

Topic = Fitness- Support Play

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> *Groups of three working on the outside of a 10x10 yd grid * If A passes to B, Player C must move to the empty cone to support B * If B passes back to A, Player C must move back * If B opts to play to player C, then player A must move to support the Player C * The player with the ball must have two options every time they receive it. 	<ul style="list-style-type: none"> * Read the cues of the playing receiving the pass * Weight of pass * Open body up if changing direction
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Play 3v1 in an area with two cones on the side 5 yards away. * The three attacking players win a point each for 5 consecutive passes (players keep individual score) * If the defender intercepts the ball, they drop their bib and join the attacking team * The player that lost possession must pick up the bib and sprint around one of the cones and re-enter the grid as the defender. 	<ul style="list-style-type: none"> * Keep the feet moving * Open body up to face the whole field * Read the receiving players cues * Communication
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Play 4v4 with a sweeper-keeper * Every time a player passes the ball to a team-mate they must sprint around a cone on the outside before they can rejoin the play. 	<ul style="list-style-type: none"> * Players need to think ahead, and move to support before the receiving player has received the ball.
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 6 V 6 including Goalkeepers * Players from the attacking team must be past mid-field for a goal to be scored. If they are not the goal does not count * All of the defensive team must be back as well otherwise the goal counts double 	<p align="center">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> ○ = Ball → = Pass 😊😊 = Players ⚡ = Run w/o ball 🟡🟠 = Cone/Disk 🏠 = Goal
<p>COOL DOWN</p>	<p>Players throw, roll and catch the ball in pairs. Stretch</p>	