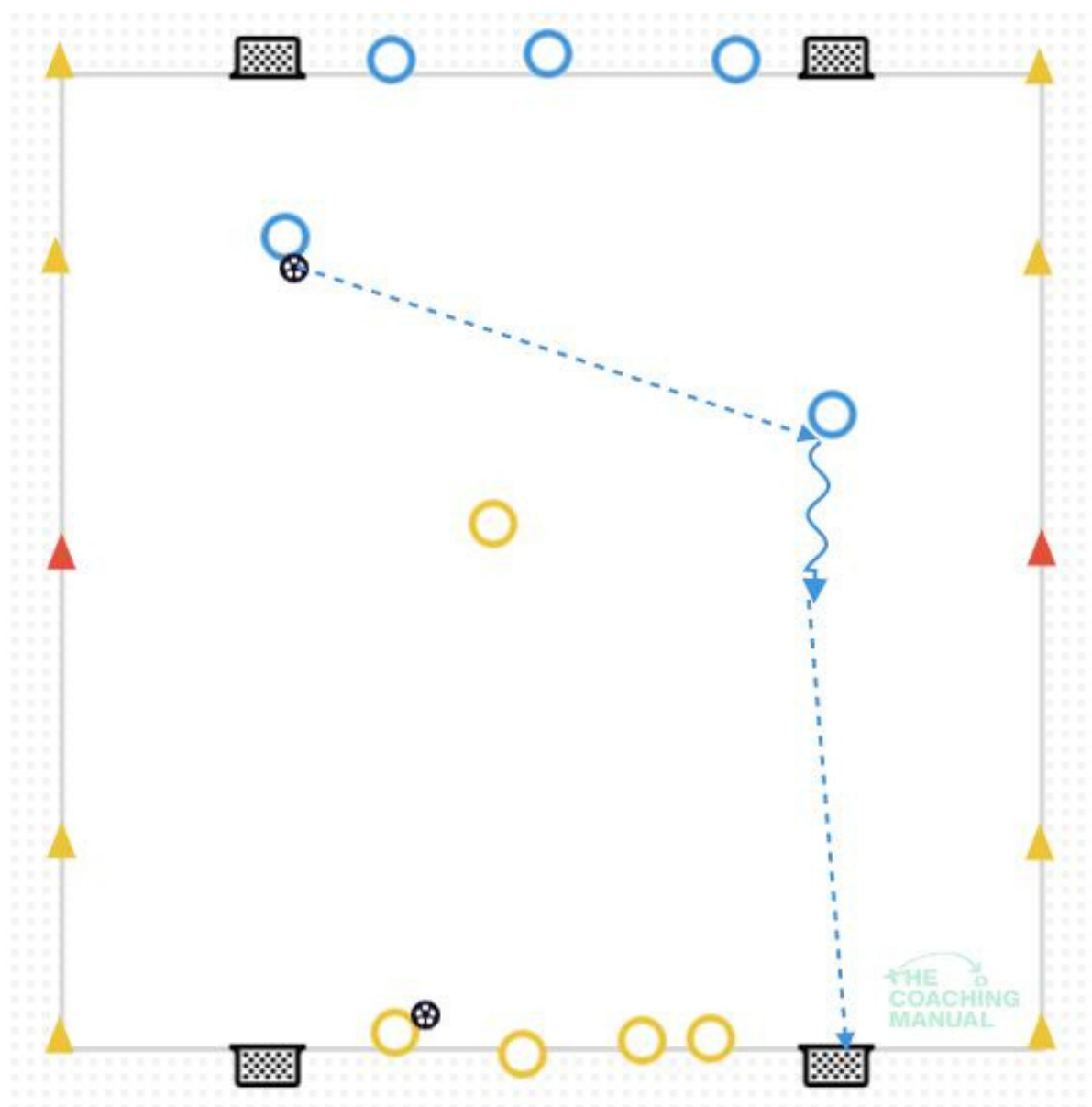


BUILD UP - DRIBBLE, PASS OR SHOOT?



TECHNICAL

Dribbling
Running With
Twisting The Ball
Teasing
Tackling
Shooting
Passing
Protecting

TACTICAL

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

PHYSICAL

Walking
Jogging
Pushing
Sprinting
Kicking
Shielding

PSYCH/SOCIAL

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

How To Play: (3 x 5-6 minute games)

- Two teams
- Start the game in many ways - 1v0, 1v1, 2v1
- When a team scores, a new player enters for the team who have just conceded
 - The player enters from their goalline
- Once all players are in play, 5-minute game
- Swap starting points and play again

Progression

- Enter players after the time limit if there are no goals
- Start new players on the opposite side (replicate strikers & create length in our play)

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"> • <u>BE A MAGNET!</u> <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"> • Outnumbered? <ul style="list-style-type: none"> ◦ Slow the game down ◦ show the play to outside with your body shape ◦ force a mistake • Even Numbers? <ul style="list-style-type: none"> ◦ 1 player presses the ball ◦ 1 player covers the space and the pass behind • Patience, persistence, perseverance
<u>Super Power:</u> Instant Replay	<u>Coaching Spectrum:</u> <<<Super Power or Constraint>>>	<u>Constraint:</u> Long Range Legend