

Description

Core Value Focus: Teamwork - focus on working as a pair efficiently.

Free Play

Set up

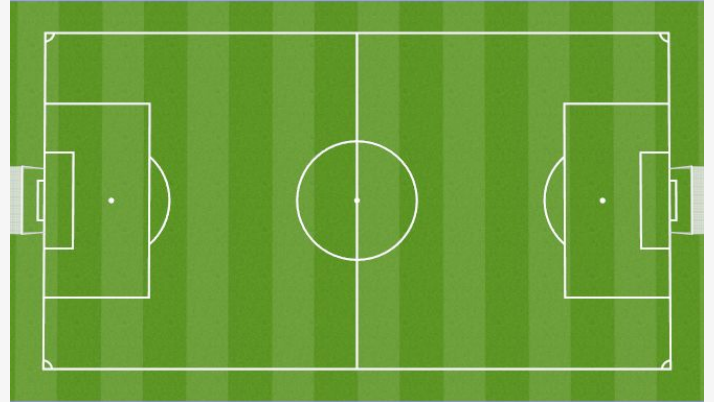
Free play. Coaches just to observe

Aim

For players to make their own decisions

Coaching points

No coaching interventions



Split defender part 1 (15mins)

Set Up

Split the defenders - groups of 6 players

2 defenders in the middle - all other players are to be passing and moving around the area.

If you pass the ball to a player without the ball through the square you win 3 points

If you pass the ball to a player without the ball through the square and split the defenders you win 5 points

Every time the defenders win the ball they win 3 points - Best defensive pair with most points wins

If defenders get split - they lose their points - DON'T GET SPLIT!

Coaching points

Pass the ball away from pressure

Find the space/ gaps to pass into

Move off the ball to create a passing option

Weight of pass is key to make sure it gets to target

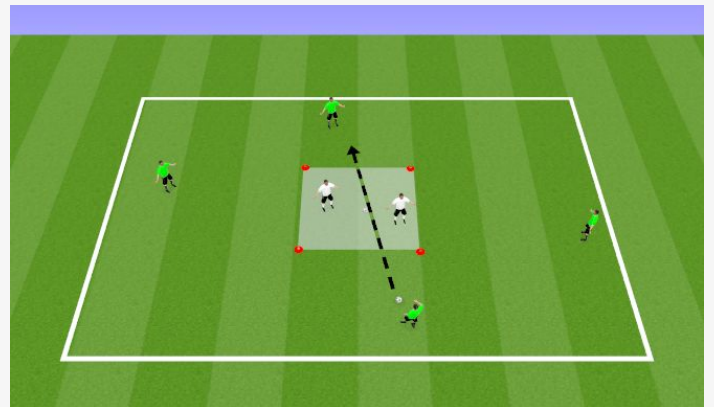
Dribble the ball into space

Defenders - Stay connected

Do not get split

Always check shoulders to see where other may be attacking from

Communicate



Split defender part 2 (15mins)

Set up

Two areas with a middle zone, teams must transfer the ball from one side to the other

Aim

Split the defenders and pass to the team on the other side.

Defenders need to be alert and connected.

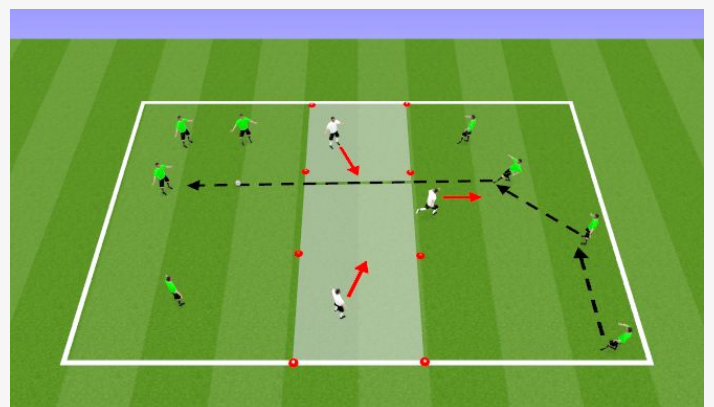
Defenders need to stay connected and compact - force the attacking teams to play around rather than through.

To Start - all defenders must stay in the designated area - moving from side to side to block off gaps and deny switched passes

Attacking players are to move the ball to move the defenders to create space to play into

If the defenders win the ball in their area by intercepting a pass, they swap with the team in which they won the ball from

Progression - One defender can leave the area to press the ball (pressure). This puts added pressure on the player with the ball



therefore having to be more alert and aware of their surroundings and what their next move will be. Second defender can join after possession team make 4+ passes.

Other defenders need to work to cover the pressing defender

Coaching points -

Passing - moving the ball into space/to a team mate

Head up looking for passing/ switching opportunities.

Always alert/aware of surroundings.

Speed of play - if no pressure slow play down - if pressure or opportunity to play the ball play with speed.

Defenders - Stay connected, no big gaps to play through

Communication - talk about who presses/covers

Speed of reaction - react as a team/unit to where the ball is and your positioning on the field

Scrimmage

Regular scrimmage to finish -

Try and have players work on what they worked on in practice

LET THEM HAVE FUN with limited coach interruption

