

ACTIVITY PLAN

Authors: White & Sawatzky

Week 3

Movement &

Agility

Warm up

Objective:

To Improve

General

Coordination.

Organization:

20 yard x 20 yard area.

The coach shows various different movements and the players copy the movements.

Procedure:

The coach shows the players how to:

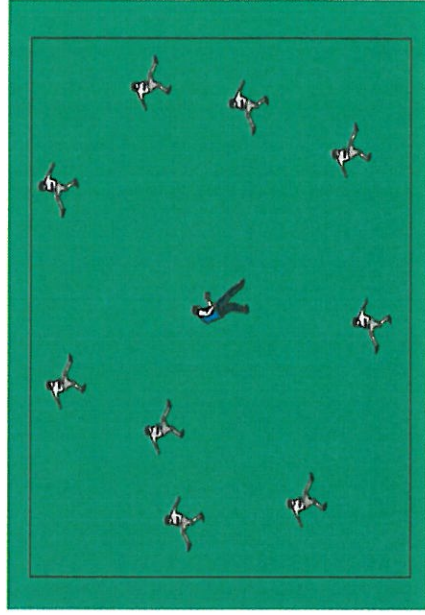
- Hop,
 - Skip,
 - Sidestep,
 - Move Backwards,
 - Karioky
- and how to turn on the move.

Key Coaching Points:

- Coordination
- Balance
- Agility

Progression:

The coach gives each movement a number.



Week 3

Individual

Activity

Objective:

To Improve

Individual Body

& Ball Control

Skills.

Organization:

20 yard x 20 yard area.

All players with a ball behind the coach.

The players follow the coach around the area with the ball.

Procedure:

The coach will perform various fun movements with the ball and the players must copy.

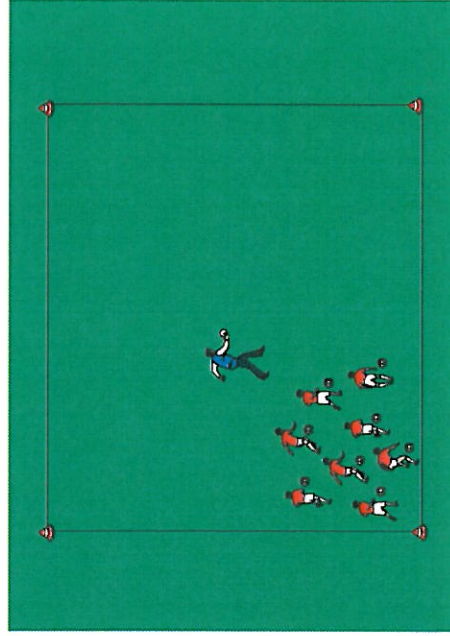
The coach try's to loose the players.

Key Coaching Points:

- Keep the ball close between touches
- Keep your head up
- Observe ball control and balance

Progression:

The game turns into tag the coach.



ACTIVITY PLAN

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Week 3

Small Group
Activity

Objective:

To improve
Individual Ball
Control Skills
Under Pressure.

Organization:

One ball per person.
Grid size is 20 x 20
yards area.

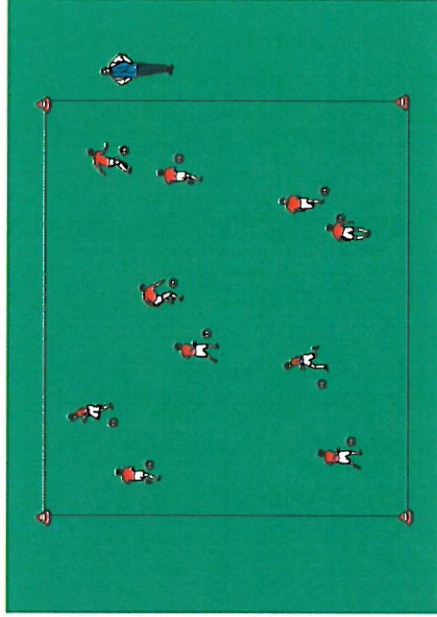
Procedure:

Players move with the ball under control. On the coaches command each player try's to kick the other players' ball out of the grid. The winner is the last player with the ball.

Once a player has had their ball kicked out they must retrieve it and do some kind of skill work
Example: juggling or ball touches.

Key Coaching Points:

- Keep close control
- Eyes up
- Balance
- Find the space
- Be strong in the tackle
- Be determined



Week 3

3 v 3

Small Sided
Game

Objective:

To improve
Individual &
Small Group
Game
Understanding.

Organization:

20 x 30 yard area
Play a 3 v 3 match
6ft x 6ft Goals
Size 3 ball

Key Coaching Points:

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

