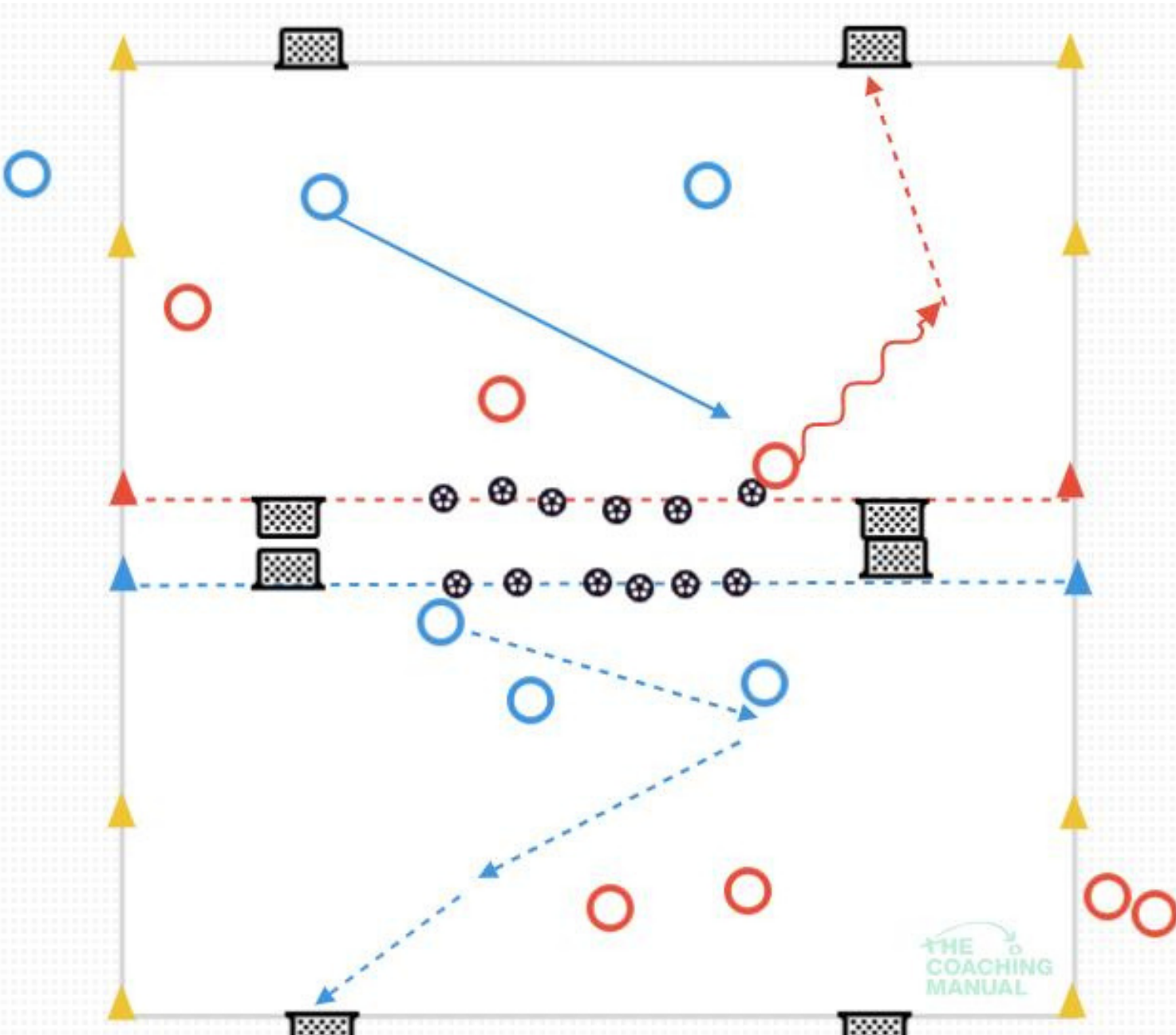


DECISIONS, DECISIONS



TECHNICAL

Dribbling
Running With
Twisting The Ball
Teasing
Tackling Passing
Shooting Protecting

TACTICAL

Dribble/Protect?
Dribble/Shoot
Take On/Or Turn Away?
Dribble/Run With The Ball
Pass/Shoot?
Dribble/Shoot?

PHYSICAL

Walking
Sprinting
Jogging
Kicking
Pushing
Shielding

PSYCH/SOCIAL

Fail & Teamwork
Try Again
How are your friends playing? Experiment
Deal With
Don't Give Pressure
Up Next Game

How To Play:

- 2 Teams, Red & Blue
- 2 fields back to back:
 - roughly a midfield 1/3 10-15 yards - 1 final 1/3, 5-8yards long 1 - 15-20 yards across
- Two halves of the field (red and blue)
- 5 balls for each team on the halfway line, 5 chances to score. A goal, Ball Out, and Keeper has control = ball dead
- Which team scores most BUT also has to be the fastest pair? As soon as ball 5 from either team is done, Game Over!
- The game is played 3v2
-

Progressions

- Add numbers / Balance the teams - Change the game to 3v3/4v3/4v4
- Add counter-attacking chance for defenders.
- Allow teams to place the balls anywhere around the field (different start points = realism)

Coaching Points		
<u>In Possession (Me)</u>	<u>In Possession We (Team Mate ON Ball)</u>	<u>Out Of Possession</u>
<ul style="list-style-type: none"> • BE A MAGNET! <ul style="list-style-type: none"> ◦ Can you attract a defender to you? • Can you beat your player? <ul style="list-style-type: none"> ▪ Dribble/Run With The Ball • Can you play away from the defender with a pass? • Can I Keep The Ball? <ul style="list-style-type: none"> ◦ Dribble/Protect • Can I create a chance to score <ul style="list-style-type: none"> ◦ twist, turn, tease & "create a yard" for a shot on goal 	<ul style="list-style-type: none"> • Get Away From Danger • Get Away From Team Mate • Create A Clear Path • Communicate <ul style="list-style-type: none"> ◦ time or man on? ◦ Ball to feet or in space? • Support the play <ul style="list-style-type: none"> ◦ movement behind the ball ◦ move ahead of the ball ◦ stretch the play wider 	<ul style="list-style-type: none"> • Get The Ball back <ul style="list-style-type: none"> ◦ Get/Stay Behind The Ball • Can you win and keep the ball? • If you can keep the ball, can you score? <ul style="list-style-type: none"> ◦ With teammates, keep the ball by finding one
<p>Super Power: Can't Be Tackled</p>	<p>Coaching Spectrum: <<<Super Power <u>or</u> Constraint>>></p>	<p>Constraint: 1 Touch or 4 Touches</p>