

Title: **Free Hits**



Date: 20/01/2017	Venue: RGS	Duration: 1 hour	No of Players: 8-16	Ability / Level: U12s
Equipment: Sticks. Balls. Cones.	Purpose: Develop Core Skills: Self Pass / Free Hits / Sideline Hit / Long Corners / Retreating 5 metres.			

Time	Task / Activity / Session Content
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Warm Up

5-10 | Jog + Dynamic Stretches + Warm up activity (see 'Warm up suggestions' for ideas)

Free Hits And The Self Pass

30 | Discuss with the group what happens in different situations of the ball going out of play and how the game is started / restarted (Push back, Side line hit, Long Corner, Short Corner (will be covered in more detail in coming weeks), 16yd hit out, Bully). Make sure they understand the rules associated with long corners and 16yd hit outs i.e give them a scenario and ask what the outcome should be. e.g 1) if an attacker hits the ball from outside the D and it hits a defender in the D and goes into the goal...what should be given? (answer: long corner. An attacking player must touch the ball inside the D for a goal to be awarded) e.g 2) If an attacker dribbles the ball into the D and is tackled by a defender who then passes the ball to his team mate in the D who miscontrols it into the goal...what should be given? (answer: Goal. If an attacking player touches the ball inside the D then a goal will be awarded if the ball goes into the goal off any player at any point before leaving the D). Also talk to players about free hits awarded inside the 23m zone and explain the rules associated with this i.e All other players must be 5 metres from the ball / the ball OR receiving player must travel 5 metres before entering the D etc.
 Discuss the Self Pass and retreating 5m after a foul is awarded against you. Explain the importance of retreating quickly in a direct line to your goal (from where the foul is awarded) without interfering with the ball or free hit taker and preferably still facing the ball. Ask players when would be a good time to take a quick self pass free hit and when this might not be the best option.
 Retreating 5metres Practice: Lay out cones 5 metres apart (as many as you can in the given space). In pairs have 1 player be the attacker with the ball and the other as the defender. The attacker starts with the ball at the 1st cone. The defender starts 5m away and engages the attacker (who remains static). When the defender gets within playing distance of the attacker blow your whistle to represent a foul by the defender. The defender must react to the whistle and as quickly as possible retreat the full 5 metres (using the cones as a guide) and turn and face the attacker as soon as the 5 metres distance has been covered. The attacker then moves to the 2nd cone and starts again. Repeat 4 or 5 times before switching roles.
 Progression: Quick Self Pass: Once players are comfortable with reacting quickly to retreat 5m have the attacker take a quick self pass each time the whistle is blown to represent a foul. This will result in the defender retreating 5 metres, turning to face the attacker and making a tackle as soon as the have turned around (because the attacker will have dribbled the ball towards them as they were retreating). As long as the 5metres have been covered a challenge can be made legally by the defender. Repeat 4 or 5 times before switching roles.

Match

15 | Small Sided Game

Cool Down and Review

5 | Jog + Stretches + Discuss key points covered in the session. Ask questions to players. Ask what AND why!

