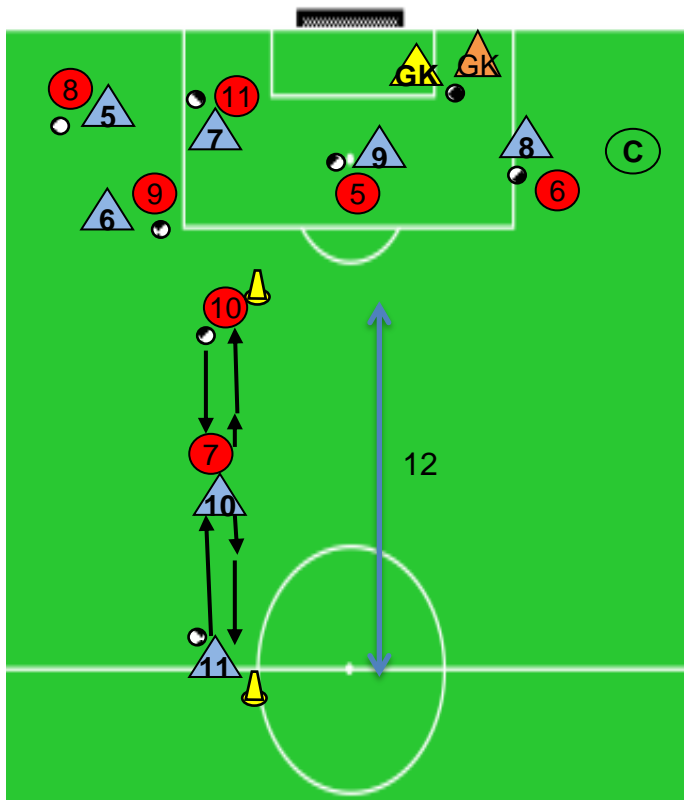


Core Skill: First Touch –

Session objective: *Improve 1v1 when tightly marked (shielding)*

INTRODUCTION

Organisation Diagram:



Explanation:

Organization

- Players in pairs
- 1 ball per pair
- 1 player retains ball as the other tries to win back possession. How long can you keep the ball??? 3 x 20sec rotations
- Throw ball in air, one player attempts to shield ball without touching ball. 5 attempts each

Progression:

- Passing practice as per set up.
- Must take 2 touch.
- Opponent attempts to push receiver off ball to win it.
- Receiver must take 2 touch before returning ball to home base.
- Swap after 7 turns each
- Progress to a 'shield and turn' using opponent. One ball required. Swap after 7 turns each

Concluding Competition:

Passing practice

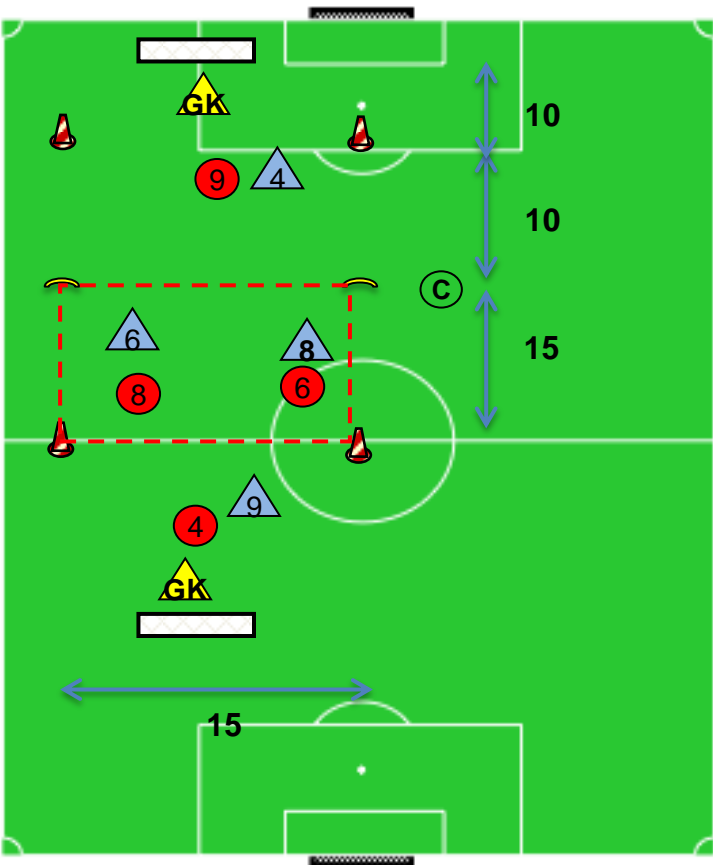
Relay

How many passes can defender intercept in 60 secs

INCLUDE AS OFTEN AS POSSIBLE: <small>AND AVOID !</small>	
Decision-making <small>Avoid: Too long waiting in lines</small>	<input checked="" type="checkbox"/>
Options <small>Avoid: Non-stimulating exercises</small>	<input checked="" type="checkbox"/>
Communication <small>Avoid: Over complicated exercises</small>	<input checked="" type="checkbox"/>
More then one action <small>Avoid: Intensity too high, or intensity too low</small>	<input checked="" type="checkbox"/>
'Added extras' in 'dead time'	<input checked="" type="checkbox"/>

Core Skill: First Touch –SKILL TRAINING

Organisation Diagram:



Explanation :

Organization

- 2 identical grids Set up
- 4v4 + gk's
- Midfielders can only enter attacking half once ball has entered that zone
- Defender can play direct to No 9 in attacking zone
- **Both teams must have minimum 2 touches**
- 1 touch finish to score is permitted
- GK's - all in touches
- C to feed ball to GK to start/restart
- Can use defensive player during build up phase.

Step Up:

- Remove m4m marking.
- Make smaller

Step Down:

- All in touches
- Add J
- Make bigger

Team Task:

Can you quickly get the ball into the no 9

Player Actions:

Can you position yourself to see the goal and opponent

Can you position yourself in between the ball and your opponent

Can you support the ball carrier

When your team is in possession can you make the field as big as possible

Can you protect the ball

Cues:

As the ball is travelling to a team mate can support the ball left right or middle

As the ball is travelling to a team mate try to position yourself where you can see as much of the field as possible

As the ball is travelling to you can you scan to see opponents and team mates

As you receive the ball can you put your first touch away from oncoming opponent

When you are in possession of the ball, can you keep the ball out of your opponents tackling range

When you are in possession of the ball can you position your elbow into your opponents chest

When you are in possession of the ball can you push back onto your opponent.

When in possession of the ball, position yourself in between your opponent and the ball

As the ball is travelling to you can you push away your opponent to create space for you

Core Skill: First Touch –SKILL TRAINING

Organisation Diagram:

Can you roll your opponent one way and move your touch in the opposite direction to turn him

As the ball is travelling to you position yourself in between path of the ball and you opponent

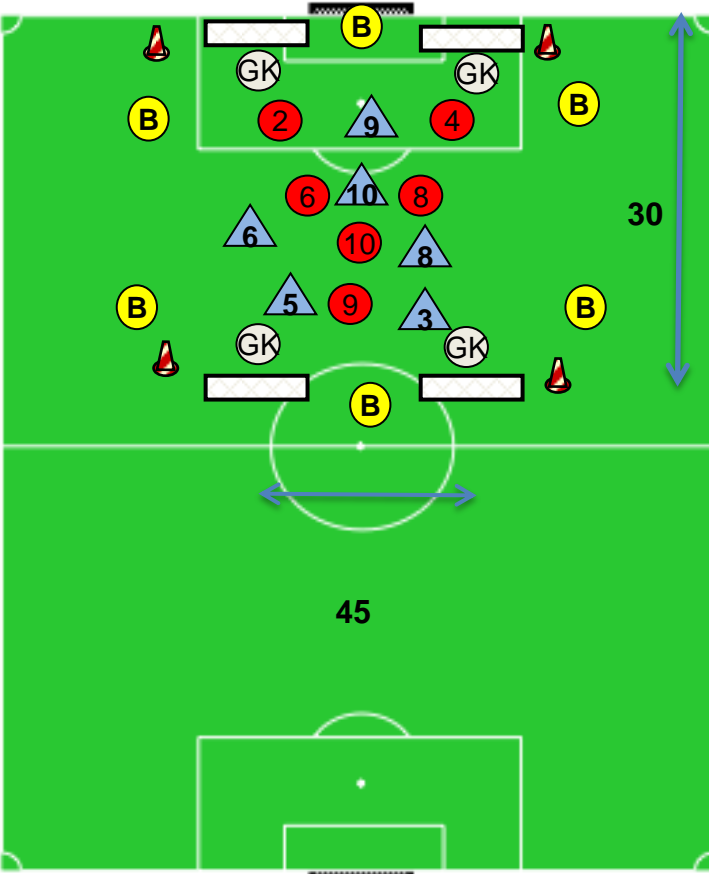
As the opponent approaches you can you position your body side on, planting your back foot down for stability (get low) and positioning your elbow/arm on your opponent.

As your opponent pushes you forward can you push back. control the ball with your furthest foot always keeping yourself in between the ball and your opponent

Using your arm can you spin/push your opponent away to get a half turn in. If you face your opponent forward can you attack him with speed. Ball can not stop, it must keep moving

Core Skill: First Touch – TRAINING GAME

Organisation Diagram:



Explanation:

Organization:

- 6v6 + 6 Bouncers + 4 GK's
- 1-2-3-1 formation
- **Must have minimum 2 touch**
- **Bouncers 1 touch**
- 1 touch to score
- If you score goal you stay on. Loser become bouncers

Progression:

- All in

Step Up:

- Make smaller
- Must have 3 touches

Step Down:

- Make larger
- 'All in' touches

Evaluation:

- Session Objective Achieved?:
- Next Steps?:
- Other Notes:

Training Game

A game conducted at the end of a training session

A game conducted at the end of a training session giving the players the opportunity to PLAY FOOTBALL while applying the learning from the first two session components

Designed to allow the coach to assess how much 'teaching and learning' has taken place, related to the defined session objective

SELF EVALUATION - SESSION

DATE: 3/2/14

TOPIC: Improve 1v1 when tightly marked (shielding)

ATTRIBUTE	EVALUATION/COMMENT
<i>Organisation & Structure</i>	No m4m marking as it doesn't promote shielding
<i>Your Coaching Style</i>	
<i>Effectiveness & detail of communication</i>	
<i>Session Progression & outcomes</i>	
<i>Tasks, cues & game constraints</i>	
<i>Effectiveness of session</i>	
<i>What players learned</i>	Position yourself between the ball and the opponent. Get arm across opp chest. Keep ball out of opp tackling range
<i>what would you do differently</i>	Spend more time on 'rolling' your oppoent