
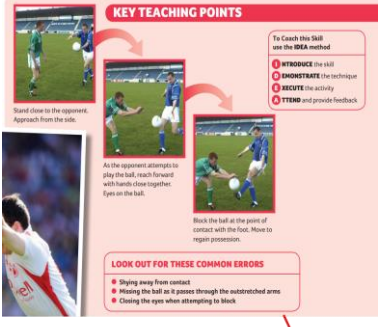
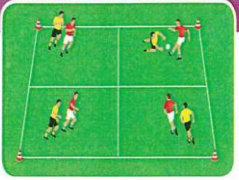



<p>Session Focus: Kick Passing</p>	<p>Prep: 1. Split into 4 teams, approx. 8 v 8 for matches, half with bibs & half without bibs</p>	
<p>Exercise 1: 20 mins Possession Game : Boxing</p>	<div style="background-color: #f08080; padding: 5px;">BOXING</div> <p>HOW TO PLAY: 10 v 10 • Pitch size 80m x 40m • Full Rules • A score is registered when team gets the ball cleanly to player marked x in the box • Player inside box area cannot come outside the box area and no one else can come in • After a score that team will get possession and can attack the opposite box</p> <p>PROGRESSION: After a score when a team gets the ball to the half way line they can decide to attack either box. First pass only. Reaction ball can be used. Apply 4 second rule. Foot pass to score.</p> <p>WHAT IT DEVELOPS: Passing under pressure, catching & tackling</p> 	
<p>Exercise 2: 10 mins 1. Dynamic movement/strength development exercises</p>	<ul style="list-style-type: none"> • Declan to lead 	
<p>Exercise 3 : 20 mins (Block Down) 10 mins in pairs: 1. Divide into pairs, one ball to each pair. 2. One kicking and one blocking 3. Switch kicker and blocker</p> <p>10 mins: Grid Block game: -focus on blocking but includes tackling too -stop & fix fouls</p>	<div style="background-color: #f08080; padding: 5px;">KEY TEACHING POINTS</div>  <p>TO COACH THIS SKILL USE THE IDEA METHOD</p> <ul style="list-style-type: none"> 1 INTRODUCE the skill 2 DEMONSTRATE the technique 3 EXERCISE the activity 4 FEEDBACK and provide feedback <p>LOOK OUT FOR THESE COMMON ERRORS</p> <ul style="list-style-type: none"> • Sliding away from contact • Missing the ball as it passes through the outstretched arms • Closing the eyes when attempting to block 	<div style="background-color: #800080; color: white; padding: 5px;">GRID BLOCK</div> <p>HOW TO PLAY: Mark out a grid approx 40x20m using cones • Divide the grid into 4 sections • Divide the players into 2 teams of 4 (one player per section) • The players attempt to retain possession by kicking the ball from section to section • The opposing team attempt to block the kick attempts • If the kick is successful, that team must be allowed to retain possession • Continue the game for a set period of time</p> <p>PROGRESSION: Initially allow the players to pass either in a clockwise or and anti-clockwise fashion: as the play progresses, allow the ball to be played in any direction.</p> <p>WHAT IT DEVELOPS: Accurate kick passing, catching & blocking</p> 
<p>Match 20 (mins) Stop & Fix: 1. "Find a pass" first – too many of them are taking a solo before looking for pass. 2. "Play as a team" – pass to free player in best position to score – rather than trying to take a man on so they can score</p>	<p>Pitch 1, 2 &:</p> <p>-8 v 8 - 3 seconds to get rid of ball - Block = Score</p> 	
<p>Wrap up race/fun game (5 min)</p>		