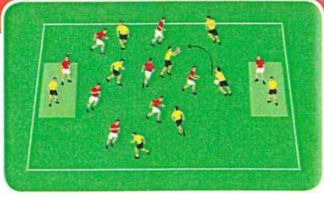
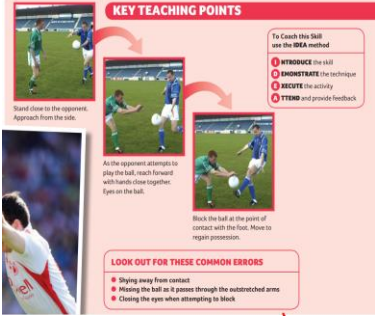



<p><b>Session Focus: Kick Passing</b></p>	<p>Prep: 1. Split into 4 teams, approx. 8 v 8 for matches, half with bibs &amp; half without bibs</p>	
<p>Exercise 1: 20 mins Possession Game : Boxing</p>	<div style="border: 1px solid black; padding: 5px;"> <p style="color: red; font-weight: bold; margin: 0;">BOXING</p> <p><b>HOW TO PLAY:</b> 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><b>PROGRESSION:</b> After a score when a team gets the ball to the half way line they can decide to attack either box. Fist pass only. Reaction ball can be used. Apply 4 second rule. Foot pass to score.</p> <p><b>WHAT IT DEVELOPS:</b> Passing under pressure, catching &amp; tackling</p>  </div>	
<p>Exercise 2: 10 mins 1. Dynamic movement/strength development exercises</p>	<ul style="list-style-type: none"> <li>• Declan to lead</li> </ul>	
<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: Tackle Alley (1v1): -defender passes ball to attacker, then closes down attacker before they shoots for point -focus on blocking but includes tackling too -stop &amp; fix fouls</p>	<div style="border: 1px solid black; padding: 5px;"> <p style="color: red; font-weight: bold; margin: 0;">KEY TEACHING POINTS</p>  <p style="font-size: small; margin: 0;"><b>To Coach this Skill use the IDEA method</b></p> <ul style="list-style-type: none"> <li>1 <b>I</b>NTRODUCE the skill</li> <li>2 <b>D</b>EMONSTRATE the technique</li> <li>3 <b>E</b>XECUTE the activity</li> <li>4 <b>F</b>EEDBACK and provide feedback</li> </ul> <p style="font-size: x-small; margin: 0;"><b>LOOK OUT FOR THESE COMMON ERRORS</b></p> <ul style="list-style-type: none"> <li>• Sliding away from contact</li> <li>• Missing the ball as it passes through the outstretched arms</li> <li>• Closing the eyes when attempting to block</li> </ul> </div>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Attacker</p> <hr style="border: 0.5px solid black;"/> <p>Defender</p> <hr style="border: 0.5px solid black;"/> <p>Goals</p> </div>
<p>Match 20 (mins) Stop &amp; 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 &amp;:</p> <p>-8 v 8 - <b>3 seconds to get rid of ball</b> - <b>Block = Score</b></p> 	
<p>Wrap up race/fun game (5 min)</p>		