

Learn to Train

Station B - Analytical

Build Up



Organization

Three Zones. Two teams of six players. Two players on each team placed are placed in the end zones. Three players on each team positioned in middle zone. One ball per team.

Procedure

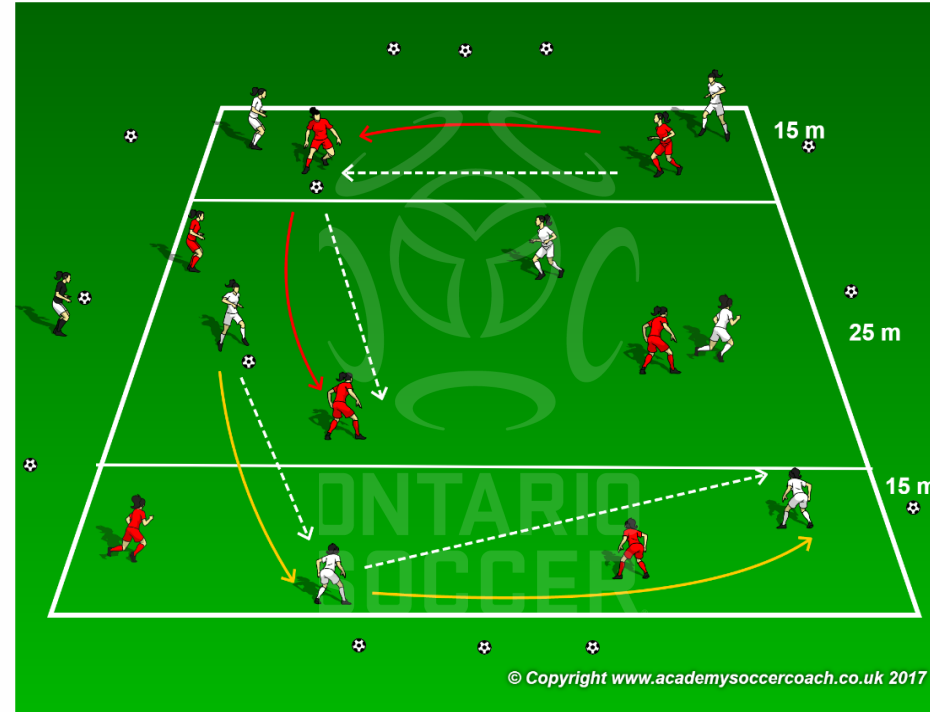
Players in the end zone, must combine a pass with their team mate in the same end zone and then follow their pass. The player who receives will play into middle zone. Once that player receives the ball, they will look to play forward into to opposite end zone or they will play to a team mate in the middle zone. They will also follow their pass. The opposing team will look to do the same.

Emphasis

Decision Making, Passing/Receiving, Relate to the game with positions, FUN

Progression

Play with one ball. It's now a game. Teams now score by successfully passing from one end zone to the other. If a player passes into the end zone, they swap with an end zone player.



| Timing | Area |
|------------|---|
| 10 Minutes | Total playing area is 20m x 55m Middle Zone: 20m x 25m End Zones: 20m x 15m |

Objective

Players will be able to receive to play forward.

Outcome

All players- will be able to receive to play forward.
Most players - will be able to receive to play forward under pressure.
Some players - will be able to receive to play forward under pressure and disguise the way they receive and pass.

| Technical / Tactical | Psychological |
|---|---|
| Dribbling Passing Receiving | Confidence Decision Making FUN |
| Socio - Emotional | Physical |
| Problem Solving Communicating Celebrating Teamwork | Agility Balance Co-ordination Change of Speed Change of Direction |

Top Tip

Use visuals to explain the activity like a tactics board or a 'mini field' with cones and a ball that represent players. Encourage players to ask questions when explaining the activity when everyone is close together. Put the pinnies out on the field in the correct place to allow for a quick start.