

## Screen 1

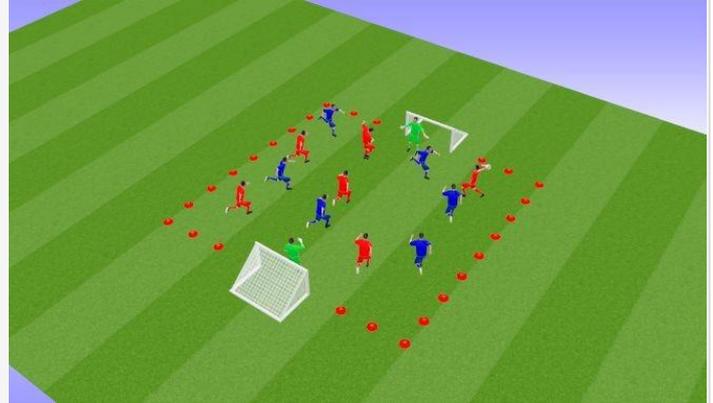
### Throw, (Volley/optional), Catch!

#### Play Through/Around/Over

Help the players understand when and how to play through, around and over the opposition based on the press and pressure applied.

#### Warm-Up (Pulse Raiser)

- 10 Minute game of Throw, Head, Catch!
- Very similar to the rules of netball; the player in possession (ball in hands) cannot move from the spot, therefore in order for the team to get the ball up the pitch, the player must pass the ball to a teammate then move to a position further up the pitch to receive the ball again.
- To score a goal the player must volley the ball into the oppositions goal, with service thrown from another teammate.
- If the ball is dropped then it is a turnover possession.
- This drill is a pulse raiser with the intentions of increasing team moral and communication leading into the first drill of the session.



## Screen 2

### Specific - defend the switch of play -

#### Key Factors

- Work on attacking 6 -(2 strikers and 4 midfielders - blue) try to stop the (four defenders and four midfielders -red) getting out by switching the play.

#### Organization

Practice to start with keeper and red team encouraged to try and pass through the lines to reach target area shaded and run ball into one of the goals.

#### Coaching points (Blue Team) -

- Encourage plenty of communication
- Defend narrow
- Closest person to close the ball
- Force team in possession down the line - back themselves when defending 1 v 1

#### Coaching Points (Red Team)

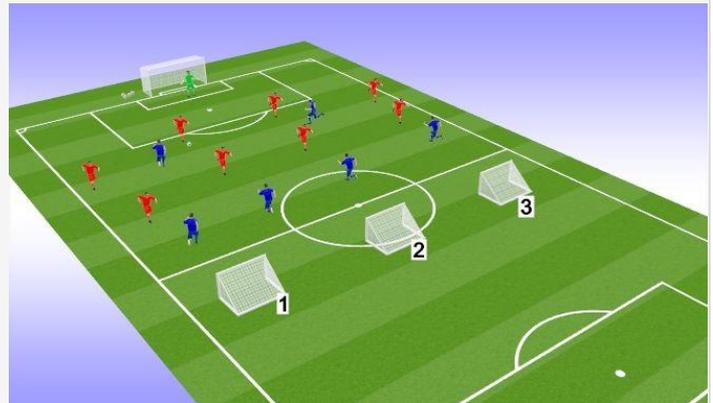
- Encourage to keep possession,
- Make the pitch as wide as possible
- Don't force the pass can they switch play can the score or run ball into safe scoring zone = shaded area.

#### Possible Challenges

- Can they win ball back in certain amount of time - BLUE
- Can they score after regaining possession of the ball (maximum 10 seconds as the focus is out of possession) - BLUE
- React to coach is shout can you score in different numbered goals - RED
- Keep ball for certain number of passes (Minimum 10)

#### Interventions

1. Concurrent
2. Terminal
3. Coaching Process
4. Walk Through



### SSG (Defending the switching of play)

#### Organization

- The team are set up within a 4-3-1 in formation with emphasis on stopping the opposition from switching the play to create goalscoring opportunities.
- Carry on from previous drill and encourage both to work hard out of possession to restrict opponent switching the play
- Pitch geography will consist of a full width (which includes channels which the ball must be switch from one to the other prior to scoring) and the length will be 65 yards.

#### Organization

- Small side game - look to win back possession quickly and create goal- scoring opportunities.
- Look to stop getting out by switching play
- Try to close down quickly press high - force opposition to go long

#### Challenges

I have set the following challenges for myself and additional coaches to enforce to ensure the players are focusing on the session aims, myself covering in possession principles and other coaches addressing out of possession:

#### In Possession:

- Playing through
- Playing around
- Playing over

#### Out of Possession:

- Stay Narrow
- Prevent split passes
- Force wide
- Protect space in behind

#### Interventions

1. Concurrent
2. Terminal
3. Coaching Process
4. Walk Through

