

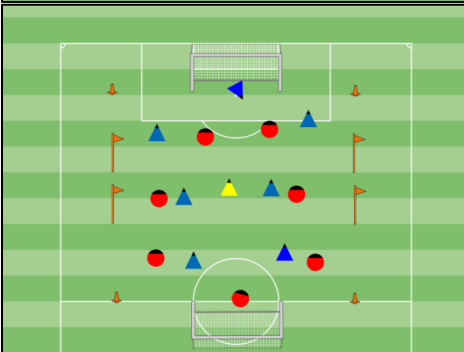
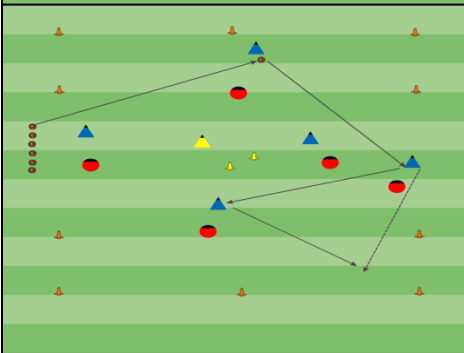
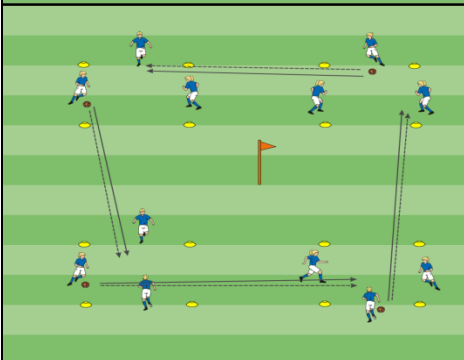
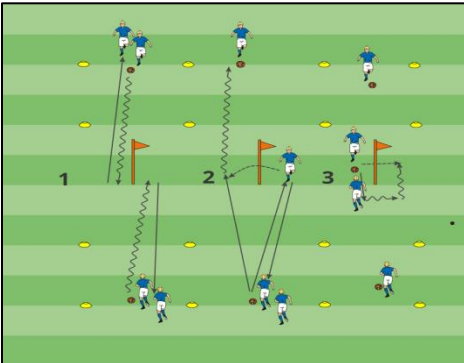


EDUCATE. CONNECT. INSPIRE

COACH: Garv Hall		AGE GROUP: 11-14
DATE: 09.12.2017	TIME: 11:00am to 12:30pm	SESSION NUMBER: n/a

TRAINING OBJECTIVES

To improve the combination play and speed of play in game situations. Players should understand the various types of combination play and movements needed to break lines to combine to progress



PHASE I: WARM-UP

DURATION: 20 mins	INTENSITY: 5	INTERVALS: 5	WORK:REST 3:1
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ORGANIZATION (PHYSICAL ENVIRONMENT/EQUIPMENT/PLAYERS)

Players working in two's across from another set of partners with a ball between two. 1. Dribble in with ball mastery moves, 2. Introduction of passing and combining, 3. Coordination, balance and rhythm of play

COACHING POINTS/ KEY CONCEPTS/ PROGRESSIONS

CP – Tight Touches, scanning on every 2-3 touches
 CP – Self Preparation, positive 1st touch
 CP – Movement off ball at speed
 CP – St
 Prog – Pass ball into player at pole and press, player with ball dribbles to yellow cone and repeat
 Prog – Pass and combine to get players moving ball quickly for 2nd phase

PHASE II: SMALL-SIDED ACTIVITY

DURATION: 20 mins	INTENSITY: 6	INTERVALS: 4	WORK:REST 4:1.5
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ORGANIZATION (PHYSICAL ENVIRONMENT/EQUIPMENT/PLAYERS)

Players in 3s in each of the 4 squares. Passing and moving, on whistle player on the ball passes and follows into the next square clockwise and then continue passing. Add in the passing combinations, give and go, overlap, third man combination.

COACHING POINTS/ KEY CONCEPTS / PROGRESSIONS

CP – Head up and look at player passing to
 CP – Quality ball, strike center of ball, keep it flat on ground
 CP – Communication on the sequences
 CP – It has to look like the game, be creative!
 Prog 1 – Give and Go
 Prog 2 – Overlap
 Prog 3 – 3rd man combo
 Prog 4 – Diagonal switch

PHASE III: EXPANDED ACTIVITY

DURATION: 25 mins	INTENSITY: 8	INTERVALS: 3	WORK:REST 6:2
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ORGANIZATION (PHYSICAL ENVIRONMENT/EQUIPMENT/PLAYERS)

Two teams in 30x40 grid with end zones marked with cones. One player acts as the playmaker. Ball starts with pass into opposite end zone (free pass to start) and team combines to find player in end zone for a point.

COACHING POINTS/ KEY CONCEPTS / PROGRESSIONS

CP – Width and depth when in possession
 CP – Movement to lose defender timed based on quality of possession
 CP – Speed of combination to eliminate defender
 CP – Decision making, when to possess when to combine.
 Prog – Extra point to play through yellow gate (manipulate defenders)
 Prog – In end zone, go to goal...

PHASE IV: GAME

DURATION: 25 mins	INTENSITY: 9	INTERVALS: 3	WORK:REST 7:2
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ORGANIZATION (PHYSICAL ENVIRONMENT/EQUIPMENT/PLAYERS)

Two teams 5v5 or 6v6 to large goals with a playmaker. 3 zones, each player in a specific zone. 3-2-2 with the playmaker in a free role. You can only progress into next zone on combination play. 1 point for shot 2 for goal

COACHING POINTS/ KEY CONCEPTS

CP – Be aggressive and look to break lines early
 CP – Invite pressure on dribble and destroy with quick combos
 CP – keep depth, don't rush to ball, keep space alive
 Prog – Remove zones, free play, no rules.