

Title: **Movement Skills**



Date: 02/12/2016	Venue: RGS	Duration: 1 hour	No of Players: 8-16	Ability / Level: U12s
Equipment: Balls. Sticks. Cones.	Purpose: Develop Core Skills: Change Pace and Direction, Lateral Movement, Footwork, Agility, Speed, Balance, Elimination skills, Defending.			

Time	Task / Activity / Session Content
WARM UP	
5-10	Jog + Dynamic Stretches + Warm up activity (see 'Warm up suggestions' for ideas)
Footwork and Agility	
15	<p>Divide players into groups of 3 to 5. Lay 5 cones out for each group with one cone in the centre and the four other cones 5 metres away from the Centre (C) at North (N), South(S), East(E) and West(W). With stick in hand but no ball perform the following sequences: (Starting at 'S' and always facing forwards towards North. Jog from S - C then sprint the rest of the sequence):</p> <p>1) S - C - N - C - S. 2) S - C - W - C - S 3) S - C - E - C - S</p> <p>Repeat the above sequences with stick AND ball (still always facing forwards towards North). Players should be using lots of little steps when changing direction. They should maintain a balanced body position with a low centre of gravity by bending their knees and keeping their back as straight as possible. This should also encourage them to keep their head up to maximise vision.</p> <p>Progression: Have teams race against each other.</p> <p>Split the group into pairs. Ideally use one of the lines on the pitch to have them stand either side and face each other. If there are no suitable lines available then lay down cones to represent a line. One player takes the lead role and must move laterally (sideways) left and right along the line (always facing forward) changing direction regularly. Their partner must try to mimic the movements of the lead player. Play for about 30 seconds at a time before switching roles. After a few goes for each player then give the lead player a ball and repeat the exercise.</p>
1 v 1's	
15	<p>In teams of 2s or 4s with 2 teams on each pitch. Lay out a pitch with 2 main areas: a main zone about 15m long by 10m wide and an end zone about 5m long by 10m wide with a small goal in both of the end corners. Players take it in turns to play out 1 v 1s. The attacker starts with a self pass from one corner of the main zone. They must dribble the ball across the centre of the pitch (from left to right OR right to left) before they have reached the far end of the main zone. This will ensure a change of direction. They must then aim to dribble the ball through one of the 2 goals in the end zone to score a point for their team. The defending player must back off 5m from the self pass and then defend. If the defender wins the ball from the attacker they must then return it to the start point to gain 1 point for their team. Each team attacks 10 times before switching roles. Attack from alternate sides. The team with the most points after 10 goes each wins.</p> <p>Encourage players to look up as much as possible (bend knees, back straight) and keep their stick on the ball. They should use a change of pace and direction at an appropriate time and aim to attack towards the left foot of the defender. Defenders must keep their feet moving and aim to channel the attacker. They should be patient and wait for the right time to put in a tackle. Use the jab tackle to pressure the attacker and keep their eyes down. If the defender turns over the ball they must accelerate away quickly from the attacker.</p>
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!

