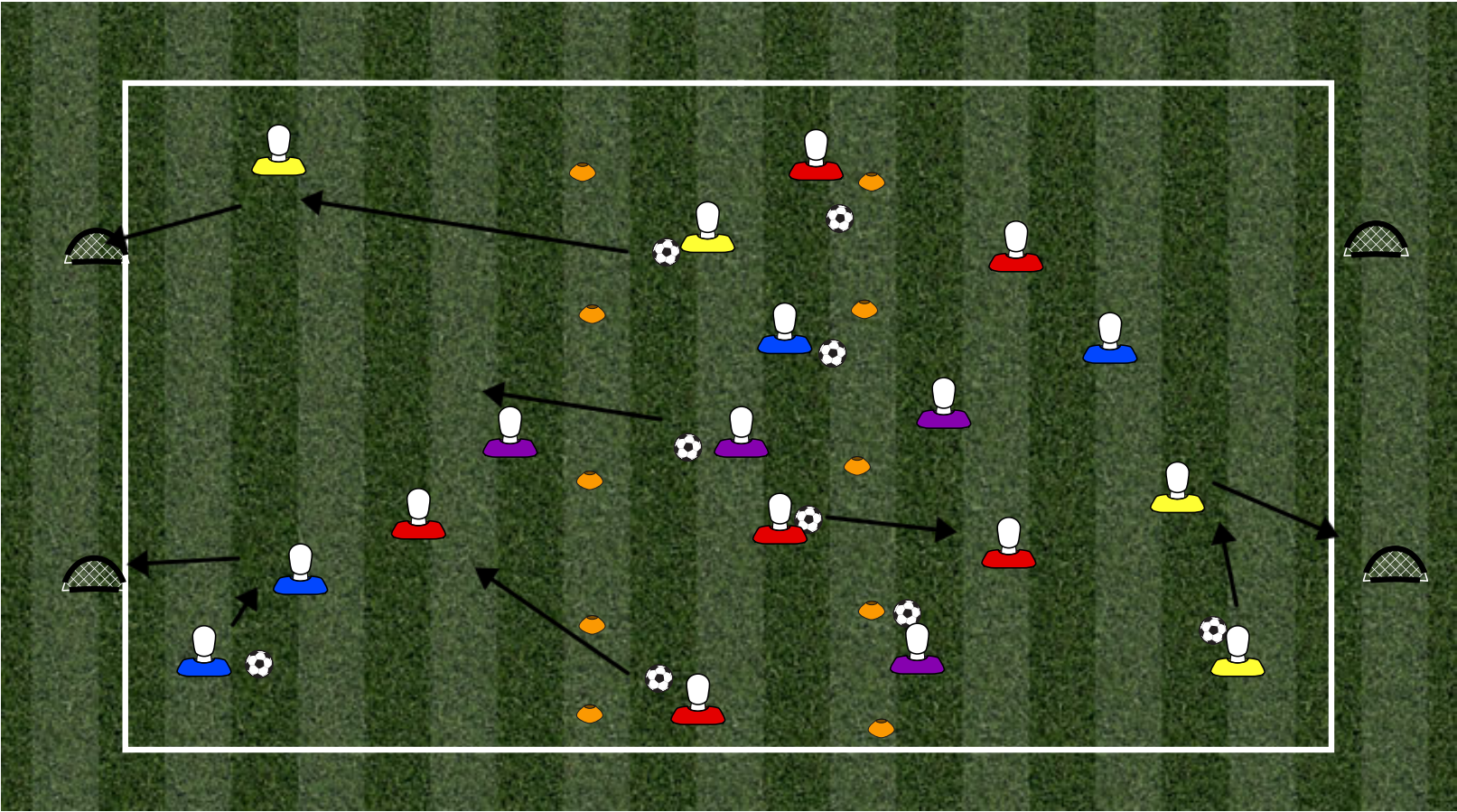
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Coaching Point #4

Luton SC 23/03/15

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Categories: Possession, Small Sided Games

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Pairs Thirds Practice

Category: Possession

Slide: 02/03



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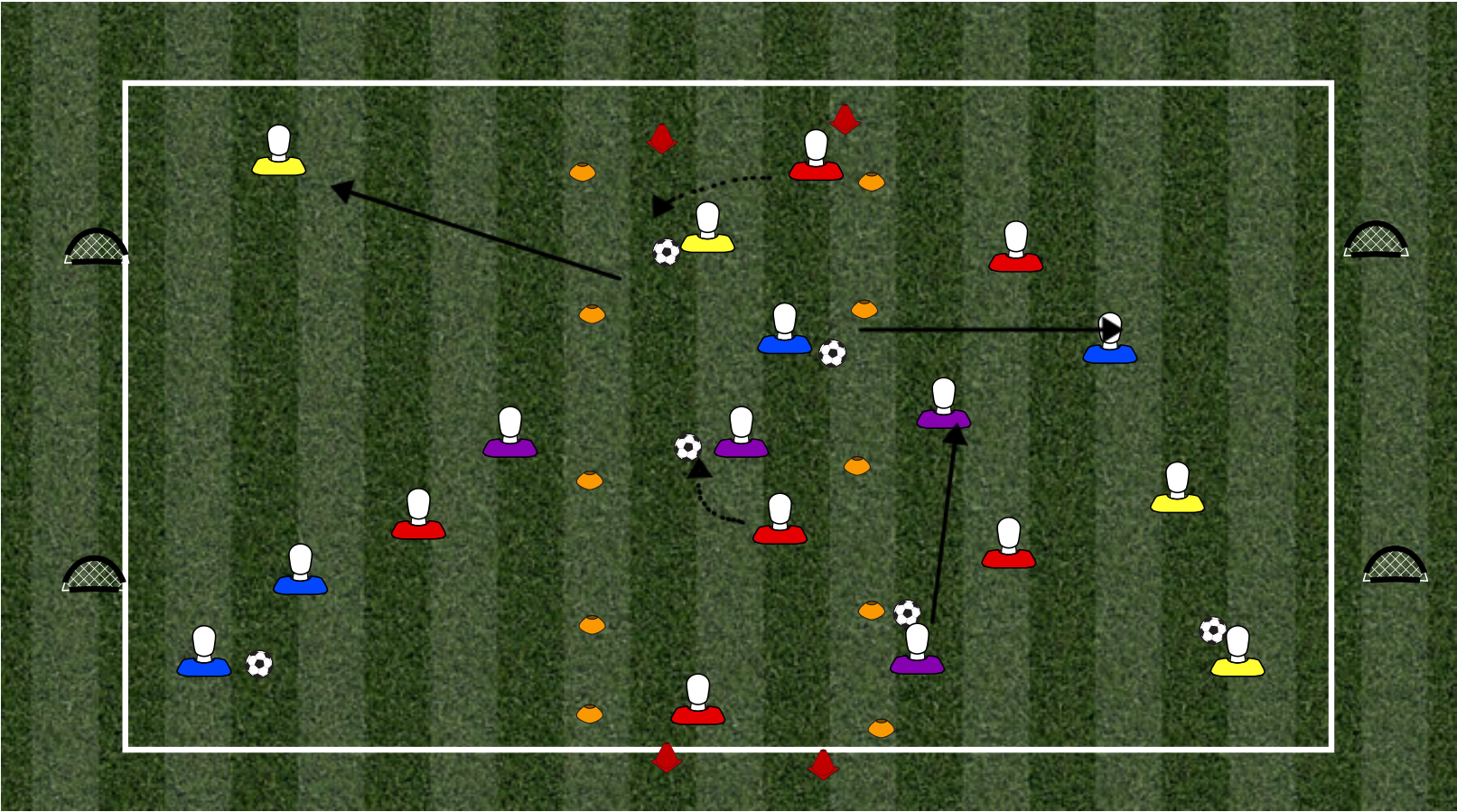
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Practice: 02 Length: 01:00

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Practice: 01 Length: 00:40

Pairs Thirds Practice

Category: Possession

Slide: 03/03



2v2-4v4 Games

Category: Small Sided Games

Length: 00:20 Rec. Players: 14

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Practice Theme/Topic

General Notes

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Aims & Objectives

To develop passing & receiving techniques with ways to support the ball during opposed practices

Organisation & Setup

Players organised into 2v2, 3v3 & 4v4 games with each group asked to set up their own pitch size (this can be adjusted as they play if needed)

Coaching Factors & Outcomes

Create clear passing lines

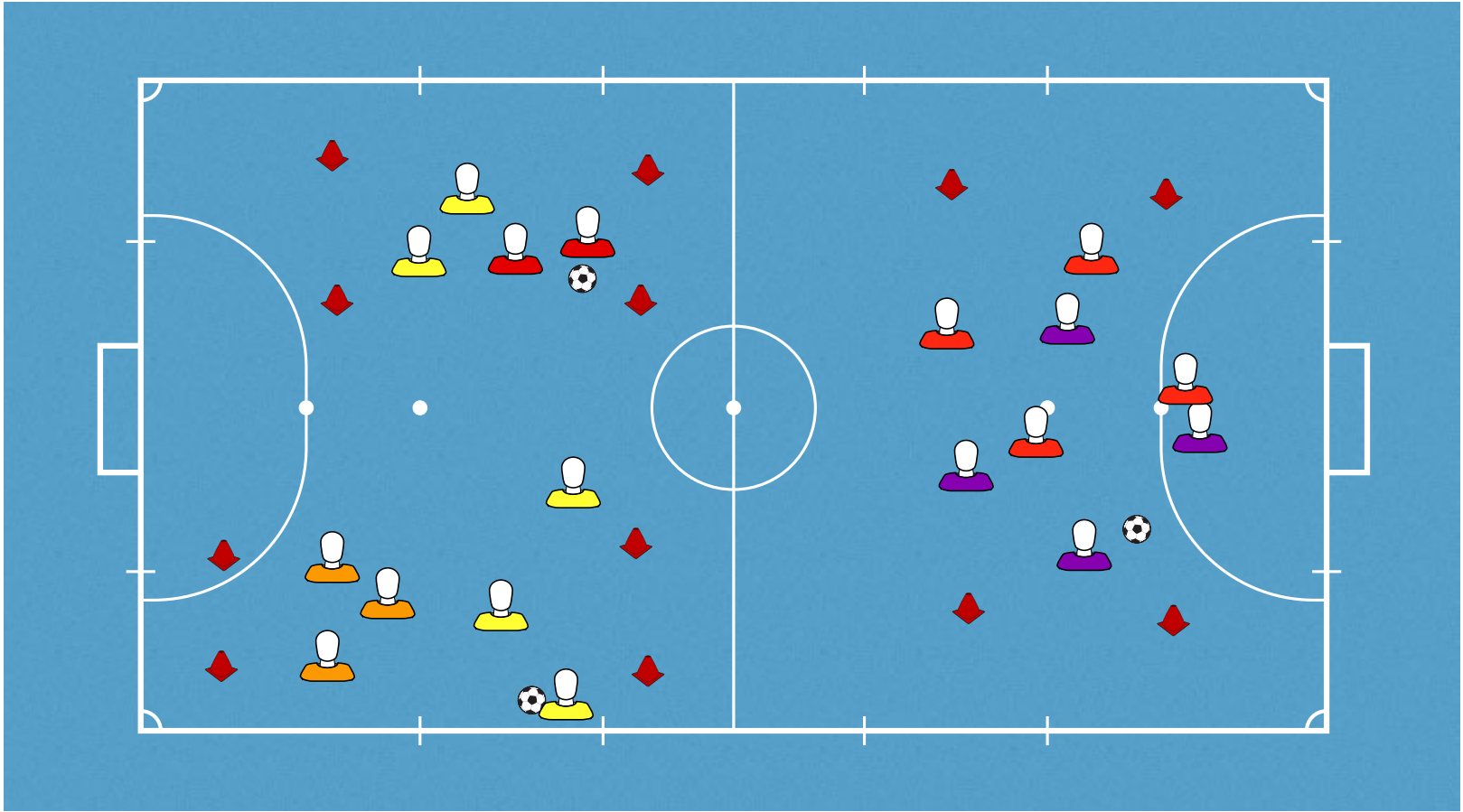
Receive and keep the ball moving

Use appropriate techniques over different distances

Adaptation & Progression

Size of goals and pitches

Players can change over the pitch they are playing on and ratios within teams



Technical

Passing
Receiving

Physical

N/A

Psychological

Recognise space to pass/support

Social

Working with others

Coaching Point #1

Try to help your team mate
Where can you move to help them?
How can you create a clear passing line?

Coaching Point #3

Try to show different passes
Which different passes can you use?
Why did you use that pass?

Coaching Point #2

Try to keep the ball moving
How can you keep the ball moving?

Coaching Point #4

Luton SC 23/03/15

Practice: 02 Length: 01:00

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Practice: 02 Length: 00:20

2v2-4v4 Games

Category: Small Sided Games

Slide: 01/01

