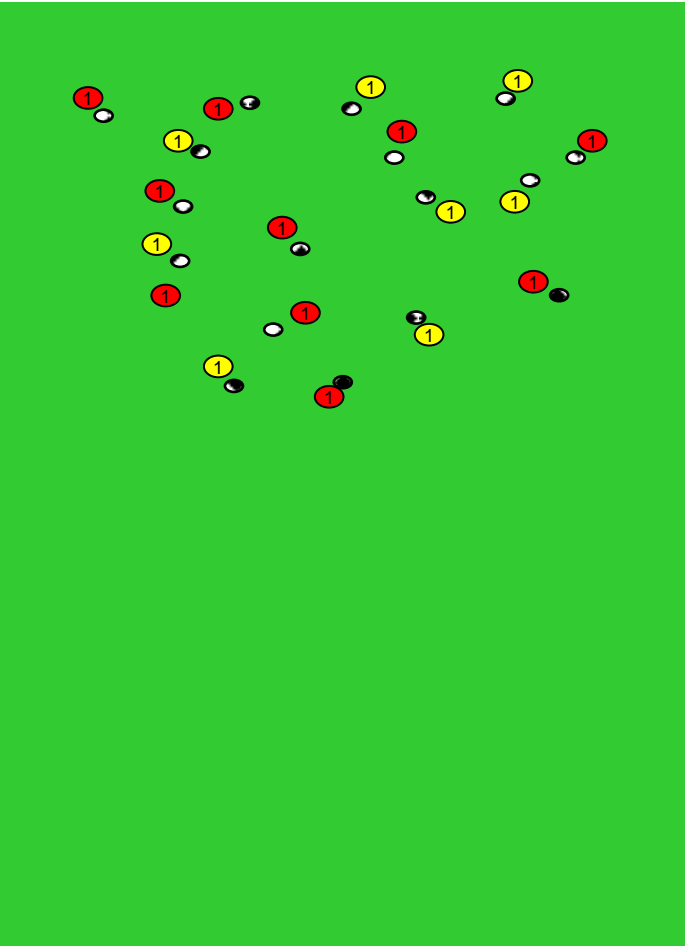


# Core Skill: Running With Ball –

Session objective: *Improve players ability to identify space and accelerate into it*

## INTRODUCTION

Organisation Diagram:



Explanation:

Organization

- Each player with a ball
- Dribble into space using minimum touches on coach's call
- Perform high wave, stop start etc...
- Both feet

Progression:

- Half team juggling ball and moving at same time. Other half have to identify a gap between 2 players juggling and attack space between them
- Opposite foot
- Have opponent run next to player in possession. Keep ball away from opponent and perform high waves
- Opponent to swap sides ie player now dribble with other foot.

Concluding Competition:

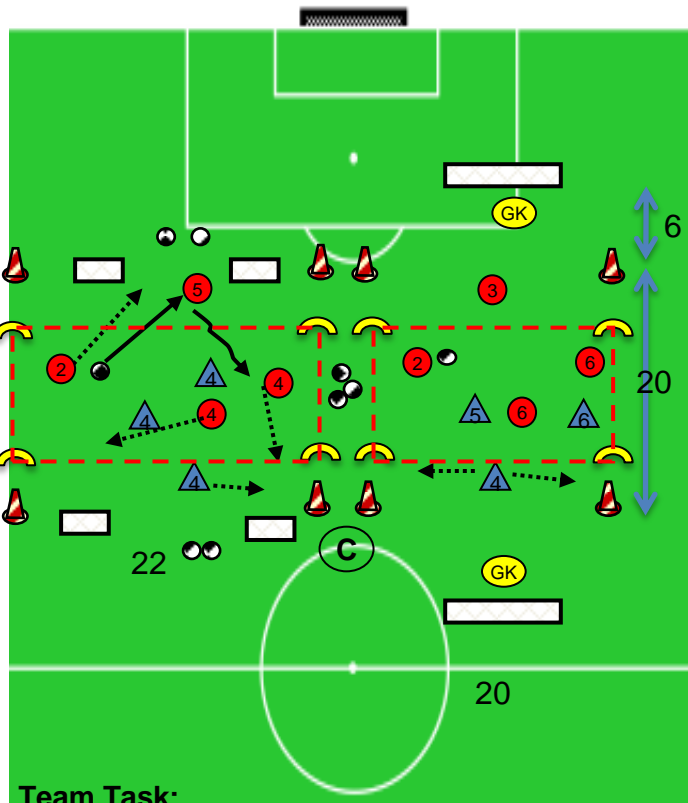
- No competition.
- Work on Throw In technique
- Progress to Throw in to team mate who is opposed ie shield ball

Progression:

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: RWTB –SKILL TRAINING

Organisation Diagram:



## Team Task:

Can you run the ball into the scoring zone with time and space to score

### Player Actions:

Find Space in a passing lane

Accelerate into space with ball between defenders or past defenders

Can you identify a 2v1 situation in your favour and move into a position to attack it

Can you create space for your team mates or yourself

### Cues:

As the ball is travelling towards you can you sneak a look at where the space and opponents are

As the ball is travelling to a team mate can you position yourself in space away from the ball

If there is no space in front of you can you play it back to someone who is in space

If there is space in front of you can you put your first touch into it and accelerate

Whilst the ball is in the middle zone can the end zone player get into a position/angle which will allow him to attack space in front of him

As the ball is travelling back into the end zone can the midzone player move into a position where his opponent follows to open up a channel for his team mate to run into

If a teammate is dribbling towards you try to perform a takeover or high wave to move the opposition defence. Quick COD's or overlap

When dribbling into space can you touch the ball as little as possible and eyes up after each touch

If the opposition is set and you can not move forward can you play the ball to a team mate in front of you to move the opposition defence

If a team mate dribbles across the field can you overlap him to create space

Explanation :

### Organization

- 2 Grids as per diagram
- 16 players.
- 4 v 4 + GK;
- 1 player in each end zone
- Can only score from within end zone
- Players need to enter end zone with dribble
- Only end zone player can defend goals
- During build up play team can utilize end zone player who then enters playing arena. Swap positions.

### Step Up:

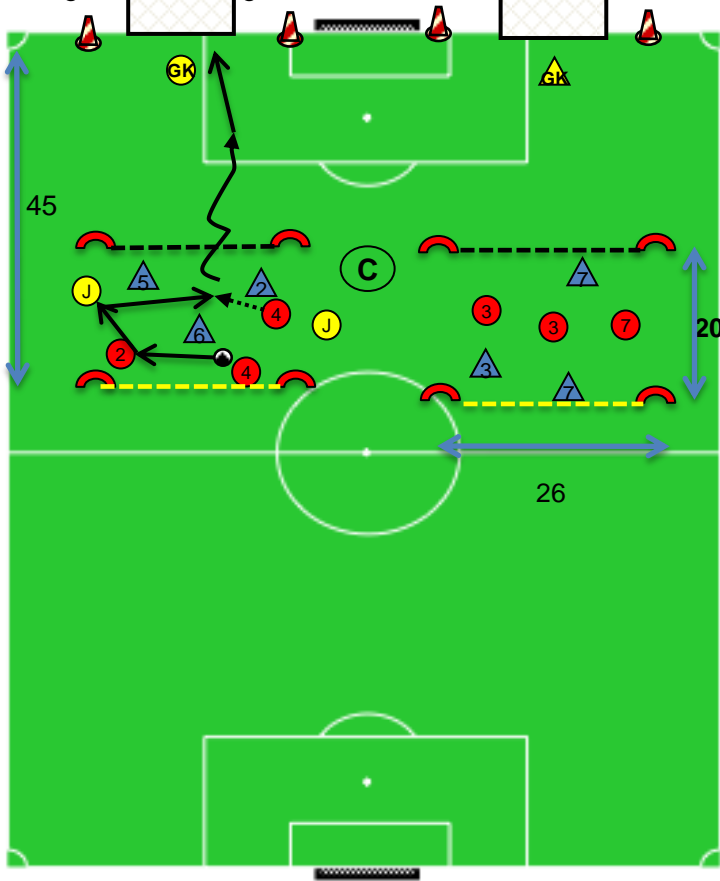
- Can score from 1 touch finish (from team mate pass) in end zone
- Make narrower

### Step Down:

- Make wider
- Passive defending in end zone
- Add joker

# Core Skill: RWTB – TRAINING GAME

## Organisation Diagram:



## Explanation:

### Organization:

- Grids set up as shown
- 4v4 or 3 v 3 + 2J.
- Must dribble ball over black line before scoring
- Defending team must dribble ball over Yellow line before attacking big goal
- Jokers 1 touch (if applicable)
- If score retain possession
- Min 3 passes before dribble over line towards goal

### Progression:

- Alternate jokers
- 1 defender can chase

### Step Up:

- Make field narrower
- 1 Joker only

### Step Down:

- Make wider

## Evaluation:

- Session Objective Achieved?:
- Need to make SG wider to ensure there is more RWTB repetition
- Was originally 22yds. Make 26yds
- 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:** 10/9/13

**TOPIC:** *Improve players ability to create space to dribble.*

ATTRIBUTE	EVALUATION/COMMENT
<i>Organisation &amp; Structure</i>	No issues.
<i>Your Coaching Style</i>	Very good. Was relaxed.
<i>Effectiveness &amp; detail of communication</i>	Only set a Team task
<i>Session Progression &amp; outcomes</i>	Was very good though the SG did not have much RWTB repetition
<i>Tasks, cues &amp; game constraints</i>	Only set a Team Task and asked players to solve problem. Did not want to intervene too much
<i>Effectiveness of session</i>	It worked well
<i>What players learned</i>	Switch point of attack to find space, perform overlap when team mate is dribbling towards you
<i>what would you do differently</i>	More focus on creating space for teammates by playing a player in front of you to move the opposition defence