

Practice #

5

Wednesday April 6, 2011



16

1h30

THEME : Learn how to use a side to outflank a defense

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

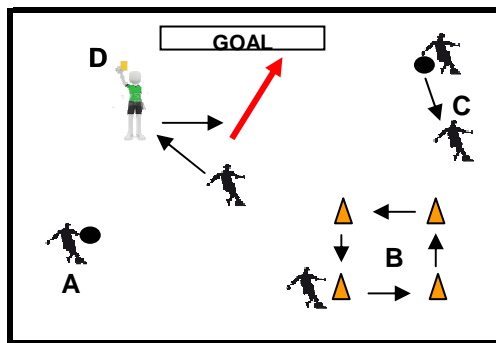
Assistant on 3v3. Coach in Goal

15' Motor Skills Drills

3 workshops 4 min per

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

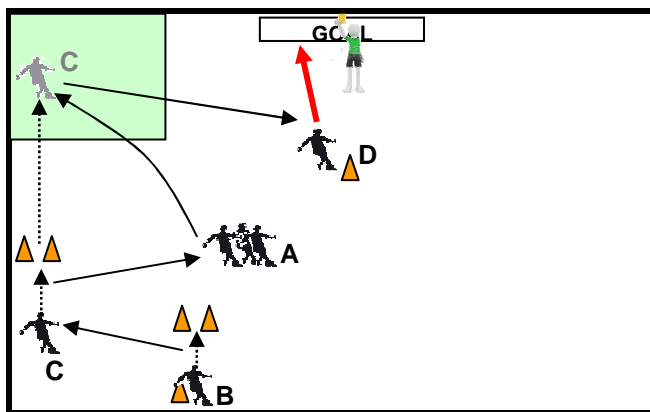
- A) Juggles
- B) Square brushing ball, left foot half, right foot half
- C) 2 players, facing each other, one throw, the other control and pass (ask for head, chest, knee, etc)
- D) Wall pass with coach or assistant then shoot directly



20' Technical Analytic Drills :

- B run then pass to C before gate.
- C run and pass to A before Gate.
- A give in the run for C who cross for D then shoot.
- C must accelerate after his first pass.
- C must dribble to the square before crossing.
- A go to B, B to C, C to D.
- D go get his ball and Sprint back to A (Have an assistant make sure of that).
- Put some speed into the drills

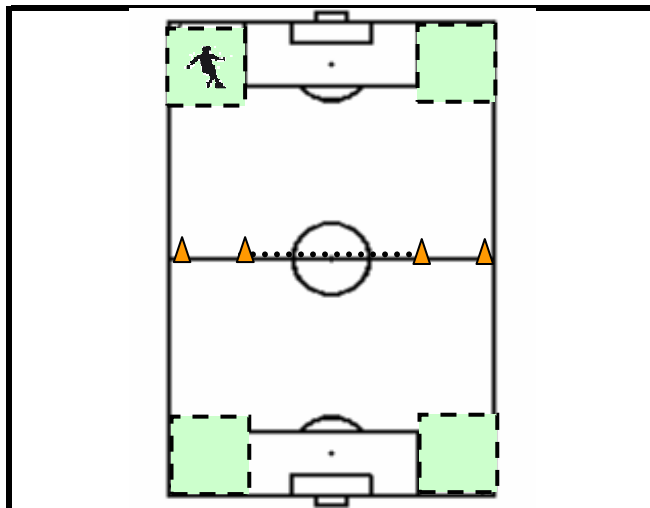
2 teams on each side of the field



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

2 teams

- Players can move freely on the field.
- To go from defensive to offensive section, must use one of the two doors by dribbling through or passing.
- If a player cross form one of the square and score 2pt. Otherwise 1pt.
- If use left door and cross from right square 5pts.
- Coach lock zones with assistant.



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

2 teams