

Passing Blocks

Category: Possession

Length: 00:30 Rec. Players: 14

Published: March 05, 2015 @ 21:43

Practice Theme/Topic

General Notes

This is a template, please adapt and use it as appropriate for your group.

Arrival games; 2v2 games

Aims & Objectives

To develop balance, linked in with ways to keep possession towards a target against different levels of opposition,

Organisation & Setup

Squares set out across the playing area.

Slide 1- players are to move to each square by using hopping, skipping (low & high) & moving to jump into a square. Can include some taggers who will try and tag those moving between squares by using same movements.

Slide 2 - in pairs, players are to work together to move the ball through the square. Players encouraged to use sole, inside, outside and heel when touching the ball.

Coaching Factors & Outcomes

Passing techniques

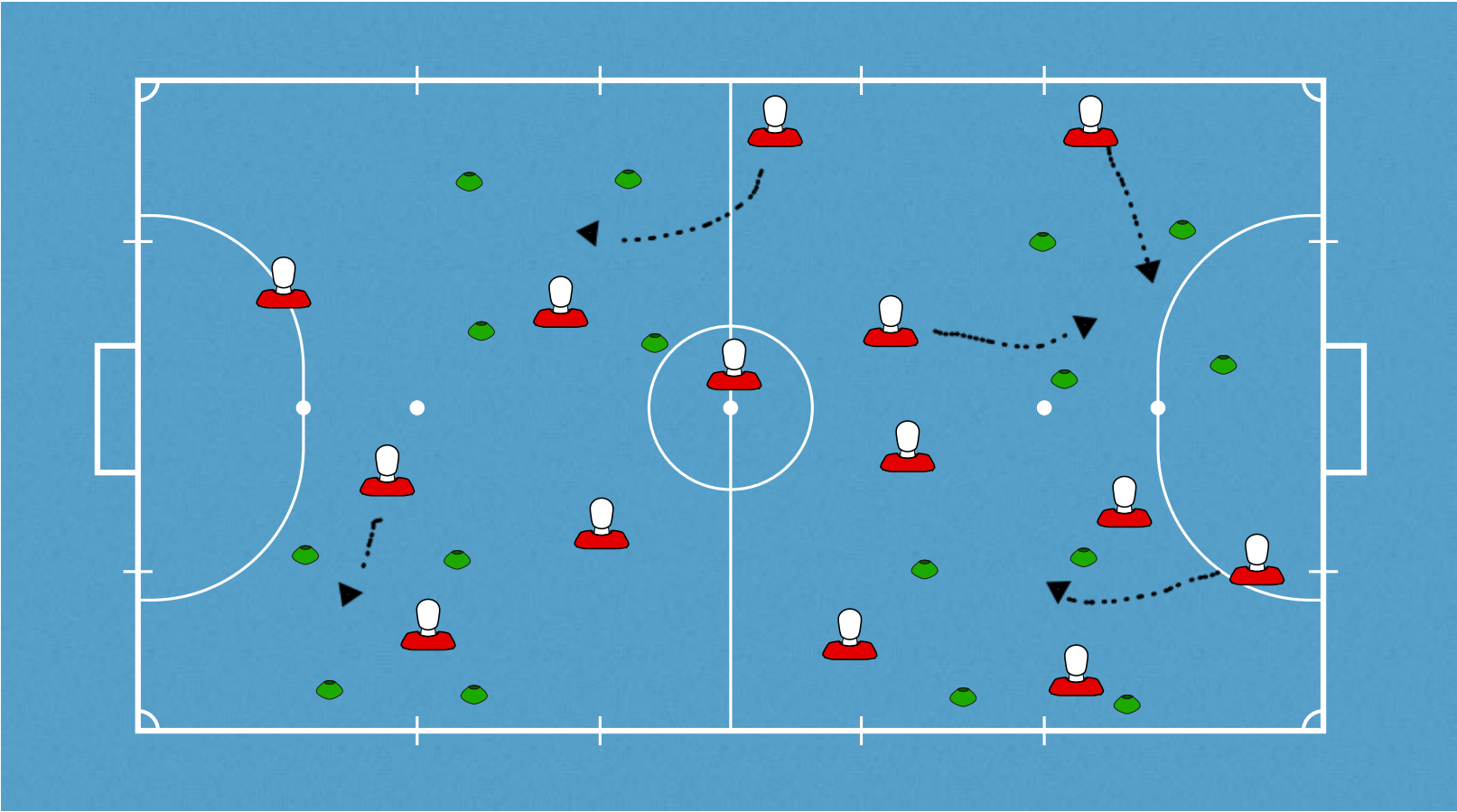
Looking after the ball (receiving and in possession)

Working with a partner

Adaptation & Progression

Progression (slide 3) include some guards within the squares who try to stop the teams receiving or passing their ball through the square. If a guard can gain possession and stop the ball by a cone they score 1pt.

Adaptions;
Size of squares
Number of guards within squares
Type/size of football/futsal
Guards working in squares or between squares
Can include goals for players to score in once they move the ball through squares



Coaching Point #1

Try to look after your ball
How can you move your ball through the square?
When did you receive the ball inside or outside of the square?
What part of your foot might you use?

Coaching Point #3

Try to work together
How can you work together?
What can you do together to help move the ball through the square?

Coaching Point #2

Try to pass to your partner
How can you make it easy to pass to each other?
Where can your partner be so you can pass to them?

Coaching Point #4

Luton SC 02/03/15

Practice: 02 Length: 01:00

Categories: Possession, Small Sided Games

Practice: 01 Length: 00:30

Passing Blocks

Category: Possession

Slide: 01/03



Passing Blocks

Category: Possession

Length: 00:30 Rec. Players: 14

Published: March 05, 2015 @ 21:43

Practice Theme/Topic

General Notes

This is a template, please adapt and use it as appropriate for your group.

Arrival games; 2v2 games

Aims & Objectives

To develop balance, linked in with ways to keep possession towards a target against different levels of opposition,

Organisation & Setup

Squares set out across the playing area.

Slide 1- players are to move to each square by using hopping, skipping (low & high) & moving to jump into a square. Can include some taggers who will try and tag those moving between squares by using same movements.

Slide 2 - in pairs, players are to work together to move the ball through the square. Players encouraged to use sole, inside, outside and heel when touching the ball.

Coaching Factors & Outcomes

Passing techniques

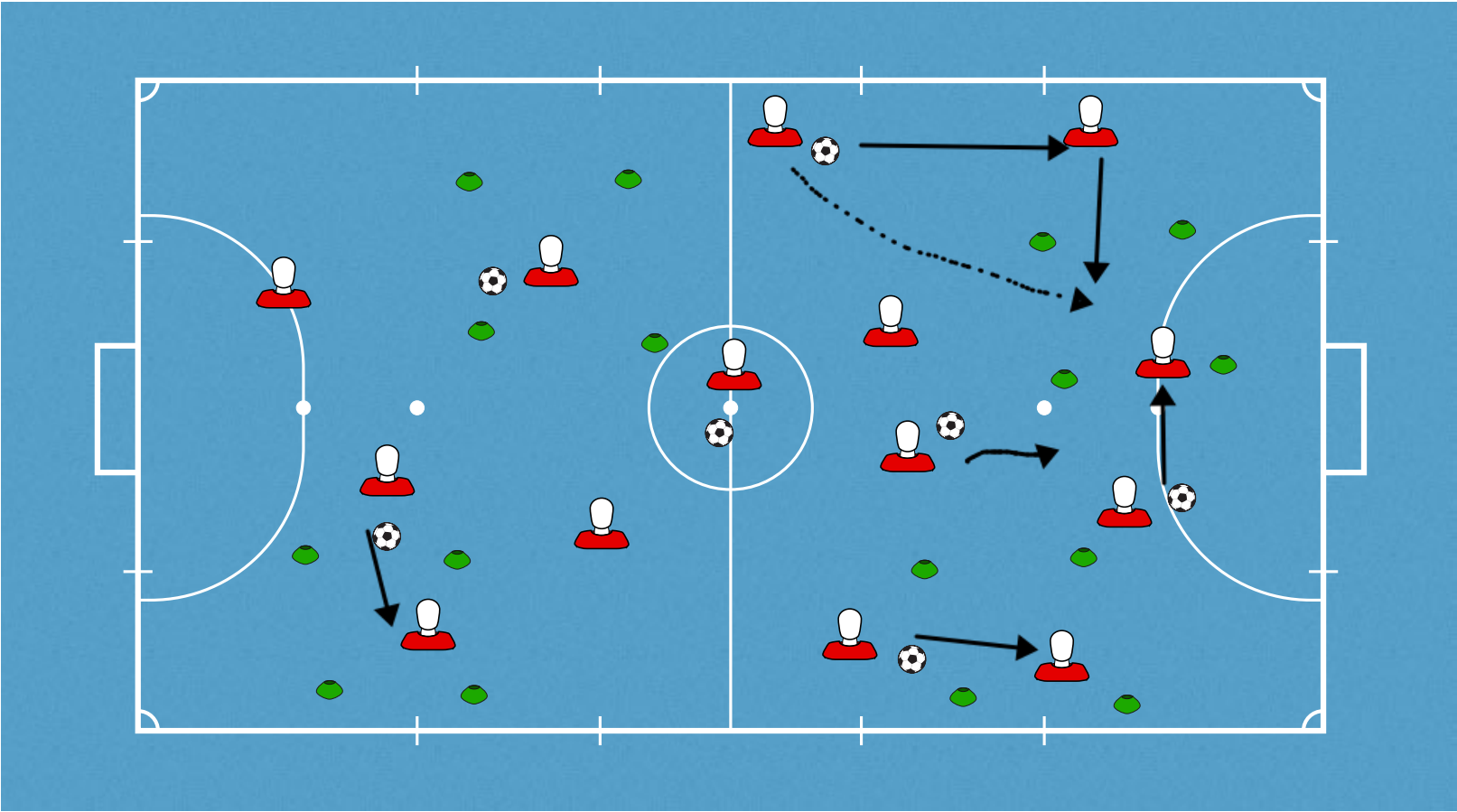
Looking after the ball (receiving and in possession)

Working with a partner

Adaptation & Progression

Progression (slide 3) include some guards within the squares who try to stop the teams receiving or passing their ball through the square. If a guard can gain possession and stop the ball by a cone they score 1pt.

Adaptions;
Size of squares
Number of guards within squares
Type/size of football/futsal
Guards working in squares or between squares
Can include goals for players to score in once they move the ball through squares



Coaching Point #1

Try to look after your ball
How can you move your ball through the square?
When did you receive the ball inside or outside of the square?
What part of your foot might you use?

Coaching Point #3

Try to work together
How can you work together?
What can you do together to help move the ball through the square?

Coaching Point #2

Try to pass to your partner
How can you make it easy to pass to each other?
Where can your partner be so you can pass to them?

Coaching Point #4

Luton SC 02/03/15

Practice: 02 Length: 01:00

Categories: Possession, Small Sided Games

Practice: 01 Length: 00:30

Passing Blocks

Category: Possession

Slide: 02/03



Passing Blocks

Category: Possession

Length: 00:30 Rec. Players: 14

Published: March 05, 2015 @ 21:43

Practice Theme/Topic

General Notes

This is a template, please adapt and use it as appropriate for your group.

Arrival games; 2v2 games

Aims & Objectives

To develop balance, linked in with ways to keep possession towards a target against different levels of opposition,

Organisation & Setup

Squares set out across the playing area.

Slide 1- players are to move to each square by using hopping, skipping (low & high) & moving to jump into a square. Can include some taggers who will try and tag those moving between squares by using same movements.

Slide 2 - in pairs, players are to work together to move the ball through the square. Players encouraged to use sole, inside, outside and heel when touching the ball.

Coaching Factors & Outcomes

Passing techniques

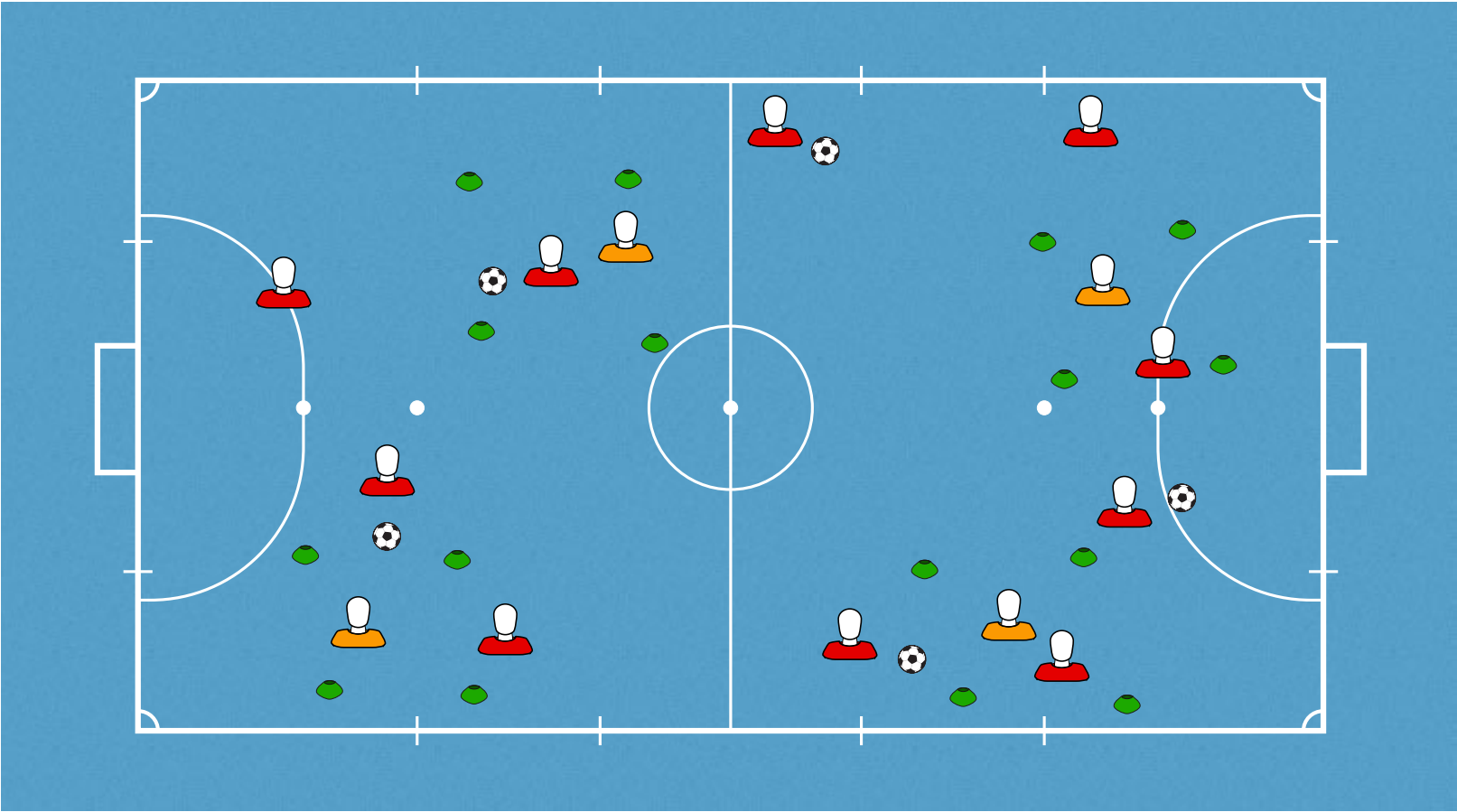
Looking after the ball (receiving and in possession)

Working with a partner

Adaptation & Progression

Progression (slide 3) include some guards within the squares who try to stop the teams receiving or passing their ball through the square. If a guard can gain possession and stop the ball by a cone they score 1pt.

Adaptions;
Size of squares
Number of guards within squares
Type/size of football/futsal
Guards working in squares or between squares
Can include goals for players to score in once they move the ball through squares



Coaching Point #1

Try to look after your ball
How can you move your ball through the square?
When did you receive the ball inside or outside of the square?
What part of your foot might you use?

Coaching Point #3

Try to work together
How can you work together?
What can you do together to help move the ball through the square?

Coaching Point #2

Try to pass to your partner
How can you make it easy to pass to each other?
Where can your partner be so you can pass to them?

Coaching Point #4

Luton SC 02/03/15

Practice: 02 Length: 01:00

Categories: Possession, Small Sided Games

Practice: 01 Length: 00:30

Passing Blocks

Category: Possession

Slide: 03/03



Boxes Game 2v2 Futsal

Category: Small Sided Games

Length: 00:30 Rec. Players: 14

Published: March 05, 2015 @ 21:43

Practice Theme/Topic

General Notes

This is a template, please adapt & use to benefit your group

Aims & Objectives

To develop possession towards a target during opposed practices

Organisation & Setup

Square at each end, a team of 2 at each end to try and score by stopping the ball in the opposing teams square.

Slide 2 a goal at each end for teams to score into. 2v2 games.

Coaching Factors & Outcomes

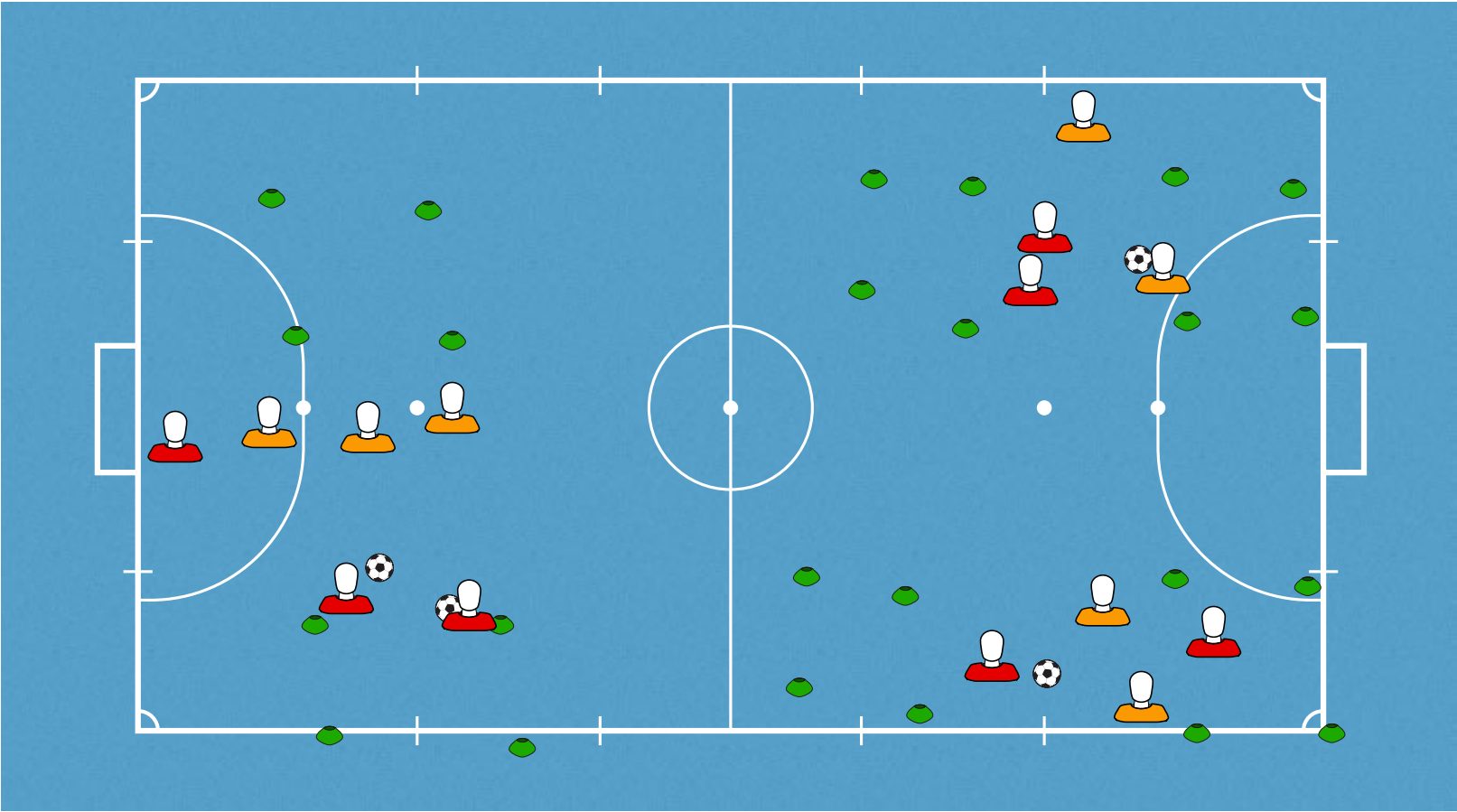
Try to move the ball towards the target/goal

Try to support your partner

Adaptation & Progression

Slide 1 - size of squares and numbers on each team can be adjusted. More than one ball can be used in each game if teams are playing more than 2v2. Players can rotate partners every 4-5 mins.

Slide 2- size of goals and numbers on each team. Type/size of footballs. Numbers on each team, with multi ball options available if needed.



Coaching Point #1

Try to move the ball towards the target/goal
How can you do this with your partner?
What techniques did you use when?

Coaching Point #3

Coaching Point #2

Try to support your partner
How can you support your partner?
What can you both do to help move the ball towards the goal?

Coaching Point #4

Technical

Possession
(Passing, receiving, movement with control)

Physical

N/A

Psychological

Bravery

Social

Working with a partner

Luton SC 02/03/15

Practice: 02 Length: 01:00

Categories: Possession, Small Sided Games

Practice: 02 Length: 00:30

Boxes Game 2v2 Futsal

Category: Small Sided Games

Slide: 01/02



Boxes Game 2v2 Futsal

Category: Small Sided Games

Length: 00:30 Rec. Players: 14

Published: March 05, 2015 @ 21:43

Practice Theme/Topic

General Notes

This is a template, please adapt & use to benefit your group

Aims & Objectives

To develop possession towards a target during opposed practices

Organisation & Setup

Square at each end, a team of 2 at each end to try and score by stopping the ball in the opposing teams square.

Slide 2 a goal at each end for teams to score into. 2v2 games.

Coaching Factors & Outcomes

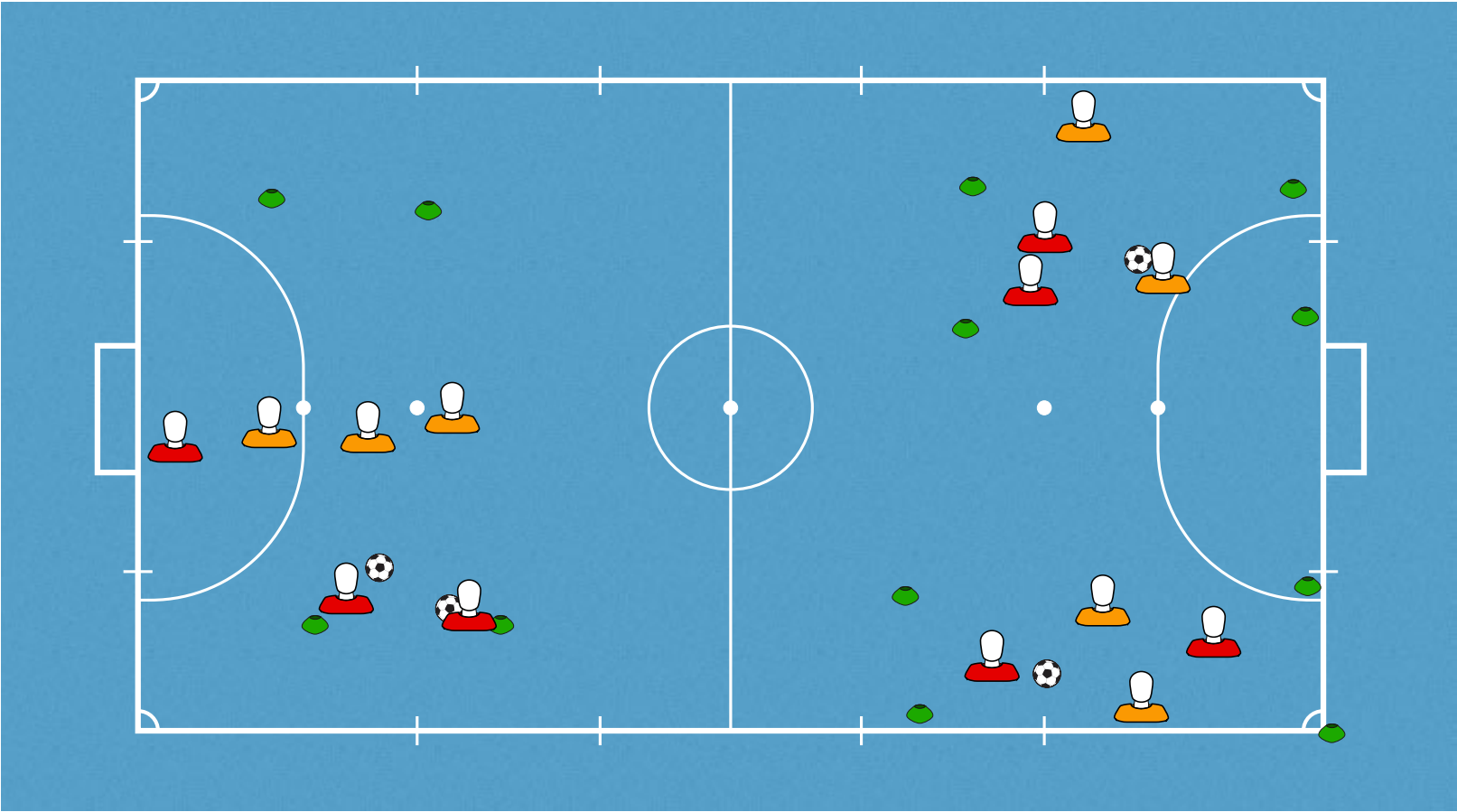
Try to move the ball towards the target/goal

Try to support your partner

Adaptation & Progression

Slide 1 - size of squares and numbers on each team can be adjusted. More than one ball can be used in each game if teams are playing more than 2v2. Players can rotate partners every 4-5 mins.

Slide 2- size of goals and numbers on each team. Type/size of footballs. Numbers on each team, with multi ball options available if needed.



Coaching Point #1

Try to move the ball towards the target/goal
How can you do this with your partner?
What techniques did you use when?

Coaching Point #3

Coaching Point #2

Try to support your partner
How can you support your partner?
What can you both do to help move the ball towards the goal?

Coaching Point #4

Technical

Possession
(Passing, receiving, movement with control)

Physical

N/A

Psychological

Bravery

Social

Working with a partner

Luton SC 02/03/15

Practice: 02 Length: 01:00

Categories: Possession, Small Sided Games

Practice: 02 Length: 00:30

Boxes Game 2v2 Futsal

Category: Small Sided Games

Slide: 02/02

