

Practice #

3

Monday March 27, 2011



18

1h30

THEME : Learn how to identify unmarked teammate and pass the ball

10' Warm-Up (3v3 + Slaloms + Game)

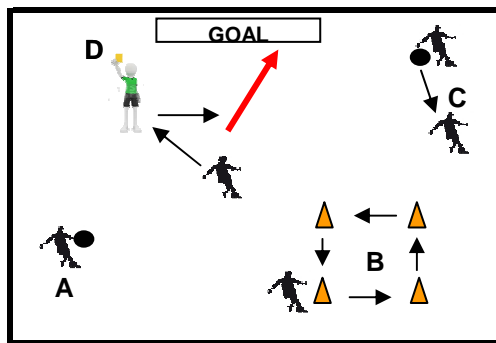
Assistant on 3v3. Coach in Goal

15' Motor Skills Drills

4 workshops 3 min per

3 minutes per workshop - 2min on left foot, 1min main.

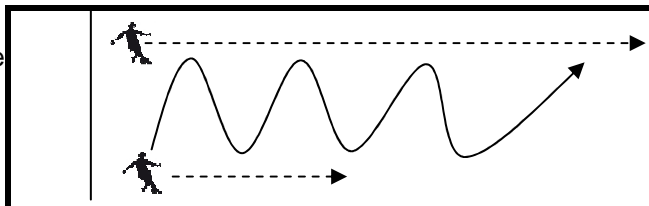
- A) Juggles
- B) Square brushing ball, left foot half, right foot half
- C) 2 players, facing each other, one throw, the other control and pass (ask for head, chest, knee, etc)
- D) Wall pass with coach or assistant then shoot directly



5' Technical Analytic Drills : Down and Back Drill

Groups of 2

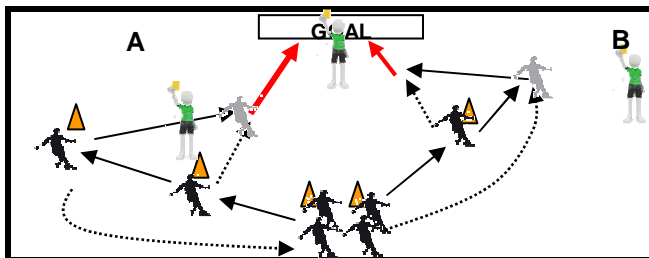
Make Duos as Defined.  
 Using the width of the field, Passing in front of the next player with opposite foot.  
 Two touch allowed.  
 After 10 minutes, ask for air passes, make them get some distance between them.



15' Technical Analytic Drills : Wall Pass and Turnover

2 teams on each side of the field

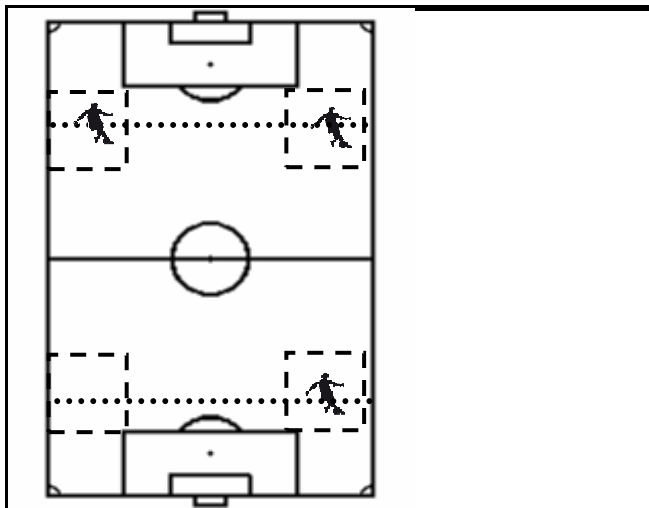
Two workshops - 7min each  
 A) Wallpass around Coach, acceleration is key  
 2 touch pass max. Once shot, get to relay position.  
 B) Acceleration is key, "call" for the pass  
 Shield or frontal position of relay  
 Once shot, Get the ball and come back in line.



20' Situational technical Drills : Game with square on the sides

2 teams

Divide the field in 3 zones (def, middle and offense). In the middle zone, define two squares on the sides.  
 Players can move freely but have to perform a wall pass to get into the offensive zone (control then pass allowed).  
 No defensive player is allowed in the square.  
 Push to change of side if it is locked.



20' Free Scrimmage, Goals count double if score by using the sides

2 teams