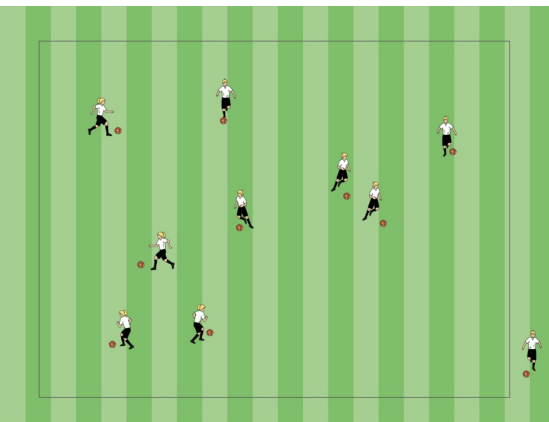


Turns
OBJECTIVE: To improve the where and how to successfully turn
TEAM TACTICAL PRINCIPLES:
WHAT Turn with the ball
WHEN: When there is pressure from in front, or no room for the player to continue dribbling
WHERE: offensive-third, middle-third, defensive-third
WHO: All players
WHY: To retain possession of the ball

David Brown
AGE: / players
TEAM FUNCTION:
DURATION: min

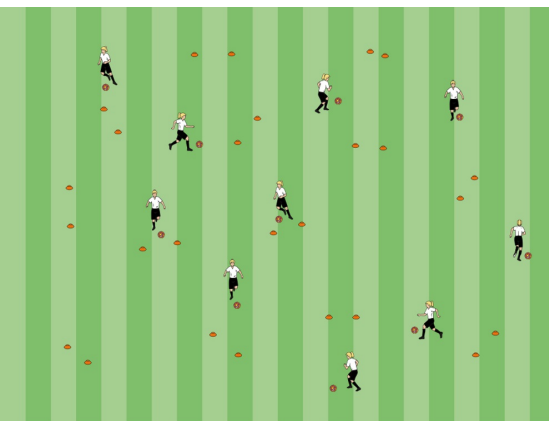


King of the Ring

EXERCISE RULES: Set up an area. No bigger than 15x15. Try and limit to 10 players per group. Can move players up or down depending on ability/success

FOCUS TEAM OBJECTIVE: To keep ball in area

NOTES: When ball goes out, player does toe taps, or a different ball mastery skill to get back in. Check shoulder. Feel pressure. Accelerate into space. Protect the ball

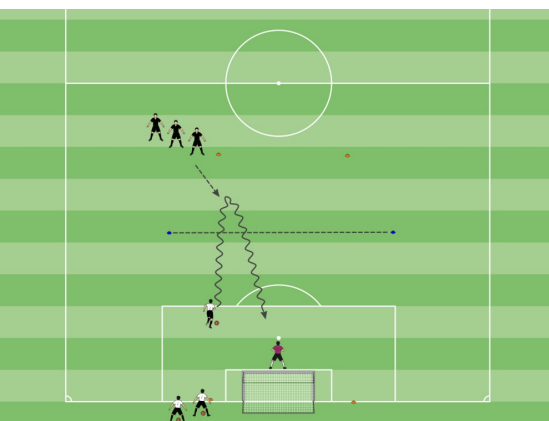


Turning Gates

EXERCISE RULES: Players will freely dribble round the area, and perform turns in the gates. Turns will be: Pull Back, Inside Hook, Outside Hook & Step Over

FOCUS TEAM OBJECTIVE:

NOTES:

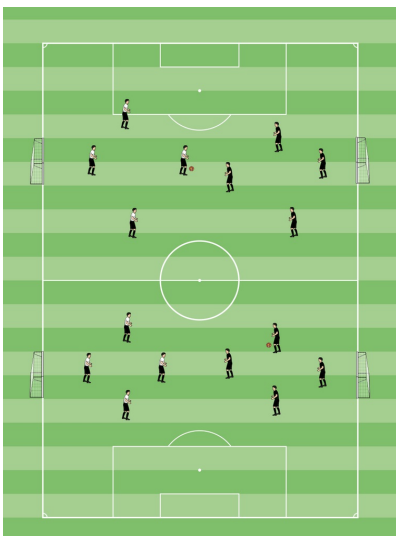


1v1 with turns to goal

EXERCISE RULES: Attacker begins by dribbling out towards middle line. When they cross the middle line, defender can chase them down to defend. Attacker needs to turn with the ball and try and score against the goalkeeper

FOCUS TEAM OBJECTIVE:

NOTES:

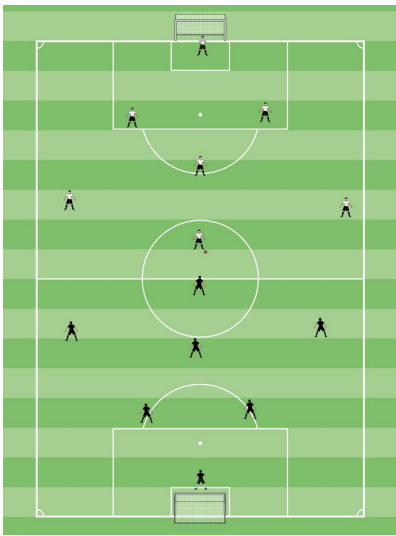


Small Sided Scrimmages

EXERCISE RULES: Aim for 4v4s. Use half the field, going across the field.

FOCUS TEAM OBJECTIVE: Practice the learned skill in a small sided environment

NOTES:



7v7 Scrimmage

EXERCISE RULES: Play a regular 7v7 scrimmage

FOCUS TEAM OBJECTIVE: To practice the learned skill in a game scenario

NOTES:

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?