

Date: 17/03/2017	Venue: RGS	Duration: 1 hour	No of Players: 8-16	Ability / Level: U12's
Equipment: Balls. Sticks. Cones. Bibs.		Purpose: Develop Core Skills: Passing, Attacking, Defending, Movement.		

Time	Task / Activity / Session Content
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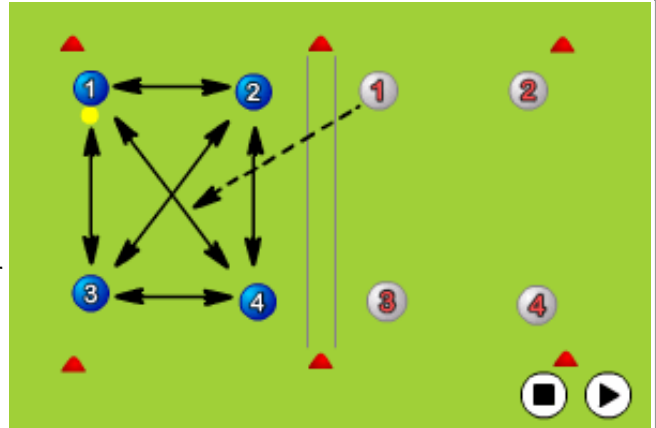
Warm Up

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

Kabadi

Set up with two teams, (5v5 or similar) each team having their own area in which they keep possession by passing the ball to their teammates. Players should count the number of each pass their team makes out loud as this promotes communication and constant thinking.

The first 5 passes are uncontested (but should still be performed properly). After 5 passes the other team can send one player across to try and win the ball for their side. If they manage to win possession or the passing team plays the ball off the pitch the game restarts with the other team in possession in their half.



10-15

The winning team is the first team to put 15 passes together without losing the ball or alternatively have teams keep count of how many passes they make each time and compare the scores after a turn each.

Progression: Increase / decrease the pitch size to make this easier / harder for the passing team. If the defender is getting nowhere near the ball allow another defender to enter the area after the second set of 5 passes i.e 0 - 5 passes = 0 defender / 5-10 passes = 1 defender / 10-15 passes = 2 defenders.

Coaching points: Encourage players to use all of the space available to them. Passing accuracy is extremely important: players should help their teammates by passing the ball where they want it (usually open stick and flat). Players should use one touch and two touch passing in congested areas. Encourage players to 'pre-scan' (look around just before they receive the ball) and communicate with players on the ball. If 2 or more defenders are in the area, the passing team may need to consider moving around to create space for each other. The defending team should always be engaged and ready to either send a defender across or to retrieve possession and begin their go.

Choose your preferred option of the conditioned games below:



Multiple Goal Game

Set up a pitch (using as much space as is available) and place down goals (about 2 metres wide) in different areas of the pitch.

4 - 5 goals overall, two teams.

Teams score a goal by passing through one of the goals to a player on their team. You can't score in the same goal twice in a row.

Players in the team with possession need to keep changing position, constantly making themselves available ahead of the ball.

Movement will win the game!

Try to get players to think 1 or 2 passes ahead and not all crowd around the ball.

Players should look to identify opportunities for overload situations e.g 2v1's / 3v2's and capitalise on these opportunities.

Progression:

To increase the difficulty play in a larger area or make the goals smaller / increase the number of goals. If the goals are colour coordinated the coach can call out a colour and the next goal must be scored in the corresponding coloured goal.



15-20

3 Goal Game

Set up a pitch using as much space as possible and set 1 central goal and 2 wide goals as shown in the diagram.

Set up 2 teams, 6 v 6 or similar. Starting from a random point teams aim to score as many points as possible by scoring in the goals (from a short distance).

Score at goal 1 and 2 (wide goals) = 1 point.

Score at goal 3 (central goal) = 2 points.

If team A scored a goal at 3, team A should straight away change direction and try to score at goal 1 or 2.

- Get the team winning possession to very quickly decide to go for the easiest goal and then turn and go for the next one, keeping the defence chasing behind the play the whole time.
- Discourage players from moving around the pitch chasing the ball in a swarm (particularly when in possession). Have them try to think 1 or 2 passes ahead and find a useful position in space.



15-20



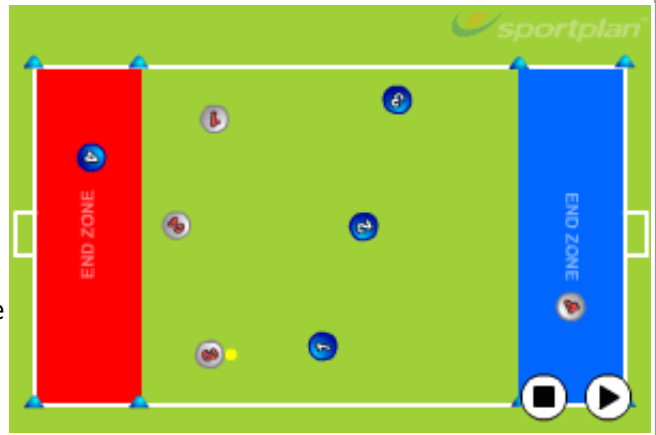
End Zone Game

15-20

Set-up the pitch as shown. Select 2 teams of 5 (or similar). Place one player (or 2 players if teams are 6v6 or more) from each side in the opposite End Zone.

Players have to try and get the ball to the player in the End Zone for them to then score a goal. Only the designated players are allowed in the End Zone. Rotate the designated End Zone players after a set time / number of goals etc.

Progression: Allow all players to go into the End Zone but each team must have a minimum of 2 players in their attacking End Zone at all times. This will encourage overload situations.



Match

15

Open play 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!

