

Training Themes:

Running with the ball

- Into space to make ground (across opponents)
- At space to move/attract an opponent
- At an opponent to confront
- Counter attack mentality (at maximum speed)
- Feints on the run
- Evade, avoid, and eliminate opponents with feints, turns and maneuvers.

Playing around the ball

- Possession and support
 - Body positioning
 - Support early
 - Length, width, and depth

Circulating the ball (changing rhythm and tempo)

- Emphasis on using numbers
- Penetrate when possible
- Recycle the ball when necessary

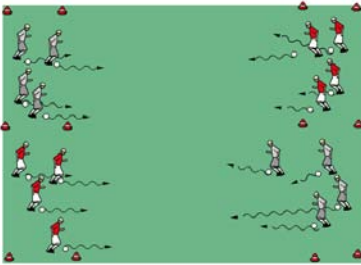
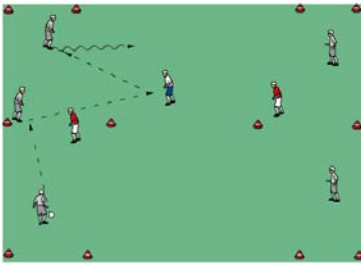


“Winning the ball back”

- Defending the “feints” and directional changes
- Defending 1v1
- Defending together!!
- When to press/when to drop

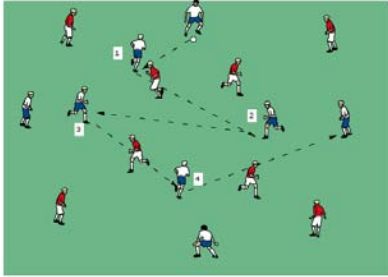
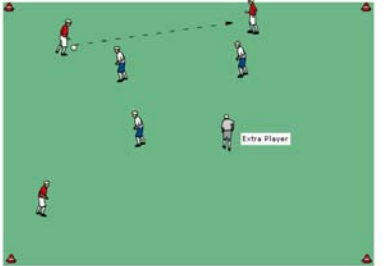
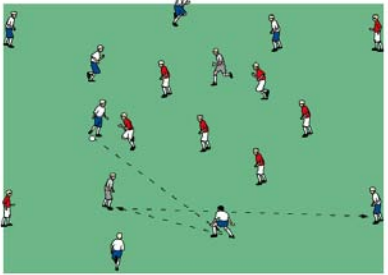
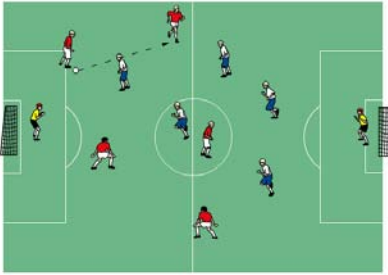
“After we have won the ball” (Transition)

- When to go forward
- When not to go forward
- Finish with a chance!

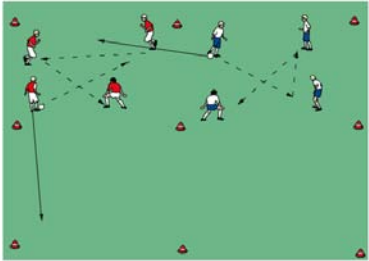
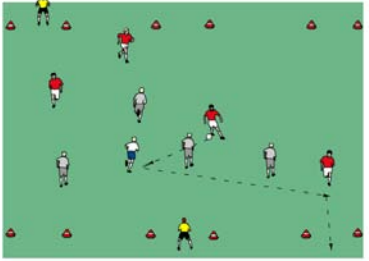
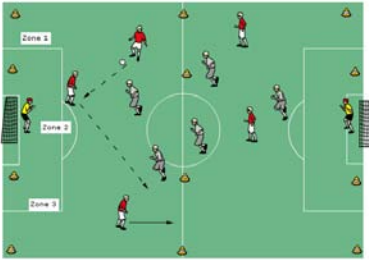
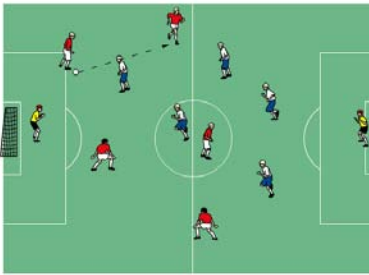
Running with the ball

<p>Warm-up</p> <p>Every player has a ball. Dribble from endzone to endzone:</p> <ol style="list-style-type: none"> 1) Half speed 2) Zig Zag 3) Full Speed 4) One ball per group of four. After four passes in endzone dribble to opposite endzone. Introduce different ideas. 		<ul style="list-style-type: none"> ○ Mechanics of running with the ball ○ Head up ○ Ideas of when to run with the ball.
<p>1st Activity</p> <p>3+1v1 endzone-endzone</p> <p>One endzone is 3v1. The other is a 2v1. There is a neutral player in the middle. The 3 players keep the ball away from the one defender. After 3-4 passes they find the neutral player who then plays the ball back into someone to dribble out of the endzone to the other. The sequence repeats.</p>		<ul style="list-style-type: none"> ● Shaping up (preparing body) ● Big first touch to get out ● Can you deceive the defender in the opposite endzone?
<p>2nd Activity</p> <p>4v4-6v6 Direction/Line game</p> <p>Two teams of 4-6 players. Play even numbers against each other. There is an endzone on each end of the grid. A point is scored when a ball is dribbled into the endzone. <u>Score an extra point</u> if a player dribbles from the right side of the grid into the left part of the endzone.</p>		<p>Dribbling techniques:</p> <ol style="list-style-type: none"> 1) Running with the ball 2) Turning 3) Beating an opponent 4) Shielding <p>Thoughts to teach:</p> <ol style="list-style-type: none"> 1) Cues of when to dribble? 2) Cues of when to turn? 3) Cues to dribble across opponents (wrong footing the defenders)
<p>Play 6v6-8v8 game</p>		

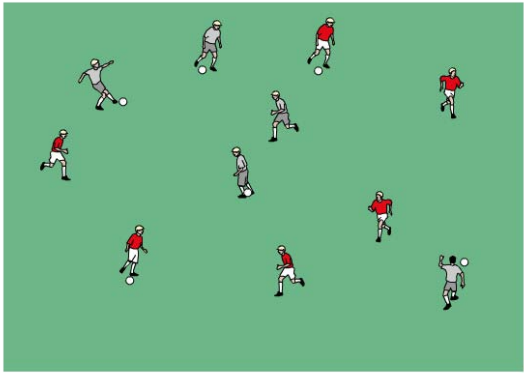

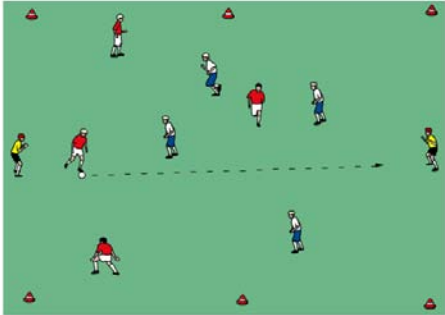
“Playing Around The Ball”

<p>Warm-up</p> <p><u>Numbered Passing</u></p> <p>Two groups of 7-8 players. If 8 players, put 4 on outside (circle) and 4 on inside. Four players of the same colored vest number themselves 1-4. One red and one blue player has a ball. Red #1 receives a pass from outside red player then passes to red 2, red 2 to red 3, red 3 to red 4 and red 4 passes to someone on outside. Red 1 then receives ball from that player and repeats the sequence. After a bit, add a second ball. Rotate the players on inside and outside</p>		<ul style="list-style-type: none"> • Passing to correct foot • Accuracy and pace of passes • Receiving-vision • “Fast” passing • If done correctly, players should be playing 1-2 touch.
<p>1st Activity</p> <p>3v3+1 Two teams of 3 and one neutral-play to endzones</p>		<ul style="list-style-type: none"> • Keep the ball moving • “Hidden” passes (disguise) • “Fast” passing • Support early • 1 touch
<p>2nd Activity</p> <p>“No Turns Allowed”</p> <p>Two teams of 6-8. 1-2 targets on each end opposite of each other. Each team puts 4-5 players in middle and there are 1-2 neutral players. Object is to get the ball from one target to the other. Rule:</p> <p>“Can’t physically turn With Ball”. If turn then other team gets the ball.</p>		<ul style="list-style-type: none"> • Technically-Passing/Receiving • Thinking one pass ahead • Play the way you face • Preparation of body before receiving the pass. • Longer passes-keeping the foot “up”.
<p>6v6-8v8</p>		

Circulating The Ball (changing rhythm and tempo)

<p>Warm-up</p> <p>Numbered Passing</p> <p>Players pass the ball within their groups of 3-5. Players number themselves 1-4, 1-5 and pass in sequence. Groups pass in one quadrant and then move to another.</p> <ol style="list-style-type: none"> 1) Competition-see which group can get through all quadrants first. 2) Must take two touches 		<ul style="list-style-type: none"> • Passing to correct foot • Decision to play feet or space • Accuracy and pace of passes • Receiving-vision • Longer passes
<p>1st Activity</p> <p>The Vision Game</p> <p>Two teams of 4-5 players plus a neutral. Each team attacks three goals and defends three goals. Behind the goals is an extra person (gk, coach). If the extra person is behind a goal, they can't score on that goal.</p>		<ul style="list-style-type: none"> • Vision • Fast passing • Deception (go one way then the other) • Passing/Receiving techniques • Build up-then quick change of tempo
<p>2nd Activity</p> <p>E-W Game</p> <p>Two teams play to goal. The field is divided into thirds vertically. The rule of the game is before they can score each time a team gets possession is that the ball has to be played into each zone.</p>		<ul style="list-style-type: none"> • Cues to get wide • Maintaining possession • Rhythm of play • Short-Short-Long
<p>6v6 game-8v8 game</p>		

“Winning The Ball Back”

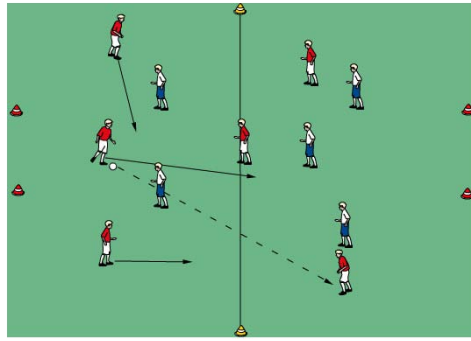
<p><u>W-up w/ball</u></p> <p>Players passing and moving. 18 players 5-6 balls.</p> <p>a) Pass and move; b) pass to someone and shuffle backwards (simulate jockeying); c) play 1-2 touch b) when coach whistles if they have the ball, they keep it, if they don't they try to win one or get a “touch” on the ball.</p>		<ul style="list-style-type: none"> • Vision • Anticipating • Intro to Transition
<p>1st Activity</p> <p>“Crossover”</p> <p>Two teams. This a 1v1 transition game. Player from team A is placed inside the square (15x15). They are the defender. A player from Team B starts off the activity by dribbling across the grid and tries to beat player A. If successful then his/her teammate (who has a ball) then tries to beat the same Defender A. If defender A wins the ball they pass the ball to one of his/her two teammates and then the player who lost the ball stays and defends.</p>		<ul style="list-style-type: none"> • Individual defending • Increased foot and lower limb speed • Transition ability after winning the ball and losing the ball.
<p>2nd Activity</p> <p>Endzone Game</p> <p>Two teams of 5-6 players. Each team defends and attacks an endzone. If win ball in attacking ½ then 2 points is scored.</p>		<ul style="list-style-type: none"> • Defending in “blocks” • When to press? • When to drop? • When to force inside? • When to force outside?

Game

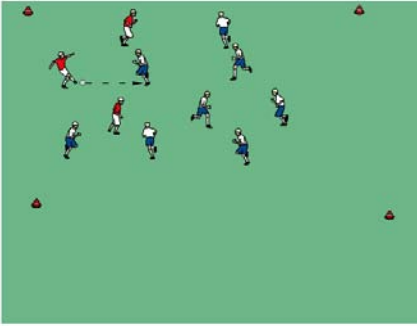
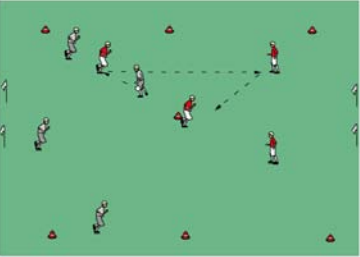
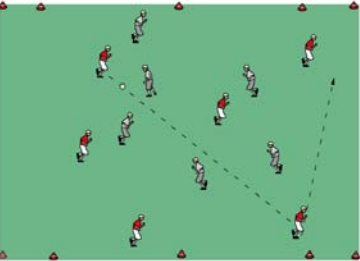
Match with bonus points

Play a normal game to goals but halfway is marked. If a team scores after winning the ball back before the defending team has their players back then 2 points is scored. (Emphasize transition)

After a little bit, then play normal.



“After we win the ball”

<p>Warm-up</p> <p>Put the entire group inside a playing area. 3-4 players start off with the ball and wear pennies/bibs. Have pennies/bibs and balls around the area. The players who have a ball try and work together to “hit” a player below the knees. When a player gets hit, they join the the team that has the ball. Progress along for time or until a group remains.</p>		<ul style="list-style-type: none"> • Passing • Receiving • Shape • Thinking ahead! • Quick passing • Can you find the farthest player? •
<p>1st Activity 4v2 transfer box</p> <p>Two teams of 4. A small goals is placed on the outside of the grids. The object is to win the ball and then score a point by either scoring a goal or keeping possession for 5 passes.</p>		<ul style="list-style-type: none"> • Transition from defense to attack • Transition from defense to attack • Can you score after winning the ball back?
<p>2nd Activity 6v6 Endzone Game-Game played to endzones, however an extra point is scored when ball is played to a player running in and then they play another player who has run into the endzone.</p>		<ul style="list-style-type: none"> • Transition from defense to attack • Transition from defense to attack • Can you score after winning the ball back? • Importance of other players joining in.
<p><u>Game</u></p> <p><u>Match with bonus points</u></p> <p>Play a normal game to goals but halfway is marked. If a team scores after winning the ball back before the defending team has their players back then 2 points is scored. (Emphasize transition)</p>	