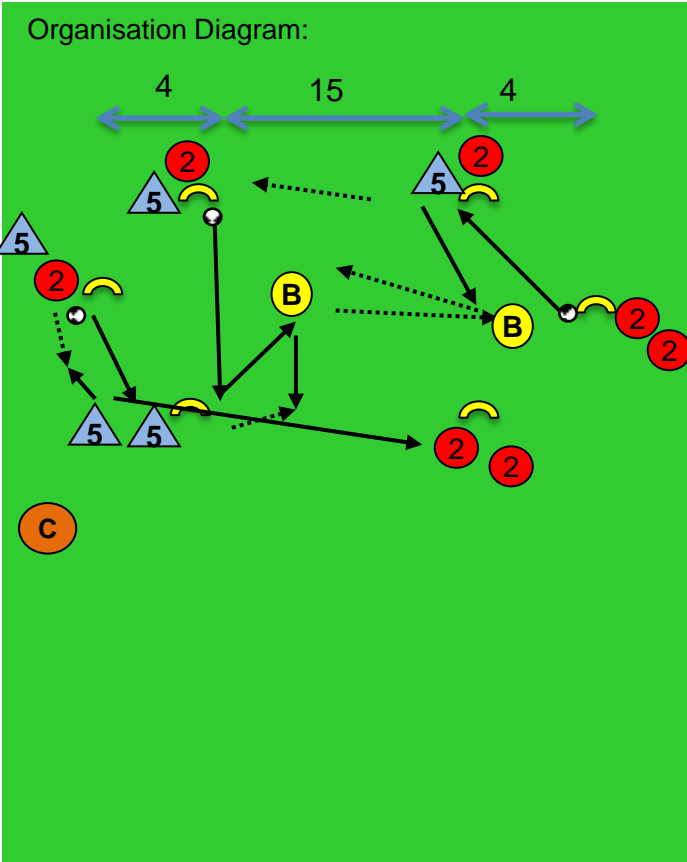


Core Skill: Striking Ball

Session objective: *Improve players ability to play away from pressure*

INTRODUCTION



Explanation:

Organization

- 20 players
- 23 length, 10 width
- 3 balls active
- Random passing sequence. All 3 balls active (all in same direction)
- B have 1 touch
- Passer can only pass to either, next cone, bypass one cone or use bouncer

Progression:

- Swap direction
- On coach "Whistle" transition quickly in opposite direction
- Introduce Passive Def in middle

Key points

- **Ball speed**
- **Pass quality**
- **Can we create overload when switch happens**

Concluding Competition

Core Skill: Striking Ball – Whole Part Whole

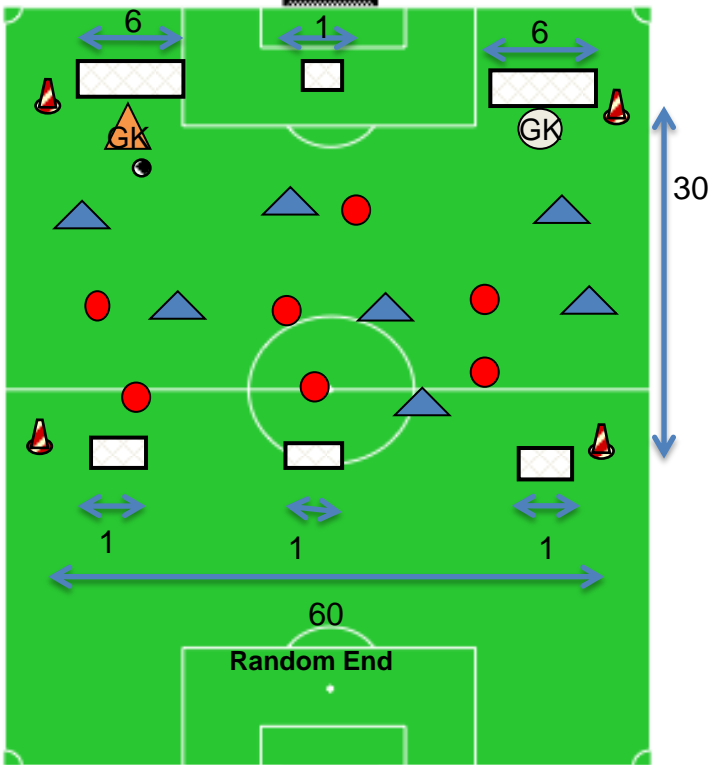
Explanation:

Organization:

- 8 v 8 + 4 GK
- Maximum 3 touches
- Must score with a 1 touch finish
- Red attack any of the three goals (scoring end)
- Blue attack any of the 3 small goals
- Swap ends after 8 minutes
- Please note different sized goals at both the scoring and random end. This will effect players decision making
- May want to split group into two and have one play on wide pitch for 8 min and then swap to long pitch. Would need to adjust dimensions for ssg

Organisation Diagram:

Scoring End

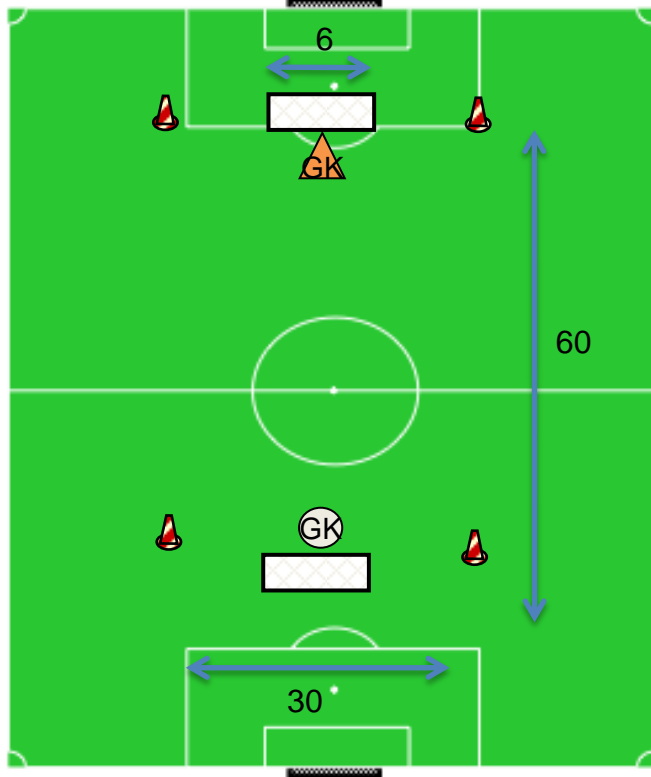


Step Up:

- Max Two touch
- Make Shallower

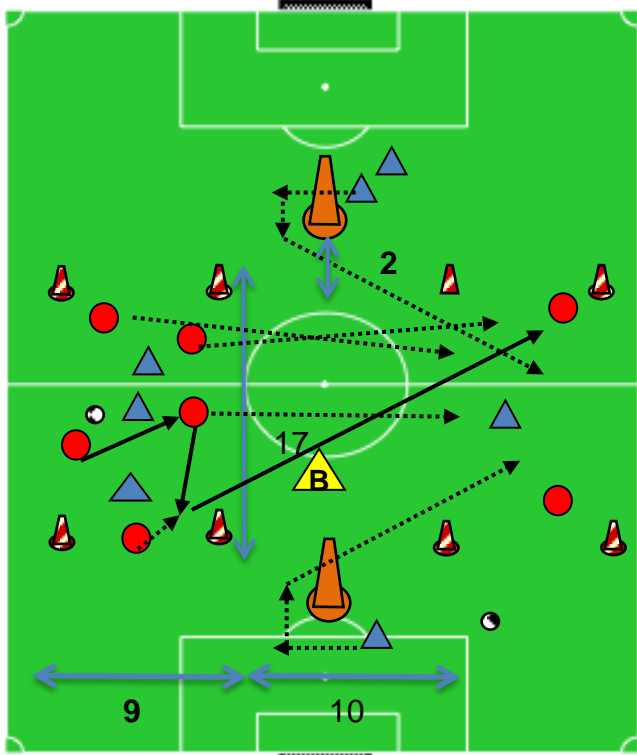
Step Down:

- Make bigger



Core Skill: Striking Ball – Positioning Game

Organisation Diagram:



Explanation :

Organization

- 2 grids 17 length by 9 width (10 between two grids)
- 7v3
- Team in possession must transfer ball to opposite side for a goal
- Must make 3 passes before transferring ball
- Once ball is transferred 3 attackers move to opp grid
- Two new defenders progress into playing zone around the witches hat
- Defenders must win ball and transition to team mate for 1 pt. 3 pts = change of role
- B has 1 touch only
- B Can play ball across to opposite grid
- B can be part of buildup play

Step Up:

- Bring Witches hat in closer
- Limited touches

Step Down:

- Make grid bigger

Team Task:

Can you transfer the ball across to the other side without risking possession

Player Actions:

Can you retain possession of the ball by finding time and space

Can you position yourself in a passing lane

Can you find a team mate in time and space

Can you keep the ball moving at all times

Can you commit the opposition one way and quickly transfer the ball to the opposite side

Cues:

As the ball is travelling position yourself in a passing lane

When is a passing lane can you position yourself to see as much of the field as possible

If your team mate is tightly marked can you come in towards him to support

If you cant play the ball to a team mate in time and space can you play the ball to your closest team mate to create space

If the opponents zone off can you move them by moving the ball quickly

When you pass the ball can you strike it firmly

If dribbling ball across can you perform a quick COD and switch point of attack

If your team mate is under pressure can you move towards him in a passing lane.

If your opponent goes to press the ball can you go with him

If the opposition drops of can you move them by playing quick short passes

SELF EVALUATION - SESSION

DATE: 29/1/14

TOPIC: Improve players ability to play in tight areas

ATTRIBUTE	EVALUATION/COMMENT
<i>Organisation & Structure</i>	Whole-Part-Whole Methodology. Had 23 players. Needed to split group into 2 for both the SI and ST to ensure more repetition An SSG should be considered for the SG also. Maybe have two pitches shallow and one wide and the other one long and narrow. Adjustment to session plan has been made. Need to alter dimensions based on numbers
<i>Your Coaching Style</i>	Very observant and task focused during the WHOLE sections. Plenty of freeze replay coaching in PART section.
<i>Effectiveness & detail of communication</i>	Need to improve cues for players when positioning themselves in tight areas
<i>Session Progression & outcomes</i>	Whole-Part-Whole Methodology. There was improvement in the final PART methodology
<i>Tasks, cues & game constraints</i>	
<i>Effectiveness of session</i>	Quite effective. There was plenty of switching of play. Players started to grasp how they can move the opposition to get the desired outcome ie draw them in.
<i>What players learned</i>	When a team mate is under pressure to come towards him. Move ball away from congestion by switching play.
<i>what would you do differently</i>	Change design to allow more repetition.