



Description

Skill Introduction - Warm Up (10 mins)

Instructions:

Positioned inside a large grid are a number of 5m x 5m x 5m triangular grids.

The number of triangular grids equals the number of players per group.

The players are split into 2 groups of equal numbers, one group with a ball.

The group without the ball, each player must stand inside a triangular and cannot leave the triangle.

The ball players dribble around the area and attack the triangles from any

possible side. Only one player can attack a triangle at the same time (awareness; communication).

The triangle players have to defend the borders of their triangles. Change roles of groups regularly.

Possible Coach Remarks:

Make feints.

Now only use your weaker foot.

Now increase the tempo but avoid collisions (heads up).



Skill Training (20 mins)

Instructions:

Within a large grid, mark the half way line with coloured cones.

Split the players into 2 groups and position the groups opposite one another within the goal.

Group 1 with a ball each; group 2 without a ball.

First player in group 1 passes to first player in group 2. Passer immediately sprints to the halfway line and becomes a defender, defending on or over the halfway line, waiting in own half is not allowed.

First player in group 2 receives the ball and takes on the defender at speed, trying to get past them and score by dribbling through the goal poles.

The action stops when a goal is scored or the defender wins the ball off the attacker. The players now join the opposite line.

After everyone's had a turn, the attackers now become defenders and defenders become attackers. Start the drill again.

Count the number of goals: which team scored most?



Game Play (30 mins)

Instructions:

Standard match game 15 minutes each half

30 minutes game play with the focus on 1v1 situations.

Coach to also use this time to work on match specific issues that might need addressing

