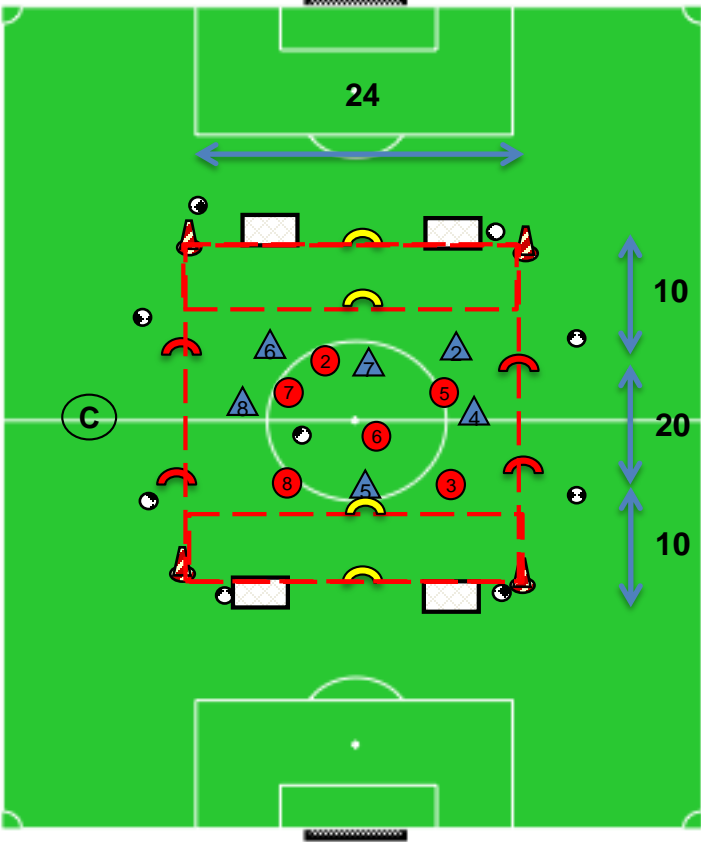


Core Skill: STRIKING THE BALL – SKILL GAME

Session objective: *Improve players ability to play a forward pass*

Organisation Diagram



Organisation

- Two equal teams plus jokers if required
- Directional game – score in either of 2 goals
- 2 touch minimum
- Kick in from player in end zone to restart.
- Must receive pass inside end zone to score. Cannot run into the end zone to score.
- Player can only enter end zone once ball has been passed into the end zone.
- Defender can enter end zone to prevent score only. Cannot drop off into zone.

Step Up

- 2 touch max
- 2 points for killer pass from within own half
- Smaller area

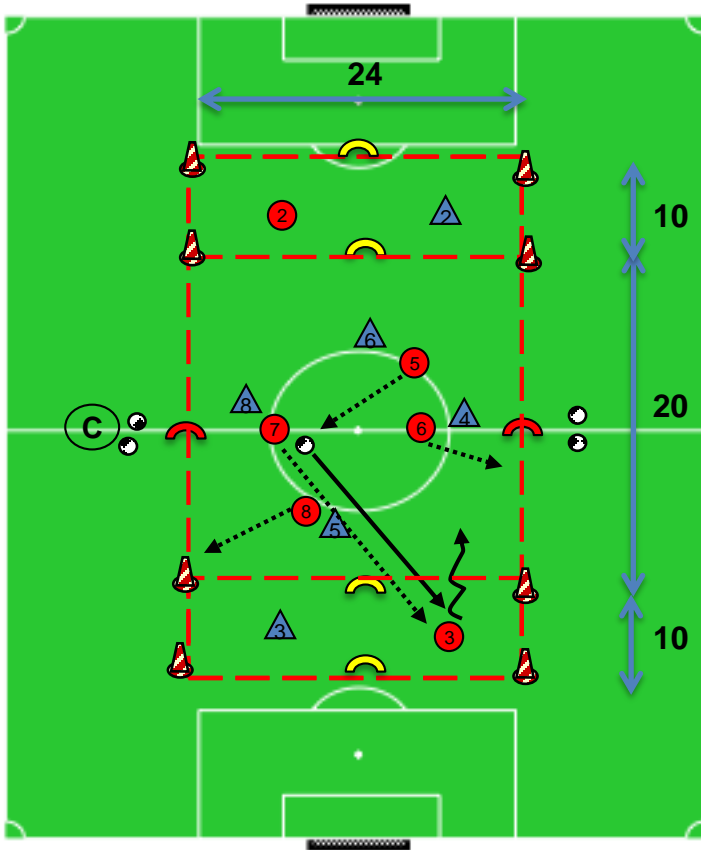
Step Down

- 2 touch min
- Larger area

Core Skill: STRIKING THE BALL – SKILL TRAINING

Session objective: *Improve players ability to play a forward pass*

Organisation Diagram



Organisation

- Two equal teams. Each team has a player in each end zone.
- Add jokers if required who cannot swap with player in end zone if ball is passed.
- 2 touch minimum.
- Pass in from side to restart.
- No pressure in end zone from opponents.
- Passer swaps positions with end zone player.
- Get out of the end zone on first touch.
- Once passed into end zone must pass into end zone at opposite end to score 1 point.
- Can pass to player in same in end zone for support option but does count as 1 point.

Step Up

- 2 touch max
- 2 points for killer pass from within own half
- Full pressure from opponent in end zone
- Smaller area

Step Down

- 2 touch min
- Larger area
- No pressure on opponent first touch out of end zone.

Exercise Task

Can you get the ball to a teammate in the end zone.

Player actions

Position your body side on to receive the ball as the ball is travelling to you so you can play forward pass.

Pass to your teammates back foot to allow a forward pass into the end zone.

If the ball is played to your inside foot, bounce the ball back to your teammate to play a forward pass.

If the ball is played to your outside foot, play a forward pass.

If you cannot play a forward pass, keep possession of the ball.

Cues

As ball is travelling to a teammate, can you position yourself side on in passing lane left, right, middle.

As you move into passing lane, can you get a scan in to see teammates, opponents and the ball.

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

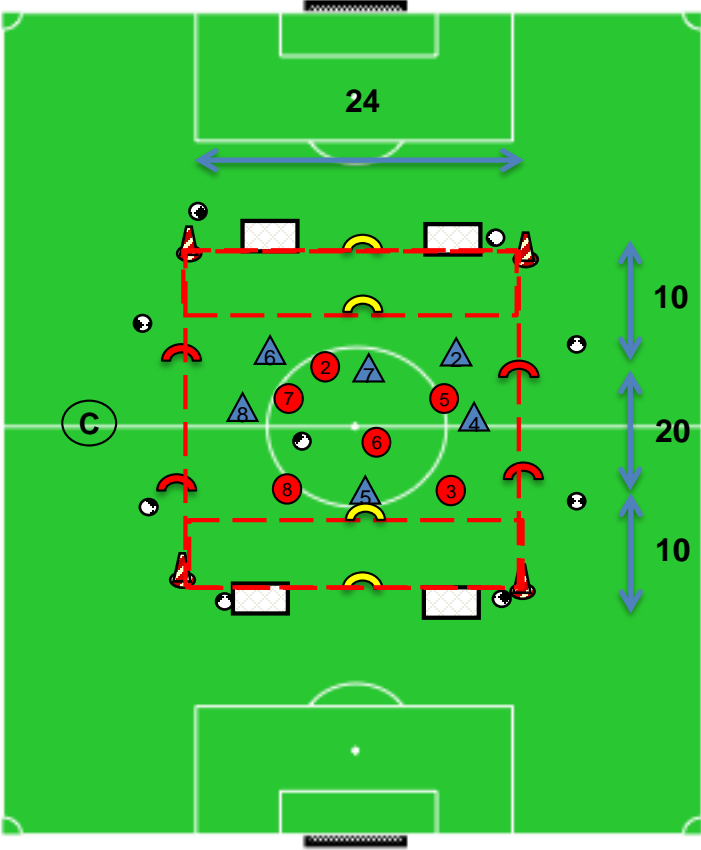
If you see a passing lane to a teammate, can you take your first touch forward and play a killer pass.

If passing lanes are blocked, can you play a bounce pass to a 'marked' team mate to open the passing lane.

Core Skill: STRIKING THE BALL – SKILL GAME

Session objective: *Improve players ability to play a forward pass*

Organisation Diagram



Organisation

- Two equal teams plus jokers if required
- Directional game – score in either of 2 goals
- 2 touch minimum
- Kick in from player in end zone to restart.
- Must receive pass inside end zone to score. Cannot run into the end zone to score.
- Player can only enter end zone once ball has been passed into the end zone.
- Defender can enter end zone to prevent score only. Cannot drop off into zone.

Step Up

- 2 touch max
- 2 points for killer pass from within own half
- Smaller area

Step Down

- 2 touch min
- Larger area