

Teams Shape Warm Up

Category: Warm Up

Length: 00:20 Rec. Players: 16

Published: January 13, 2015 @ 18:38

Practice Theme/Topic

General Notes

Arrival activity: small sided games, starting from 1v1 up to 4v4 (can play with uneven teams)

Aims & Objectives

To work within a team to defend and attack space without a ball

Organisation & Setup

In small teams, players to set out a shape that they can all get inside of.

Each team needs to defend their own shape (by tagging opponents near/in your shape) whilst scoring pts by entering the shapes set up by other teams

Teams can defend inside or outside the shapes, with any number of players attacking and defending through the game.

Coaching Factors & Outcomes

Can you work as a team

Try to create space to move through

Try to find space to move through

Try to deny your opponents space

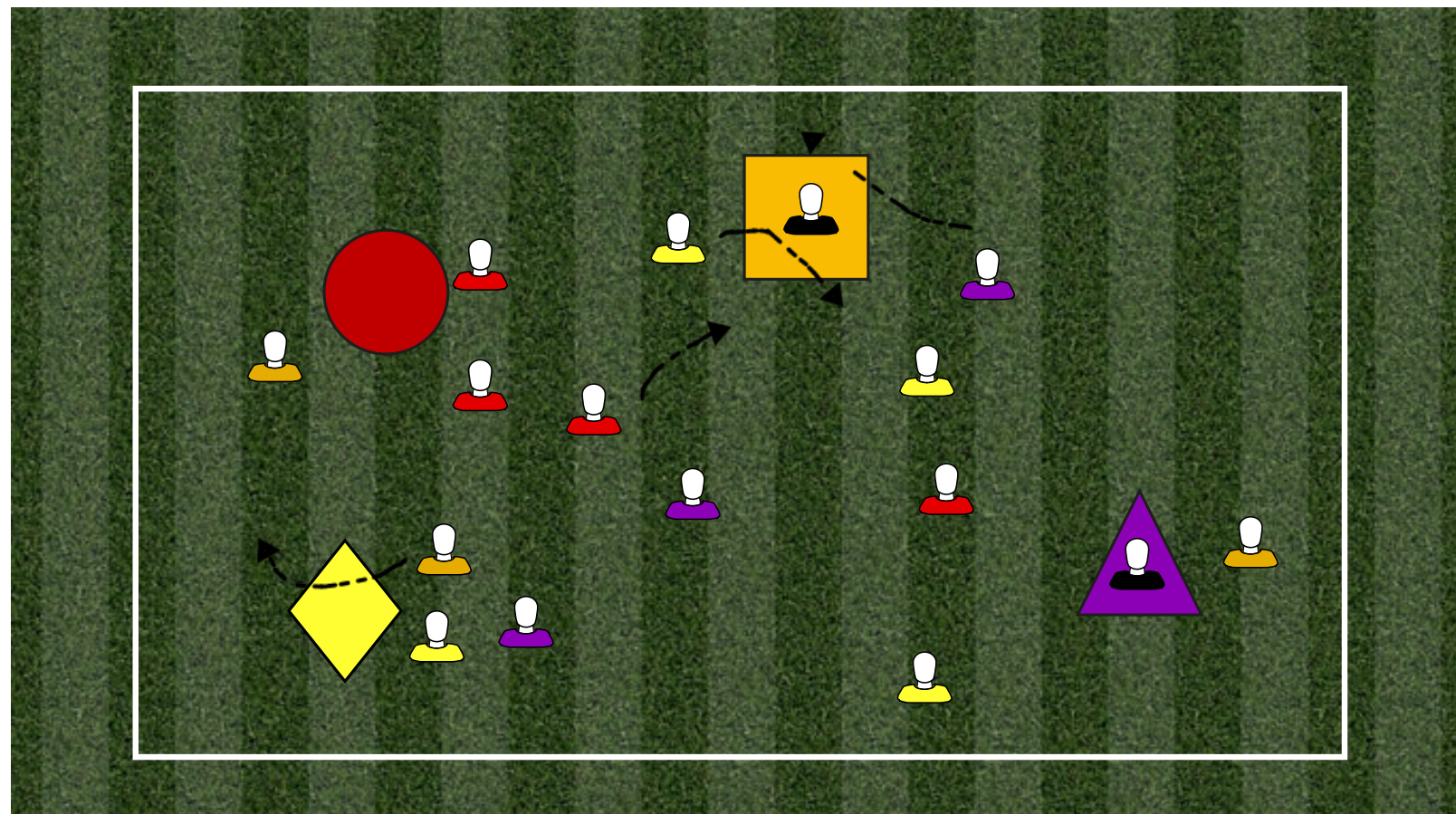
Adaptation & Progression

Can be completed with a football or two with each team

Size of shapes can be adapted

Could restrict defenders to inside or outside the shapes

Could work with footballs in hands for some



Coaching Point #1

Try to recognise space
Here might you find space?
What could you do to create space?

Coaching Point #2

Try to move through space
How could you create space?
How do you move when you see space?

Coaching Point #3

Try to deny space for your opponents
What can you do to make it difficult for your opponents?
How can you work together?

Coaching Point #4

Technical

N/A

Analysis Session Skills Centre W...

Practice: 03 Length: 01:00

Categories: Warm Up, Small Sided Games, Tech...

Practice: 01 Length: 00:20

Teams Shape Warm Up

Category: Warm Up

Slide: 01/01



Individuals & Teams Within Games

Category: Small Sided Games

Length: 00:35 Rec. Players: 16

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Practice Theme/Topic

General Notes

Assessment or observation week, with lots of activity and game time.

Try to input where required using minimal time, maximum input.

Aims & Objectives

Develop individual skills within a team, whilst working within a team during small sided games

Organisation & Setup

Three areas set out with different playing formats within each area.

Area 1 individual games, 1v1

Area 2 pair games: 2v2, 3v2 or 2v1

Area 3 team games: 3v3 or 4v4 games

Coaching Factors & Outcomes

Try to use space wisely
Try to be positive with the ball
Try to work as a team

Adaptation & Progression

Numbers of players within teams, at each game/area

Size of pitches and goals

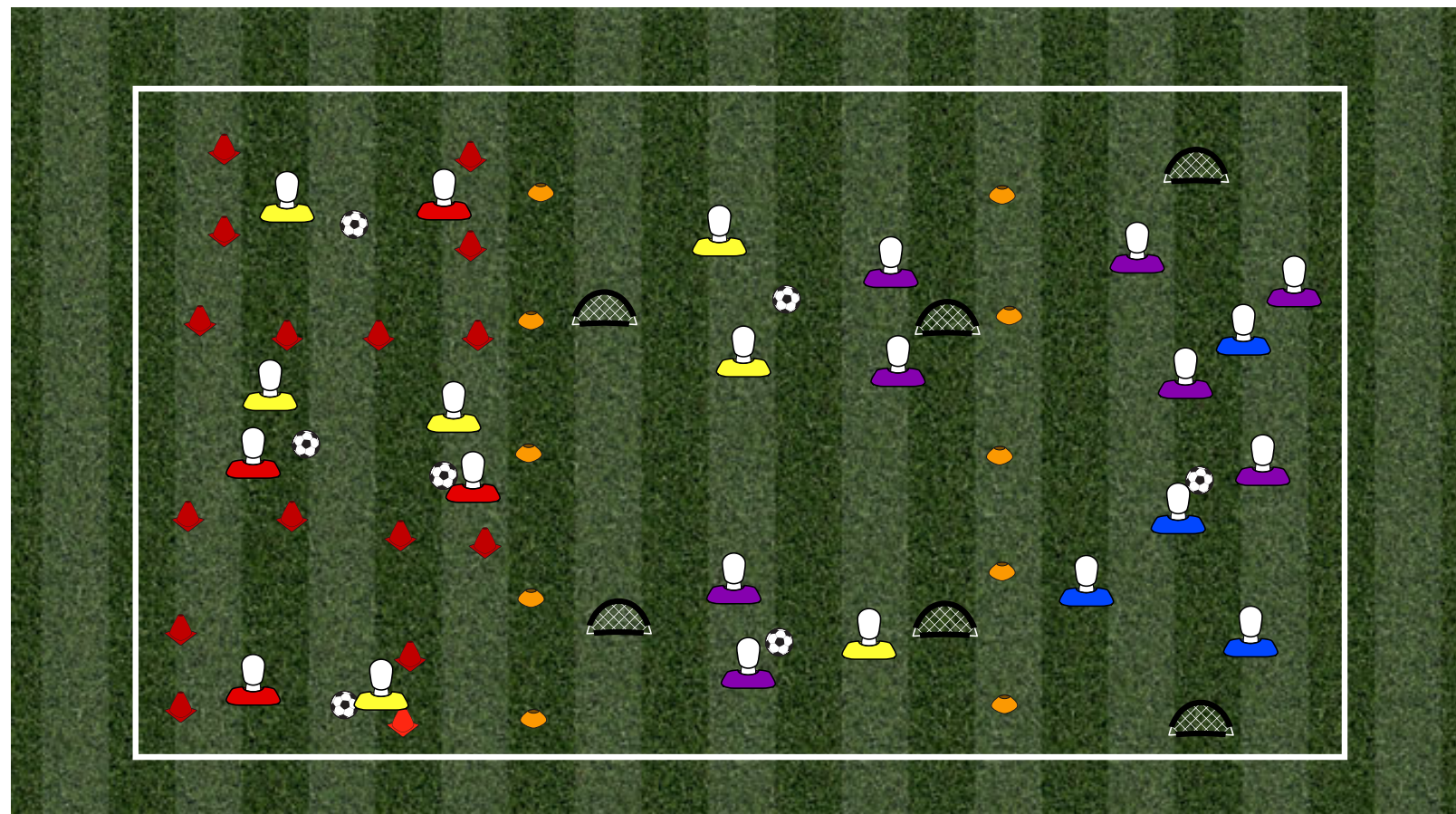
Challenge to stop ball in goal or shoot ball through goals.

Technical

Looking after the ball
Creating space as a team and individuals
Individual defending techniques

Physical

Agility



Coaching Point #1

Try to use space wisely
How can you use space in attack/defence?
Where was the space? How did you use it?

Coaching Point #2

Try to work as a team
How can you work together?
How do you support the ball?

Coaching Point #3

Try to be positive with the ball
What does this mean to you?
How can be positive?

Coaching Point #4

Technical Cool Down

Category: Technique

Length: 00:05 Rec. Players: 16

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Practice Theme/Topic

General Notes

N/A

Aims & Objectives

Cool down during a technical activity

Organisation & Setup

Ball each, show ways to change direction to both sides and backwards,

Coaching Factors & Outcomes

N/A

Adaptation & Progression

Can be specific with turns the players use if required (maybe scissor on both sides and a drag back).

Could incorporate a partner passing the ball to them so they can turn upon receiving the ball

Technical

Turning/skills

Physical

Agility

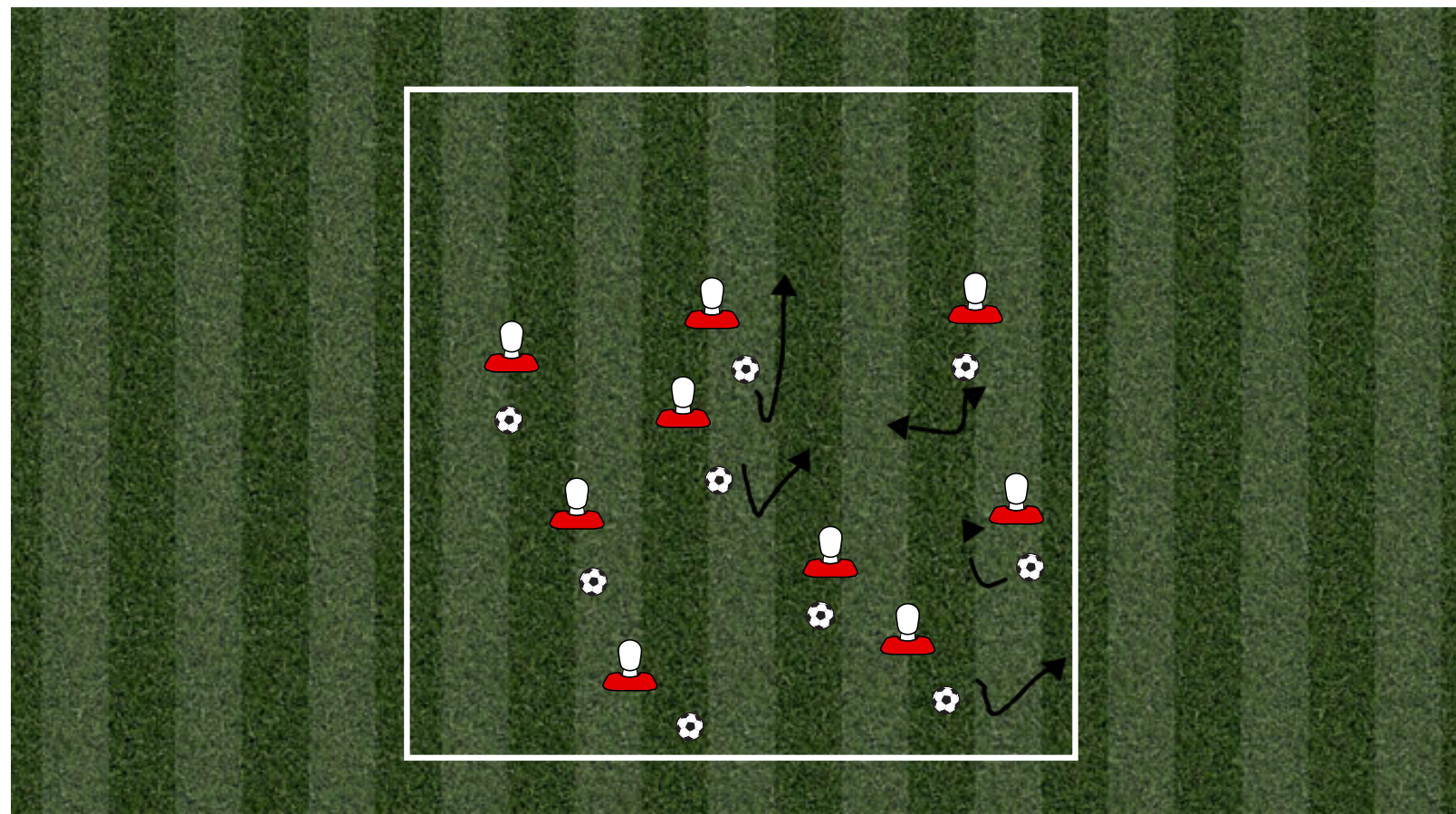
Balance

Psychological

N/A

Social

N/A



Coaching Point #1

Try to turn quickly
How can you increase speed without losing skill?
Where can you move?

Coaching Point #2

Try to keep control
How can you keep control after your turn?

Coaching Point #3

Coaching Point #4