Core Skill: STRIKING THE BALL – SKILL GAME

Session objective: Improve the players ability to play a forward pass that beats opponents

Organisation Diagram



Organisation

- Two equal teams
- 24x50m pitch with small goals, divided in three grids (A,B,C) with killer pass zones
- All players must stay in the central zone unless dropping in to the killer pass zone to receive or make a forward run into.
- Players cannot enter killer pass zone until the ball is passed into the zone.
- The game starts in killer pass zone with blue playing out against the reds.
- They must try to play a 'killer pass' through the central zone to a blue player to score in the two small goals.
- If the red players intercept the ball they can score immediately in the two small goals.

Start/Restart Method

 Always start from neutral player, no restarts from sideline or without players in starting positions

Step Up

- Minimum 2 touch/Max 3 touch
- Minimum/maximum number of passes before you can play a killer pass
- Normal game rules including offside

Step Down

- Minimum 2 touch
- Add jokers
- Make area bigger

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<u>Organisation</u>

- Two zones of 12x12m (A & C) separated by a grid of 12 x 6m (B)
- 4 v 2 with 12 players
- Add a joker/s in zone A & C if extra players
- (2 per zone: 2 v 1 & 3 per zone: 3 v 1)
- Minimum 2 touch 3 touch max
- 3 teams of 4 players with different color bibs, one team in each zone as shown.
- The coach is positioned with the balls centrally, next to zone B.
- The coach starts the game with a pass to a blue player in zone A (or C).
- At that moment one red player from zone B sprints into zone A to defend/win the ball: 4 v 2 in zone A.
- Blue must now look for the right moment to play a killer pass through zone B (with the two remaining red defenders) to a purple player in zone C.
- Then immediately another red player sprints into zone C to defend while the defender from zone A returns to zone B.
- If a defender wins the ball in zone A/C or the defenders intercept the killer pass in zone B, they get 1 point.
- Change defending team every 3/4 minutes
- Minimum 2 touch/Max 3 touch
- No lofted passes must play through zone

<u>Exercise Task</u>

Can you get the ball to a teammate in the opposite grid

Player Actions

When your team has possession, can you move into a support position When your team has possession, can you position yourself to receive in a passing lane When you receive the ball, can you take your first touch forward to play forward If you are marked, can you check to lose your marker or pass to a teammate facing forward

<u>Cues</u>

As the ball is travelling to a team mate, can get into a passing lane left, right, middle As the ball is travelling to a team mate, try to position yourself side on 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 forward to play forward

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