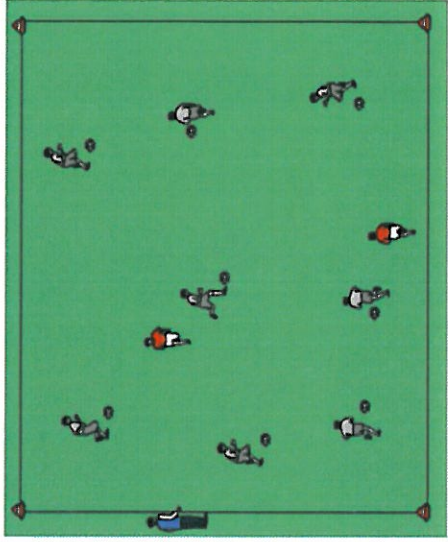
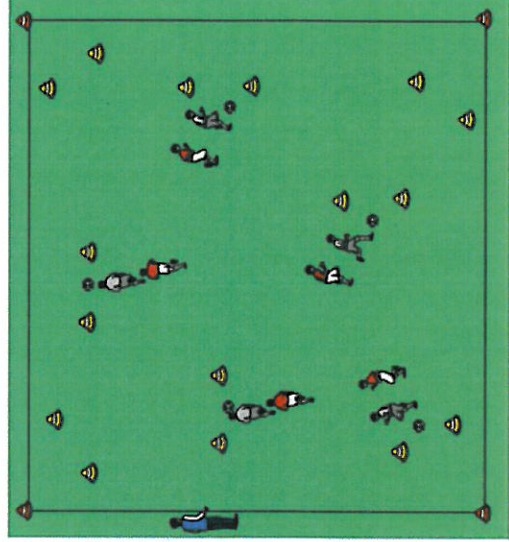


ACTIVITY PLAN

<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:

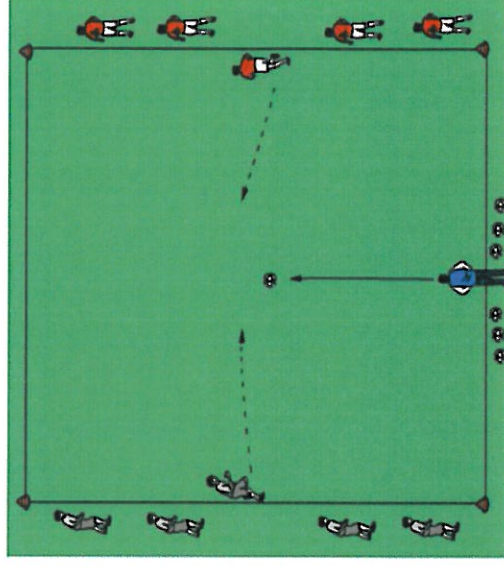
20 yard x 20 yard
area. Set up game in
which two teams of 5
players line up across
from each other at a
distance of 20 yards.
The coach is position
at one end in the
middle with the balls.

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.

