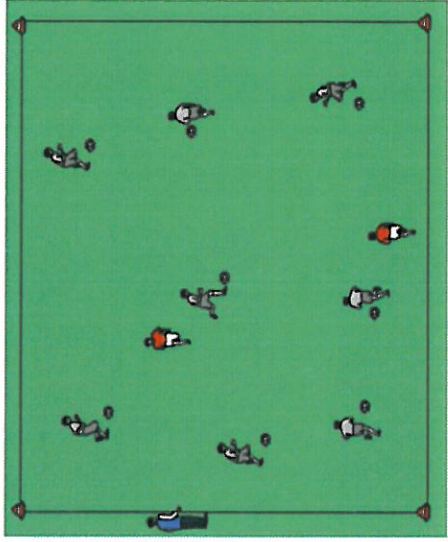
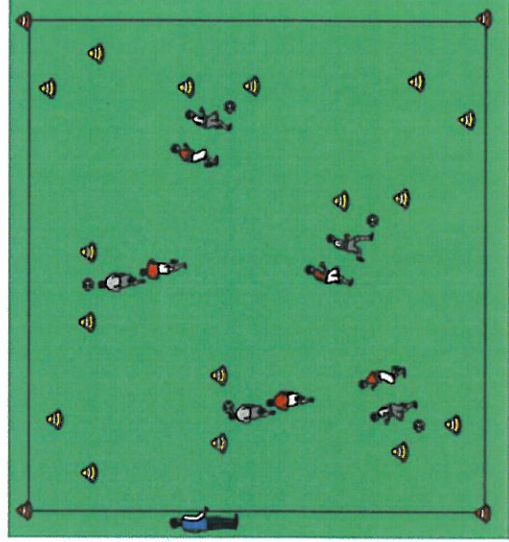


ACTIVITY PLAN

<p>Week 5 Ball Possession.</p> <p>Warm up</p> <p><u>Objective:</u> To improve general coordination.</p>	<p><u>Organization:</u> 20 yard x 20 yard area. 2 Players are selected to be the "Sharks" and the rest of the players are the "Minnows". The Minnows each have a ball.</p>	<p><u>Procedure:</u> Once the coach calls "GO" the Sharks try to kick the Minnows balls out of the grid. If the a Minnows ball is successfully kicked out they must run to retrieve it and practice juggling on the outside of the grid. The Sharks have 1 minute to kick as many balls out as they can. Keep rotating the Sharks.</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Change of direction - Close control - Turning & Dribbling - Agility - Shielding the ball - Fun 	
<p>Week 5 Ball Possession.</p> <p>Individual Activity</p> <p><u>Objective:</u> To improve Individual Ball Possession.</p>	<p><u>Organization:</u> 20 yard x 20 yard area. Split into pairs, 1 ball per Pair. The coach puts various 2 yard gates in and around the grid, have more gates than pairs.</p>	<p><u>Procedure:</u> The pairs are split into attackers and defenders, the attacking player must dribble through as many gates as they can in 1 minute, The defending player must try to prevent this by blocking or winning the ball. If the defender wins the ball they must shield it as long as they can. Keep rotating roles and players.</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Dribble with head up - Dribbling and changing direction and speed. - Use all surfaces of both feet – Keep the ball at a controllable distance. 	

ACTIVITY PLAN

Week 5

Ball Possession.

Small Group Activity

Objective:

To improve

Individual Ball

Possession Skills

Under Pressure.

Organization:

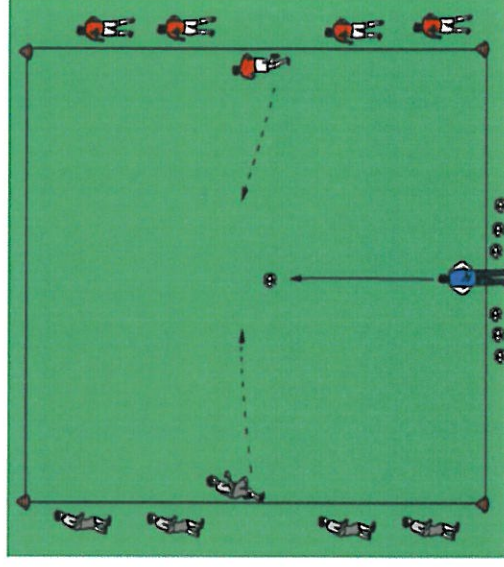
20 yard x 20 yard area. Set up game in which two teams of 5 players line up across from each other at a distance of 20 yards. The coach is position at one end in the middle with the balls.

Procedure:

Each player is on each team is given a number 1-5. The coach will call out a number 1-5, the players with corresponding number from each side race into the middle to win the ball and run it back to their side for a point. The other player tries to prevent this from happening.

Key Coaching Points:

- Reaction & Coordination
- Dribbling & Turning
- Change of speed
- Shielding
- Agility
- Vision



Week 5

4 v 4

Small Sided Game

Objective:

To improve

Individual &

Small Group

Game

Understanding.

Organization:

30 x 35 yard area
Play a 4 v 4 match

6ft x 6ft Goals

Size 3 ball

Procedure:

Free Play!

Key Coaching Points:

- Summation of all challenges for the players.
- Stay out of their way and let them play.

