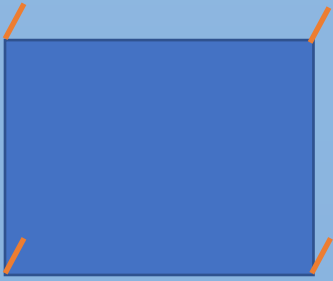
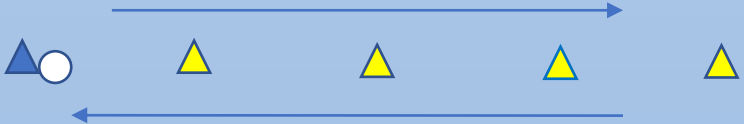
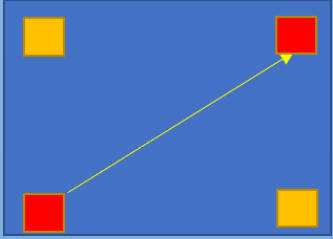


Activity	Description of activity	Diagram
<p><b>Warm Up (10/15 mins)</b></p> <ul style="list-style-type: none"> <li>Agility Balance Coordination</li> <li>Physical Capacities – e.g. speed, strength</li> </ul> <p>4 groups with 4 different colour bibs</p>	<p><b>Warm Up 1:</b> with all players inside a 30m x 30m square</p> <p>Activities:</p> <ul style="list-style-type: none"> <li>Hand pass</li> <li>High Catch</li> <li>Exercises</li> <li>Group calls (reaction)</li> </ul>	<p>Required Equipment:</p> <ul style="list-style-type: none"> <li>- 4 poles</li> <li>- 10-12 footballs</li> </ul> <p>Hungry hippo game also: <a href="https://vm.tiktok.com/ZGJXGrhp1/">https://vm.tiktok.com/ZGJXGrhp1/</a></p> 
<p><b>Skill Development #1 (10 mins)</b></p> <ul style="list-style-type: none"> <li>Handpass</li> <li>Bounce</li> </ul> <p>Set up this drill X 4 (1 colour bib 1 drill)</p>	<p><b>Solo &amp; Bounce Drill (2 plays max between cones)</b></p> <ul style="list-style-type: none"> <li>Solo &amp; Bounce travelling 6-8 metres,</li> <li>Hand Pass to team mate</li> </ul> <p>Aim is to ensure the players master solo, bounce &amp; continue to practice handpass</p> <p><b>Rules of GO Games is 2 plays MAX</b></p>	 <p>Approx 6 players per drill (2 on blue cone, 1 on yellow) player at blue cone travels out (1 solo, 1 bounce) and hand passes to player on yellow cone and so on.</p> <ul style="list-style-type: none"> <li>- 6-8 meters between cones</li> </ul>
<p><b>Skill Development #2 (15 mins)</b></p> <ul style="list-style-type: none"> <li>Handpass &amp; 3 steps in position</li> <li>Tackling</li> </ul> <p>Set up this drill X 2 on one pitch(2 colour bib teams per 1 drill)</p>	<p><b>Handpass &amp; Bounce Mini Game (1 play max)</b></p> <ul style="list-style-type: none"> <li>The pitch is a square approx 20m x 20m</li> <li>Each team(6-8 players) has 2 scoring zones</li> <li>Each team has 1 player in each of their scoring zones i.e. red score in red zone and vice versa</li> <li>To score the team have to work the ball handpassing only into the scoring zone</li> <li>Swap the player in the scoring zone at each score</li> </ul>	
<p><b>Game 3 (20mins)</b></p> <ul style="list-style-type: none"> <li>Go Games – 2 x small sided 6-8 a side</li> <li>Conditions: Only 2 plays</li> <li>Encourage support of team mate</li> </ul>	<ul style="list-style-type: none"> <li>3 big steps when you receive the ball/no standing still</li> <li>Tackle the ball <b><u>NOT THE PLAYER</u></b></li> <li><b>Reset</b> on restarts/mark up</li> </ul>	<p>Pitch Size for 6-8 a side should be approx. 40m x 25m – lets go with 2 pitches of this size and see how it works out</p> <p><b>For 8 a side we will have 1 GK(rotated), 3 DEFENDERS, 1 MF &amp; 3 FORWARDS</b></p>
<p><b>Cool Down/Group Discussion on Session (5 mins)</b></p>	<p>Ask the players how session went and what to practice at home for the week</p>	<p><b>To ensure participation for all identify 1 or 2 players on each team that the must receive the ball before a team scores</b></p>

25 Footballs, 40 Cones, 4 Poles, 30 Bibs, 2 sets of goalposts

Equipment Required