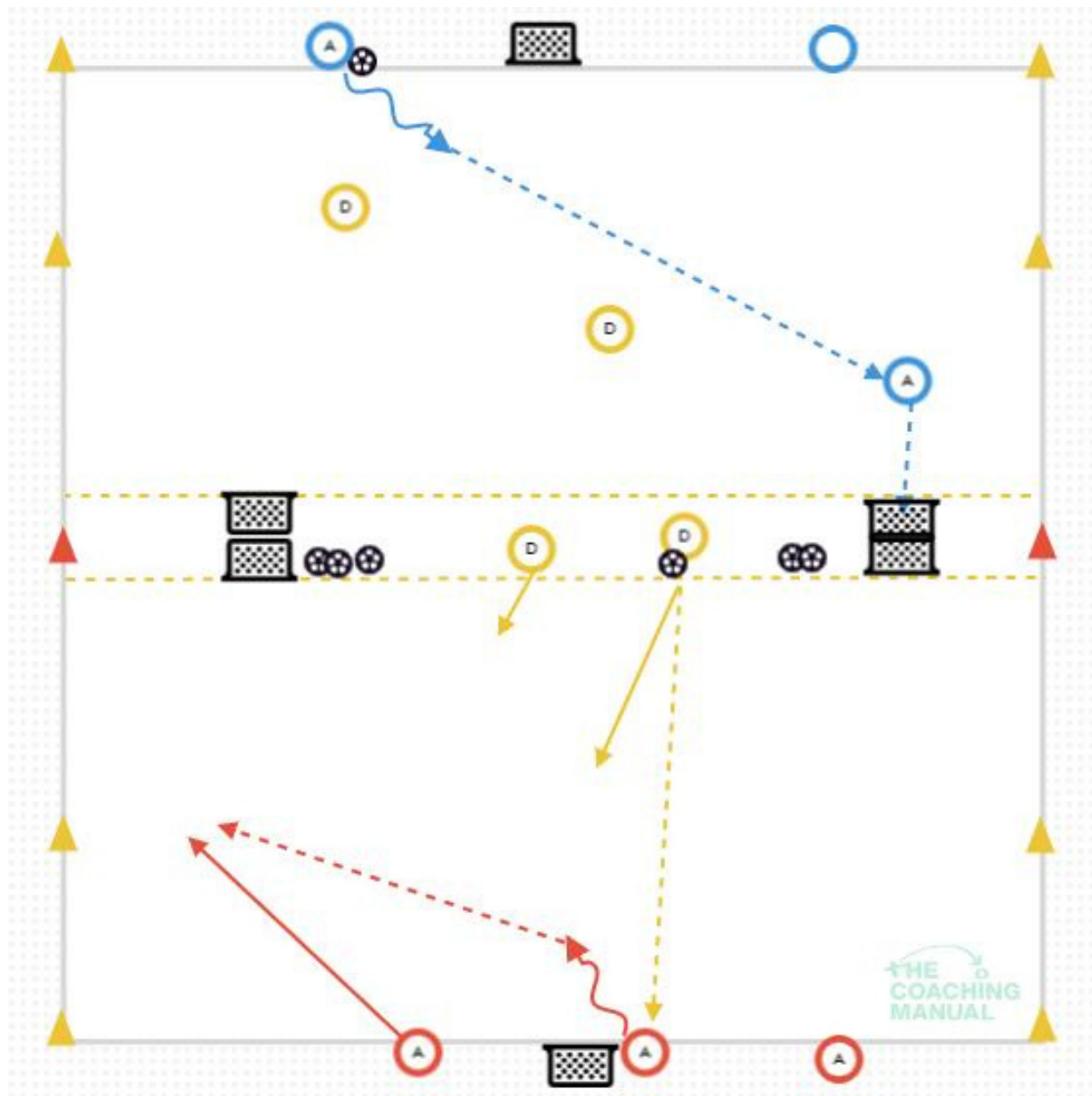


WAVES



TECHNICAL

Dribbling
Running With The Ball
Twisting
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
Teamwork
How are your friends playing?
Deal With Pressure
Up Next Game

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

- 3 Teams, Red, Yellow & Blue
- 2 Teams = Attacking teams, taking turns to attack (red and blue)
- 1 Team = Defending team, 5/6 minutes (yellow)
- Two fields back to back
 - roughly a midfield 1/3 10-15 yards
 - 1 final 1/3, 5-8yards long 1
 - 15-20 yards across
- Start 2 or 3 attackers vs 1 defender at a time.
- The coach plays a ball into one attacking team
- The game finishes (ball out, goal, foul), defender transitions to the next field as the coach plays in a new ball.
 - Swap individual defenders every 3/4 turns
- Swap defending team every 5-6 minutes
- Keep score
- Double goals/points for defending team

Progressions

- Add numbers / Balance the teams - Change the game to 2v2/3v2/3v3
- No goal = instant change to defending team
 - play for 10-12 minutes at a team

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
Super Power: Instant Replay	Coaching Spectrum: <<<Super Power or Constraint>>>	Constraint: Long Range Legend