

What a coaching session entails

- Warm-up (10-12 mins)
- Game (5 mins)
- Part (8 mins)
- Game (5 mins)
- Repeat

Small sided games with FUN element and development of technique to match tempo- complete skill competency

Attacking principles

Scanning on/off ball	Width
Support on/off the ball	Space- create, preserve, exploit
Angle of the pass	Depth
Penetration	Accuracy in shooting/passing

Defensive Principles

Scanning on/off ball	Disposses
Tackling how and when	Space- reduce
Delay	Nose defender
Deny	Support defender

Tactical:- ability to weigh up match situations and decide what options to take

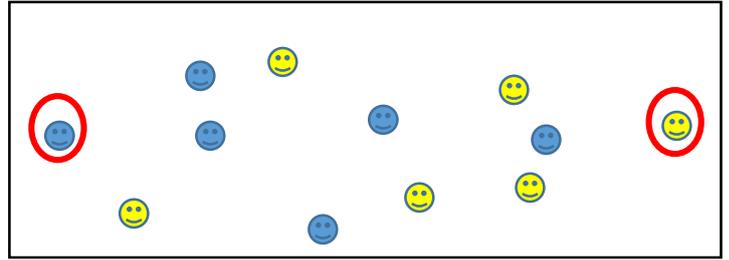
Technical:- to perform underlying techniques accurately, consistently and at match tempo.

Team play:- anticipate movement and set up play

Games with multiple skills

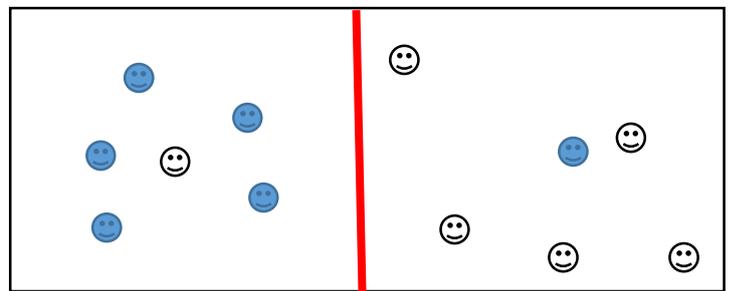
1. Captains ball

- 2 teams, captain in a hoop
- team has to get ball to captain in hoop
- captain must clean catch the ball
- other team takes possession from score



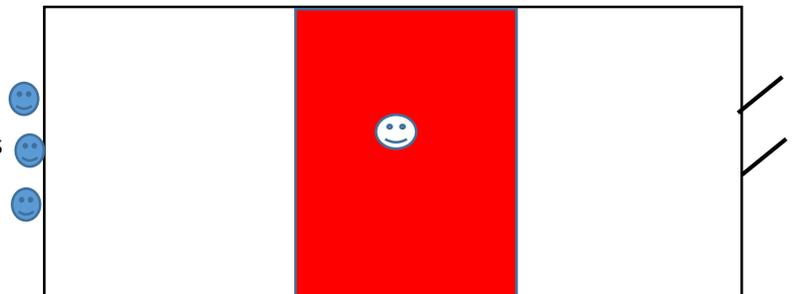
2. Prisoner Ball

- 2 teams, 1 player wearing a bib
- bib player 'prisoner' go to other side court
- team tries to get ball to 'prisoner'
- 5pts for prisoner



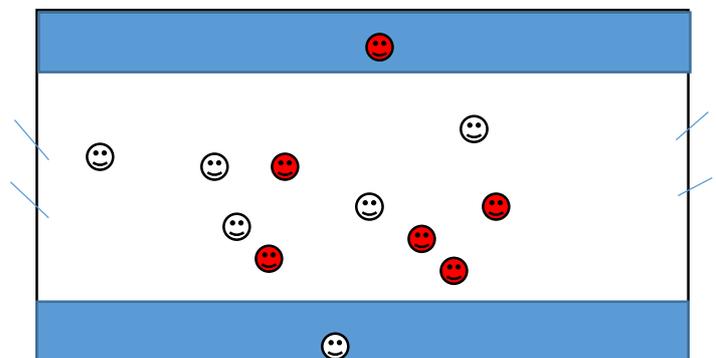
3. Space Invaders

- in 3's, invade and score
- defender in middle zone trying to dispossess
- must make 3 passes
- add defenders



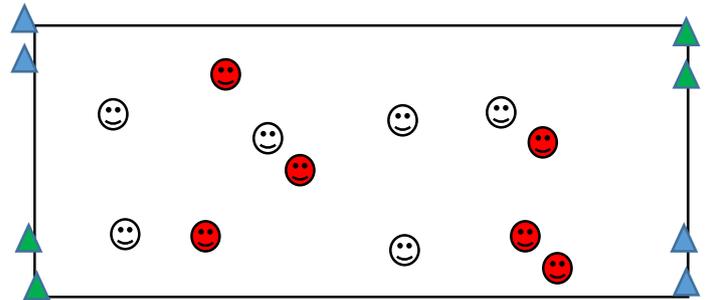
4. Wide Man

- 2 teams 6 players
- 1 player must be in wide zone
- score only counts if pass has went through wide zone
- 1v1 in wide zone
- ball must go out through wide zone



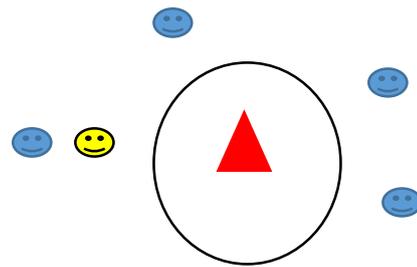
5. Opposite corners

- 2 teams, 4 goals in corners
- players can score in any goal
- players score in diagonal
- 2 goals



6. Tower Ball

- 5 players
- 1 player is defender
- aim attackers to knockdown cone
- defender has to prevent it



7. 3 v 3 =score

- team in possession must make 3 passes before they shoot
- other team gains possession from score
- increase/decrease number of passes
- decision making on/off ball

8. 3 v 3 goal to goal

- 4 sets of goals
- hand pass only
- Score by carrying through or hand-passing through goals (carrying is 2 points, hand-pass is one).
- Other team then gets possession. Game lasts 60-90secs.

9. Who is attacking

- Two teams of 6-8 outfield players line out in one half of the pitch.
- One goalkeeper stands ready to play for whichever team is defending.
- The coach starts the game by lobbing a ball into the playing area.
- The team that wins possession must work the ball out over the halfway line, keeping possession. Once across the line, this team turns with the ball to attack the goals.

-The other team defends and tries to win the ball back.

-If the ball goes dead [score, wide, sideline] the coach lobs the next ball in.

-Should one team dispossess the other during open play, that team must work the ball out in the same fashion.

10. Rotate the Defender

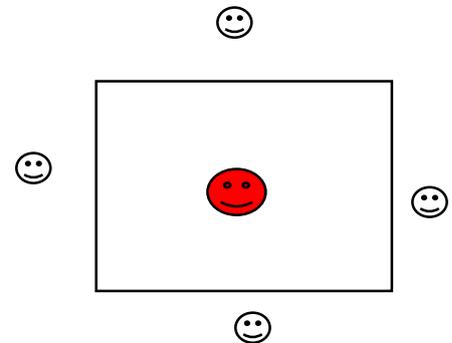
-5 players in a grid, 1 player is defender

-4 attackers stay outside the area

-defender in the grid

-attackers must support along the line to make an angle for pass

-players should make 5 passes



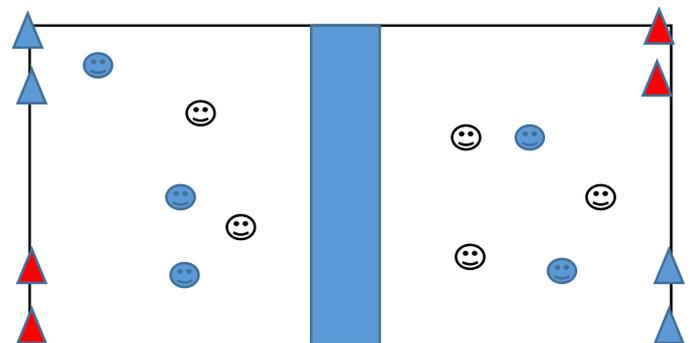
11. Pass and attack

-5 players per team

-3v2 in each grid (2 attackers & 3 defenders)

-Aim to get ball to other side

-players compete for possession to score in goals



12. Double or quits

-5 players per team

-team in possession all player must cross line for score to count

-blue are in possession and attacking

