

## Warm Up

**Set Up:** 25 x 20 area as per diagram, ensure that the cones are of different colours as the set up is used for it's progression.

**Instructions:** Players start with a dynamic warm up by jogging into the middle white cone then side shuffle to left/right through the gate (poles)

**Exercises:** Heels up, Knees Up, Open the gate, Close the gate, Kareokee, 2 Shuffles left/2 shuffles right forward then backwards, backwards jog, backwards shuffle

**Progression:** Run into the middle (without ball), feint by dropping your shoulder then sprint/accelerate to red or blue cone at the opposite side (switch lines) Do this 4 x each way.

Introduce a spin at the white then sprint to red. Important the player identifies the correct direction of the spin to execute the space they want to attack.

**Progression 2:** Introduce a ball

**Progression 3:** Game, coach calls a colour cone, player must dribble around that cone and touch the yellow cone (starting Point) "Ball must be close and under control" First team to 10 points wins



## Switching Play

### "Basis for switching play"

**Instructions:** 10 x 20 - as many as required

- X passes to O's who as a team must then try to beat X1 & X2 and score a point by passing the ball into either of the corner cones and knocking them over. **(If it's a challenge add a few cones together to make a larger object) see example in channel grid!**

- 3 attempts each then rotate

- Can either play with depth (channel play) or width (to encourage space)

- Extra point for "nutmeg" reward skill and creativity.

- *Player must identify when to play simple and when to use creativity! Disadvantage and advantages of using your moves and dribbles with no pressure.*

### Key Points:

- Positive 1st touch out of your feet
- Feints and moves (try something new)
- Knees bent, shoulder drop
- Accelerate with speed once past your defender
- Commit player by putting him/her on back foot
- Movement off the ball to create space and support
- Work as a pair to create space
- Angle, distance and timing of support
- Receiving on the run
- Passing on the dribble
- Disguised pass
- Taking first touch away from pressure
- See your target (option to score)
- Accurate pass
- Problem Solve
- Coach use different coaching styles; Command, Question and answer, guided discovery.
- Allow them to problem solve, learning is done when a player is faced with a challenge and must find a solution!

