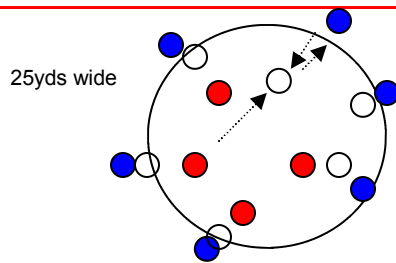
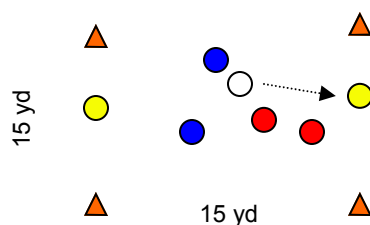


WARM-UP



- Players in the middle sprint to player on the outside with a ball and play ball back. Turn quickly and sprint to another part of the circle (no shuffling to the next person on the outside of the circle!) 30—45 second intervals and switch
- Play ball on ground to right instep (1 touch back)
- Play ball on ground to left instep
- Serve balls to thigh (thigh and volley back)
- Serve balls for instep volley
- Serve to chest (chest and volley)
- Serve to head

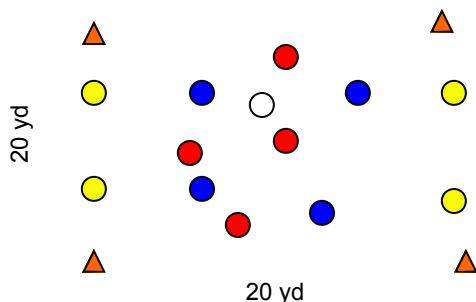
EXERCISE 1



Create a 15x15 yard grid and position two pairs in the middle. Place a target at each end of the grid and those players are not allowed to penetrate the grid but can move anywhere laterally across the line. Place extra balls around the grid.

The team with the ball must combine with each other and find one of the targets. They then must get the ball back from the target, combine, and find the target on the other side. A point is awarded for moving the ball from one target to the other while maintaining possession. (1 min intervals)

EXERCISE 2

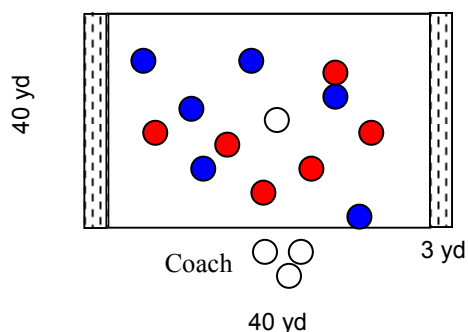


Play begins with a pass from one of the target players. The team in possession must attempt to turn and play a pass to the targets feet at the opposite end of the grid. In the above diagram the yellow team has received a pass from the target player. Player (A) has combined with player (B). Player (B) has successfully turned and played a pass to the opposite target player. The target players must return the ball to whichever team passed to them within 2 touches. Play is continuous in both directions for a designated period of time. Points are awarded for each successful pass to the target players. Players cannot score at the same side twice in a row. Back passes can be made to the target players. Rotate the teams every 2 minutes.

Coaching Points:

- Passing must be sharp and accurate – keep the ball moving.
- Players must try to receive the ball in a half-turned position.
- Play penetrating balls to the targets as quickly as possible – find their feet.
- Communication is vital – “turn”, “man on” etc.

EXERCISE 3



Both teams try to maintain possession of the ball. Points are awarded for completing a pass to a teammate located inside either end zone. Players cannot score in the same end zone twice in a row. After a point is scored at one end of the grid the next point must be scored at the other end. If the ball leaves the playing area the coach should quickly play the next ball into the grid to keep the intensity high.

1. Players use a maximum of 2 touches.
2. Player cannot enter end zone before the ball enters, to encourage well-timed runs

Coaching points:

- Keep the ball moving with quick accurate passing.
- Attempt to switch the ball to the opposite end zone as quickly as possible.
- Movement and angles of support are important if switching opportunities are to develop.