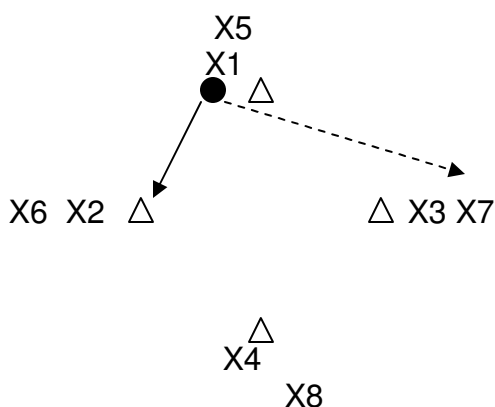


## John Allpress Session – Effective Coaching and Intervention – 21/9/07

### Warm Up



→ Direction of Ball

---→ Direction of Player

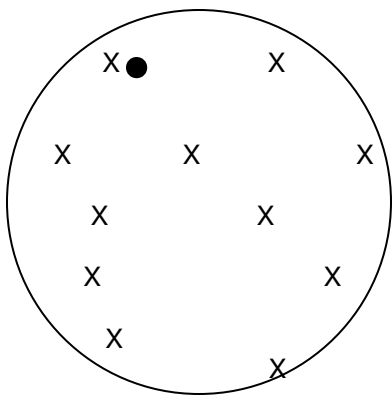
#### ORGANISATION

- Split group into 4 groups – 1 group to each cone
- Players pass the ball to any of the other 3 groups
- After passing the ball players must join the back of the cone to the right

#### PROGRESSION

1. Introduce a second ball
2. Players still pass the ball to any of the other groups, but can now move to any other group (*Can they keep group numbers fairly equal?*)

### Exercise 1



#### ORGANISATION

- Players move around within a designated area (size depends upon ability and number of players)
- 1 Ball per group
- Players pass the ball around to each other

#### PROGRESSION

1. Add a second ball
2. Add a third, fourth ball etc

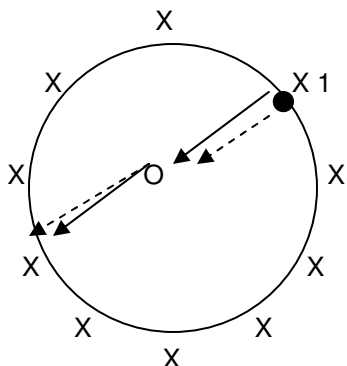
#### KEY FACTORS

- When can/should the players use a Big Touch, Little Touch and No Touch?

*Put players into small groups and ask them to come up with ideas for above*

*Debrief whole group – check understanding/learning*

### Exercise 2



#### ORGANISATION

- Players are spaced out around the circle
- 1 player stands in the middle
- 1 outside player has a ball
- Outside player with ball (X1) passes the ball into middle to O
- O turns and passes the ball out to an outside player
- X1 follows his pass into the middle
- O fills a space on the outside.
- This continues

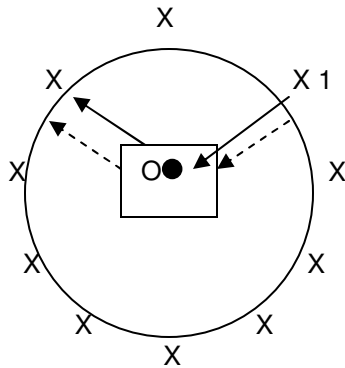
#### PROGRESSION

1. Add 1/2/3 extra players in middle and equivalent balls on outside

#### KEY FACTORS

- Can we use no touch turns? Ask group what influences this?
- Accuracy/Weight of Pass
- Awareness of other players in middle

### Exercise 3



#### ORGANISATION

- As above, but coach sets up a small boxed area in the middle of circle, which O stands inside
- X1 again plays into O, who turns within the box and passes to an outside player
- X1 goes into middle, O fills in a space on the outside

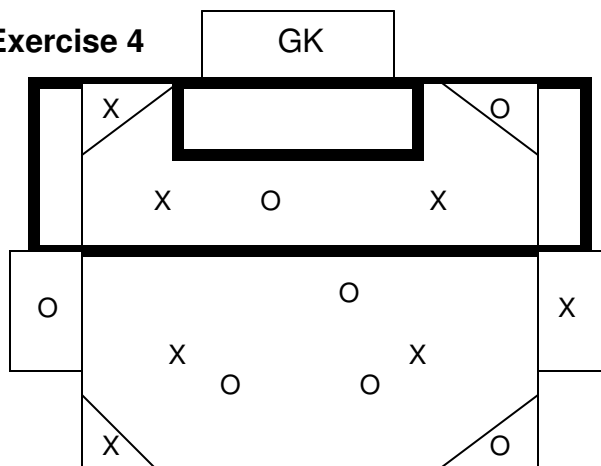
#### PROGRESSION

1. Add extra players in middle and balls on outside

#### KEY FACTORS

- Again can we turn no touch at right time?
- Think Before, During and After

### Exercise 4



#### ORGANISATION

- Using the penalty area, 4 corner areas and 2 side area are set out
- Players are split into 2 Equal Teams, 1 GK
- 3 Players from each team stand in corner and side areas
- Inside players must hit 3 outside areas in a row before they can go onto attack the main goal.
- Inside players cannot go into coned areas
- Outside players play with attacking team

#### PROGRESSION

- Look to swap inside and outside players (must be same colour)

#### KEY FACTORS

- Awareness/Switching Play
- Look to use safe area if under pressure
- Can we use no touch turns when applicable?
- End Product (once 3 areas hit can we get a shot in?)