

Topic = Technical Fitness II

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * All players except one dribble around in the area * On the coaches command of change players put their foot on their ball and try to find another one * The player who does not have a ball when they have all started dribbling again must go to the coach and conduct 20 ball manipulation skills 	<ul style="list-style-type: none"> * Encourage sharp movement when dribbling * Be to the ball first * Accelerate when the player gets a new ball * Focus on quality technique
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Divide the group into two teams of 5 * Put five balls into the area * Play team keep away for 90 seconds * At the end of the 90 seconds the winning team is the team that has the most balls in their possession 	<ul style="list-style-type: none"> * Protect the ball if you have possession * Can you double up defensively to win the ball
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Play 3v3 with a three goals in the middle of the field * A team is on deck waiting to play * Teams play for 90 seconds * Teams score by passing a ball through a goal to a team-mate * The team that wins have the option of staying on or taking a rest 	<ul style="list-style-type: none"> * Make sure players hydrate while they are on deck * Keep a supply of balls next to you as the coach to keep the game flowing quickly
<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 ☺☹ = Players → = Pass ⬆️ = Run w/o ball ⬆️ = Goal △ = Disk ☺ = Coach
<p>COOL DOWN</p>	<p>Players throw, roll and catch the ball in pairs. Stretch</p>	