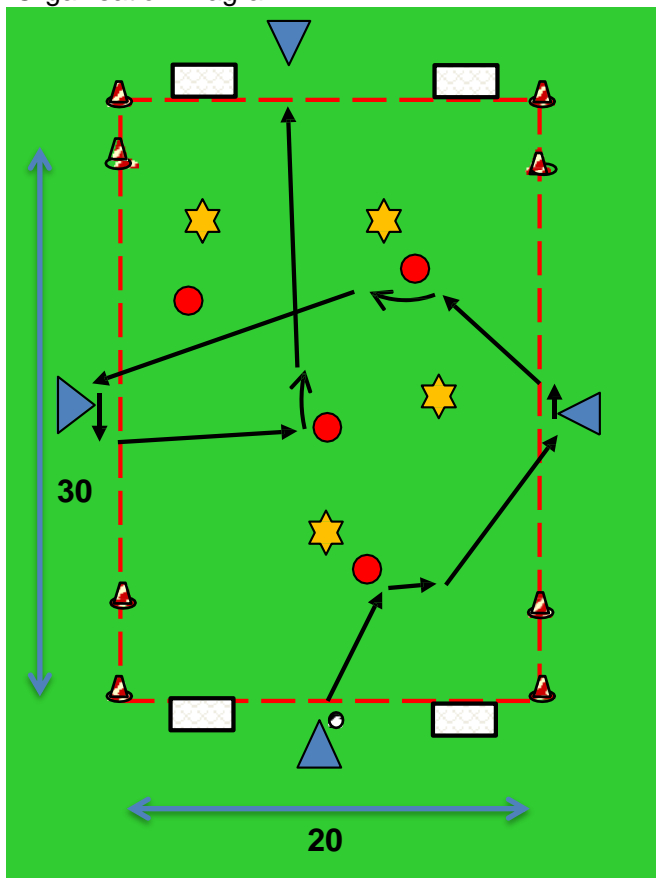


Core Skill: STRIKING THE BALL – SKILL GAME

Session Objective: *Improve players ability to maintain possession using short passing*

Organisation Diagram



Organisation

- 4v4 with 4 walls (8 v 4)
- Add 2 jokers for 14 players
- 20x30m grid with two small goals and a 5-7m scoring zone at each end (see diagram)
- Player cannot stay in scoring zone during game only enter after pass into wall player
- Minimum 2 touches for every player.
- (MUST touch the ball twice)
- Wall players not allowed to stop the ball or pass to each other.
- To score must be inside the scoring zone and if the ball comes from the wall player between the goals
- Swap teams every 5 minutes

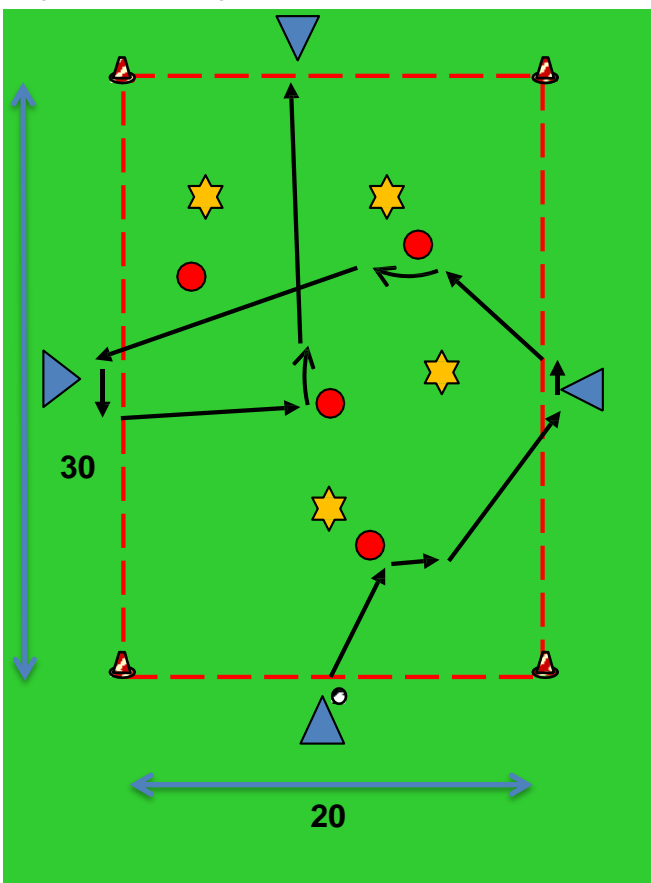
Progression

- Larger area
- Add 2 jokers inside area eg 3v3 +6 (9v3)
- 5 consecutive passes = 2 points
- Can play direct into scoring zone without using the wall passer between the two small goals

Core Skill: STRIKING THE BALL – SKILL TRAINING

Session Objective: *Improve players ability to maintain possession using short passing*

Organisation Diagram



Organisation

- 4v4 with 4 wall players who play for the team in possession.
- Add 2 jokers for 14 players
- Wall players can move along the line on their side of the grid only.
- Wall passes cannot pass to each other. Must pass to an player inside the area next.
- 20x30m grid (depending on player's ability)
- Minimum 2 touches for all players including the 'walls' who must keep the ball moving (i.e. not allowed to stop the ball with their 1st touch). This simple restraint sees to it that each 1st touch must be perfect every time the player receives the ball.
- Swap wall players after 5 minutes
- 5 consecutive passes = 1 point

Progression

- Smaller area
- 10 consecutive passes = 1 point
- Add 2 jokers inside area eg 3v3 +6 (9v3)

Exercise Task

Can you get into a passing lane to receive a pass from a teammate

Player Actions

When your team has possession, can you move to support your teammate with the ball

When your team has possession, can you position yourself side on to play forward

When you receive the ball, can you see space to take your touch away from the opponent

Cues

As the ball is travelling to a team mate, can you get into a passing lane left, right, middle

As the ball is travelling to a team mate, try to position yourself facing forward

As the ball is travelling to you, can you get your eyes up to see opponents and team mates

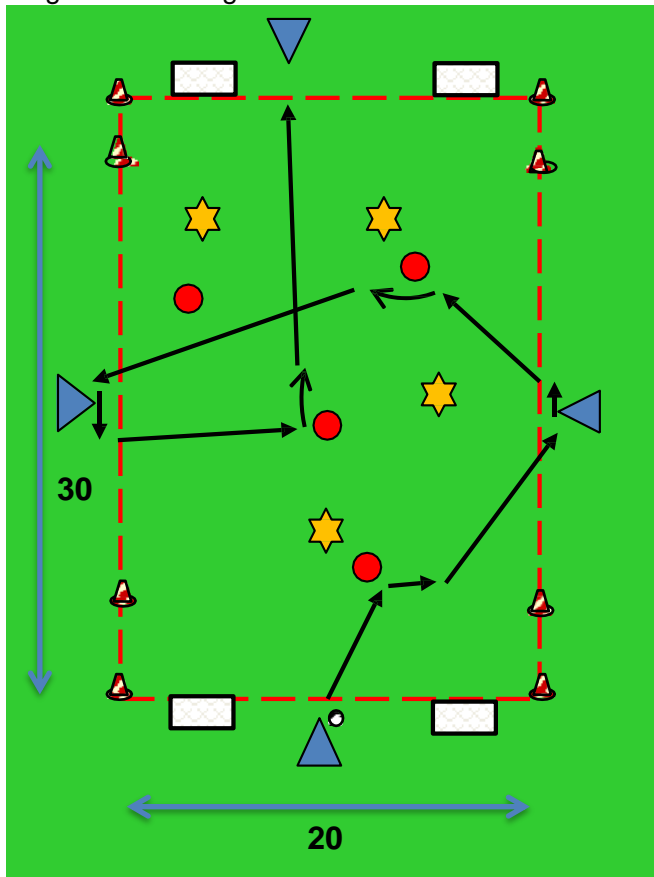
As you receive the ball, can you put your first touch into space away from the defender

If you are under pressure, can you shield the ball away from the defender

Core Skill: STRIKING THE BALL – SKILL GAME

Session Objective: *Improve players ability to maintain possession using short passing*

Organisation Diagram



Organisation

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- Add 2 jokers for 14 players
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- Swap teams every 5 minutes

Progression

- Larger area
- Add 2 jokers inside area eg 3v3 +6 (9v3)
- 5 consecutive passes = 2 points
- Can play direct into scoring zone without using the wall passer between the two small goals