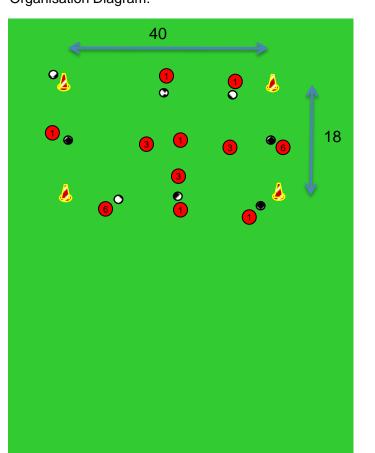
# Core Skill: STB

Organisation Diagram:



Concluding Competition: Design your own competition

Session objective: Improve players finishing when coming in and around the 18yd box

#### Explanation:

#### Organization

- 20 players (inc. GK's). Not all players shown in grid
- 10 balls
- Started with Instep volleys, outstep volleys, headers
- Random passing both feet
- Long range passing both feet

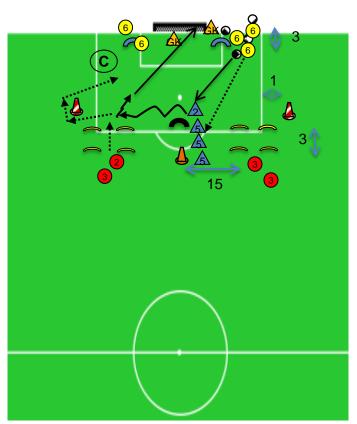
#### Progression:

Both sides of body

INCLUDE AS OFTEN AS POSSIBLE: AND AVOID 1	
Decision-making Avoid: Too long waiting in lines	$\checkmark$
Options Avoid: Non-stimulating exercises	$\checkmark$
Communication Avoid: Over complicated exercises	V
More then one action Avoid: Intensity too high, or intensity too low	$\checkmark$
'Added extras' in 'dead time'	V

# Core Skill: STB – SKILL TRAINING

#### Organisation Diagram:



## <u>Team Task:</u>

Can you hurt the opposition or

#### Player Actions:

Can you see your opponents and the goal

Can you anticipate and react quickly to give you more time to finish

Can you play your first touch to set you up for a shot on goal

Can you get yourself, the ball or a team mate beyond the defensive line

Can you position yourself in space facing the goal so you can hurt the opposition

Can you get the ball, a team mate or yourself in behind the opposition defence

## Cues:

As the ball is in motion towards you get your eyes up to see opponents, team mates and the goal

As the opponent is about to stop ball anticipate this and accelerate towards ball

Play your first touch to your advantage ie to give you and your team more time on ball

As you have played your first touch can you get a sneakers look of where the GK or opponents are

Once you have located the GK can you pass the ball into a corner of the goal

When your team mate has the ball can you position yourself in beyond your opponent in a goal scoring position If your opponent blocks the passing lane can you get into a passing lane to play a ½ to get your team mate beyond his opponent

If you have time and space on the ball can you finish?

If you are tightly marked can you bounce to a teammate to get in behind him. Double movement

If you cant get in behind your opponent can you create space for yourself with a double movement to face goal

If your team mate is tightly marked can you get into a passing lane to support

If your No 9 is tightly marked and back to goal can you support from in front. Don't run passed him

# Explanation :

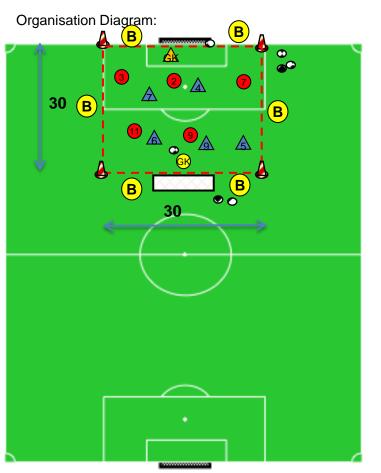
# Organization

- 20 Players. 2 grids of 10 players
- Players distributed as per set up.
- Yellow plays to blue and follows pass
- Blue receives ball and dribbles across towards yellow square where he stops ball 'dead' and proceeds to chase around the witches hat.
- Red anticipates blue stopping ball and attempts to score with good first touch and placement in corner of goal
- Red becomes yellow, blue becomes red.

#### Progression:

- Yellow puts passive pressure on blue after passing ball
- Remove witches cone
- Yellow on nearest blue cone comes out to pressure ball creating a 1v2. Can not become active until Red has touched ball
- Position a No 9 in around the penalty spot. Red must pass to No 9 before a goal can be scored. The yellow defender now comes from furthest cone. This creates a 2v2
- Vary distances of defender approach to reduce time attackers have time on ball
- Introduce a No 10 who can enter game. le Orange witches hat. Also introduce another yellow defender ie becomes 3v3

## Core Skill: First Touch – TRAINING GAME



#### Explanation:

Organization:

- 18 Players players. 3 teams of 6
- 6 v 6 + 6 Bouncers
- 1-3-2 formation
- All in
- Score = stay on.
- Team that Concedes become bouncers. Bouncers come in

Step Up:

- 2 Touch only
- Make field shallower

Step Down:

- Add Joker
- Make bigger

#### 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 <u>applying the learning</u> 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