



# Learn to Train

## Activity

### The King Louix



#### Organization

5 outfield players for each team and one goalkeeper. All balls are placed to the sides of each goal.

#### Procedure

The players must stay in their own half and are tasked with moving the ball quickly and looking to shoot at the first opportunity.

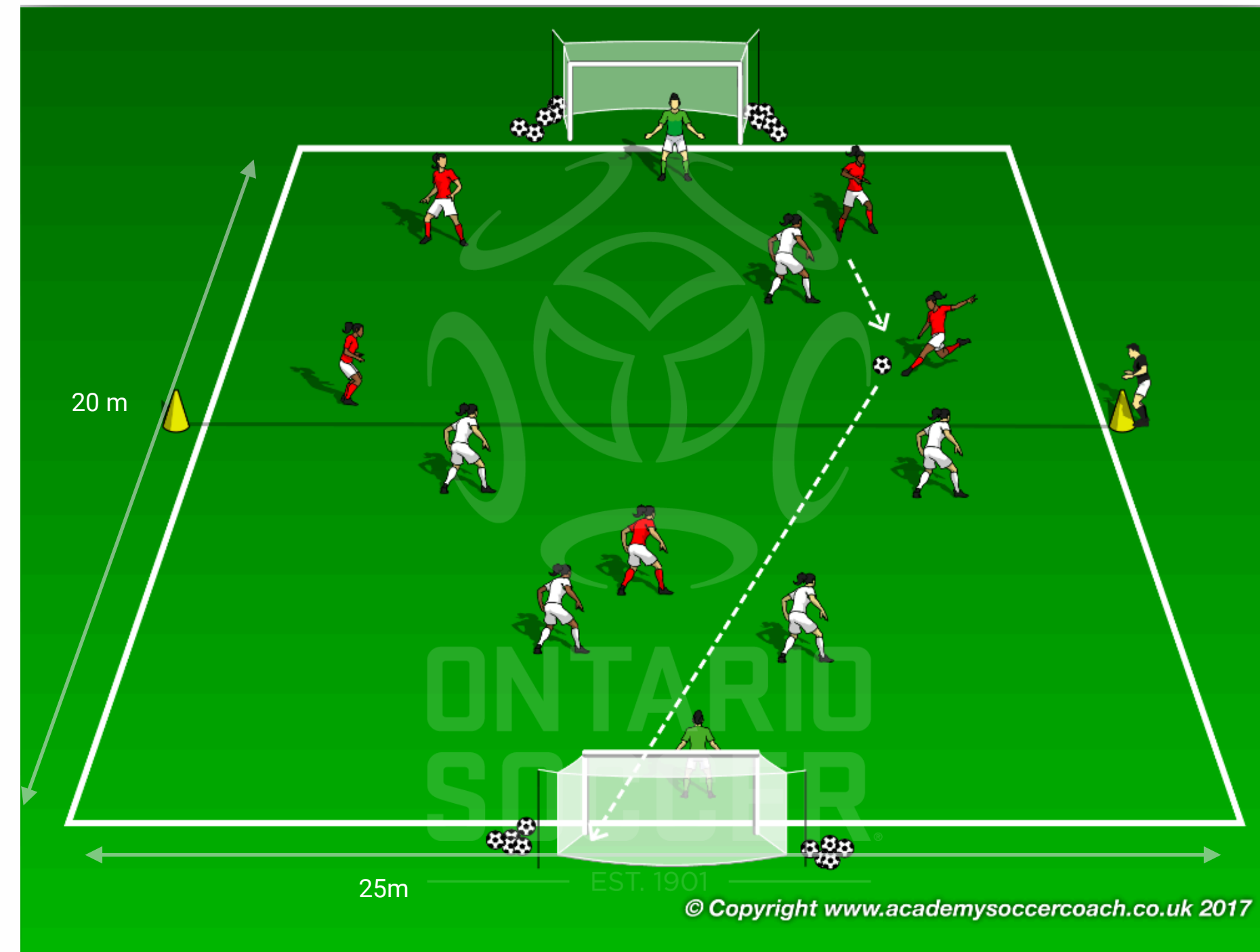
If a ball goes out of play, the defending team's goalkeeper will re-start.

#### Emphasis

Creating a safe environment, positive reinforcement, allowing players to make decisions, demonstration of the activity

#### Progression

One attacker may play in the opposition half to win the ball early and score. Further progress by adding two strikers.



Timing	Area
10 Minutes	20m x 25 m

#### Objective

To create space to receive and shoot

#### Outcomes

**All Players** - Create space, take their first touch forward and shoot

**Most Players** - Create space, take their first touch towards the goal and shoot on target

**Some Players** - Create space, disguise the direction of the first touch and score past the goalkeeper

Technical / Tactical	Psychological
Shooting Finishing Receiving	Safety Decision making Fun
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

#### Top Tip

Repetitions are important to develop technical excellence, but creating a fun and challenging environment is still essential for stimulating learning.