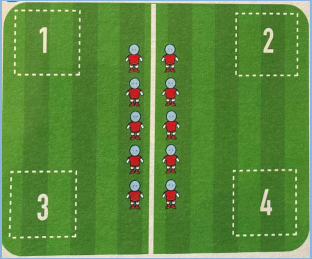
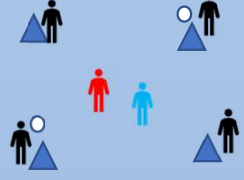
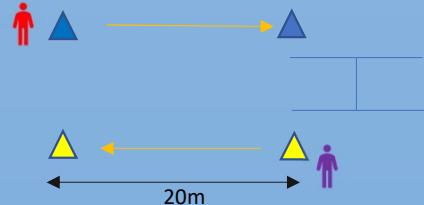


28 July 2023

Date

Session Plan #8 – Tackling/Defending

Session Theme

Activity	Description of activity	Diagram
<p>Warm Up (10/15 mins)</p> <ul style="list-style-type: none"> Agility Balance Coordination Physical Capacities – e.g. speed, strength <p>2/4 groups with 2/4 different colour bibs</p>	<p>Warm Up 3: in 2's players line up opposite each other. Ball between every 2 players</p> <p>Activities:</p> <ul style="list-style-type: none"> Hand pass to each other 3-5m apart – see can the group not let a ball touch the ground for 10-20 sec Heads shoulder knees toes ball calls – Add zones or coloured poles if needed Kick pass 10-15m apart – no pass over hit or across another group for 20 sec 	<p>Required Equipment: - 4 poles/cones</p> <p>Hungry hippo game also: https://vm.tiktok.com/ZGJXGrhp1/</p> 
<p>Skill Development #1 (15 mins)</p> <ul style="list-style-type: none"> Tackling/Contact Hand Pass 	<p>Possession Drill –</p> <ul style="list-style-type: none"> 1 v 1 in a 10x10m square 1 player in the middle has receive the ball from the players on the outside and pass to another the other player tries to tackle the ball/dispossess him <p>Hopefully this will help tackling and being in possession under pressure</p>	<p>Approx 6 players per drill (2 on blue cone, 1 on yellow)</p> <p>kick pass long side, hand pass short side, follow your pass</p> 
<p>Skill Development #2 (10 mins)</p> <ul style="list-style-type: none"> Shooting Tackling <p><u>Set up this drill X 2 on one pitch if numbers are > 20</u></p>	<p>Practice shooting & defending</p> <ul style="list-style-type: none"> Red players are defenders, Purple players are forwards. With the ball the forwards sprints 20m out to the yellow cone and turns and tries to score At the same time the defender sprints 20m to the blue cone and tries to stop the forward scoring Increase to 2v2 if needed 	
<p>Game 3 (15mins)</p> <ul style="list-style-type: none"> Go Games – 2 x small sided 6-8 a side Conditions: Only 2 plays Encourage support of team mate 	<p>Key points after all our games to date:</p> <ul style="list-style-type: none"> Tackle the ball not the man – need to ensure all our players are tackling RESET – mark up at restarts Very important our players are competing for every ball (no standing back) Take 4 steps once they gain possession(no standing still) 	<p>Pitch Size for 6-8 a side should be approx. 60m x 30m</p> <p>To ensure participation for all identify 1 or 2 players on each team that the must receive the ball before a team scores</p> <p>To promote passing, every pass a team gets prior to a score is counted as 1 point if they get 5 passes before they score the point or goal is worth 5 – I'll explain further ☺</p>
<p>Cool Down/Group Discussion on Session (5 mins)</p>	<p>Ask the players how session went and what to practice at home for the week</p>	

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

Equipment Required