

### KEY COACHING POINTS

Speed & change of direction

Get forward as quickly as possible

Agility & technique as player travels

### SET UP

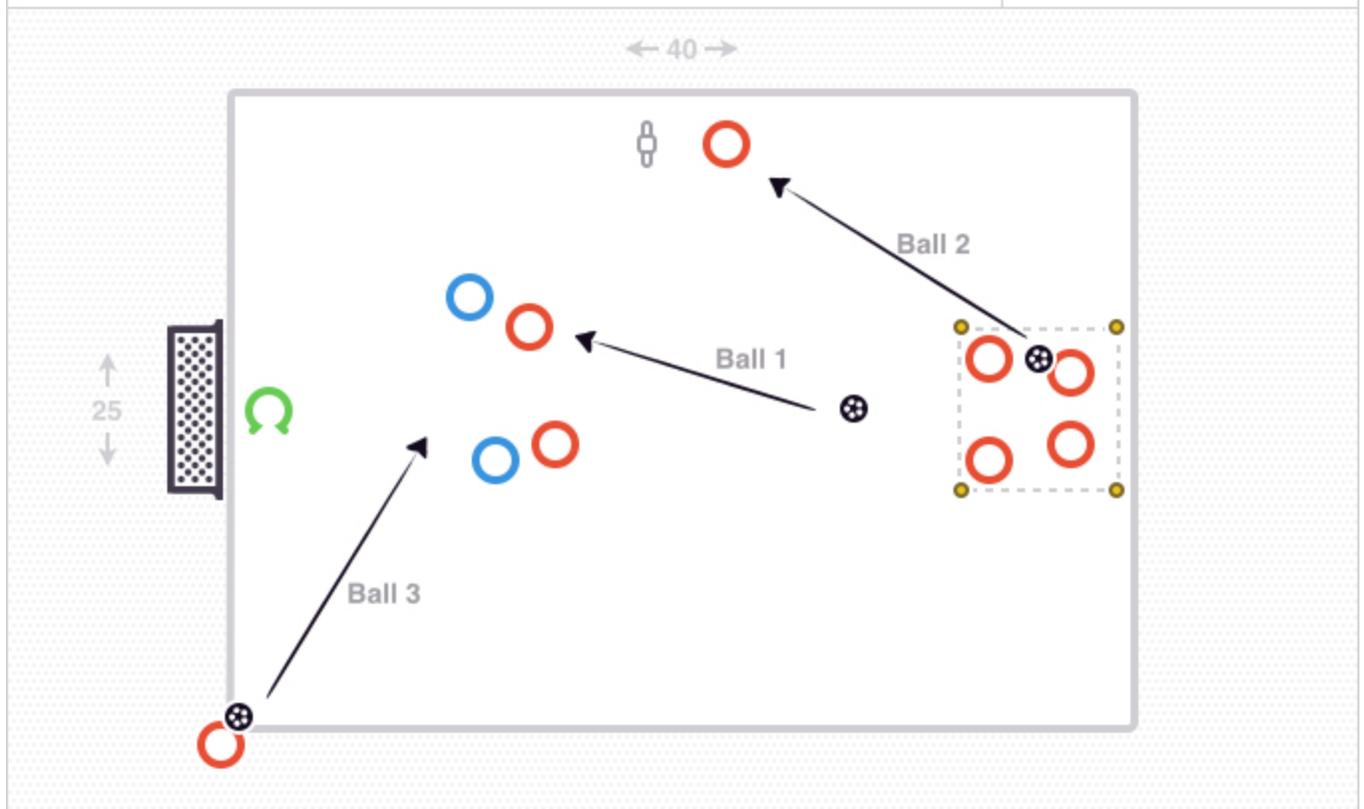
2 x 20x10 Areas and Agility Stations in between the areas. 2 x teams of 5 with one team in each area playing handball and passing and moving. On coaches call, teams have to leave their ball and move quickly through agility stations to opposite area. First team to area gets a point.

### PROGRESSION

Ball is placed on floor and players pass and move

### OTHER COACHING POINTS

1. Speed and change of direction. 2. Get forward as quickly as possible. 3. Movements to create space and explode forward. 4. Communication. 5. Quality & types of pass. 6. Agility and technique through stations. 7. Explosive speed to move forward.



### KEY COACHING POINTS

Speed of the attacks

Quality delivery from central & wide areas

Movement to receive & finish quickly

### SET UP

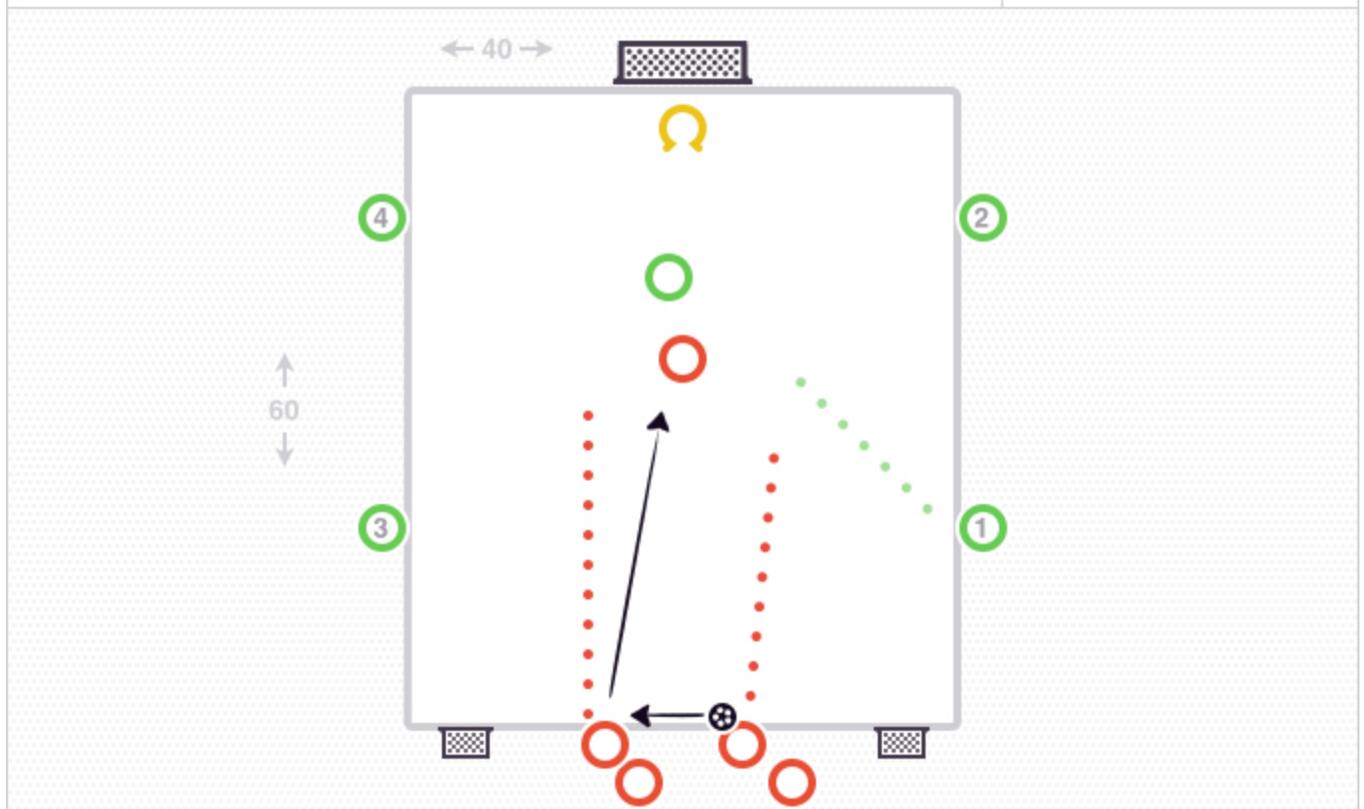
40x25 Area with goal and GK at one end, 2 defenders (O) and 2 attackers (X), wide attacker on the mannequin and 4 attackers in a 10m x 10m square. 4 x attackers in yellow square passing & moving. On coaches call, player from yellow square passes to one of the attackers and joins in for a 3 vs. 2 to finish at goal (Ball 1). 2nd ball is then passed from yellow square to wide player, (Ball 2) who performs a skill on mannequin and delivers into attackers for 4 vs. 2 to finish at goal. Ball 3 is then crossed in for a 4 vs. 2 finish at goal.

### PROGRESSION

3 vs. 1 in yellow square and on Ball 2, defender can recover to create a 4 vs. 3 for Balls 2 and 3.

### OTHER COACHING POINTS

1. Speed of the attacks to catch defence unbalanced
2. Quality delivery from central and wide areas to launch counter attacks quickly
3. Movements to receive and finish quickly (front post/back post/come short to spin in behind/go long to drop short & receive)
4. Quality and types of finish
5. Communication
6. Be clinical!



### KEY COACHING POINTS

Speed of the attacks

Movements to attack space & receive

Get shots off quickly

### SET UP

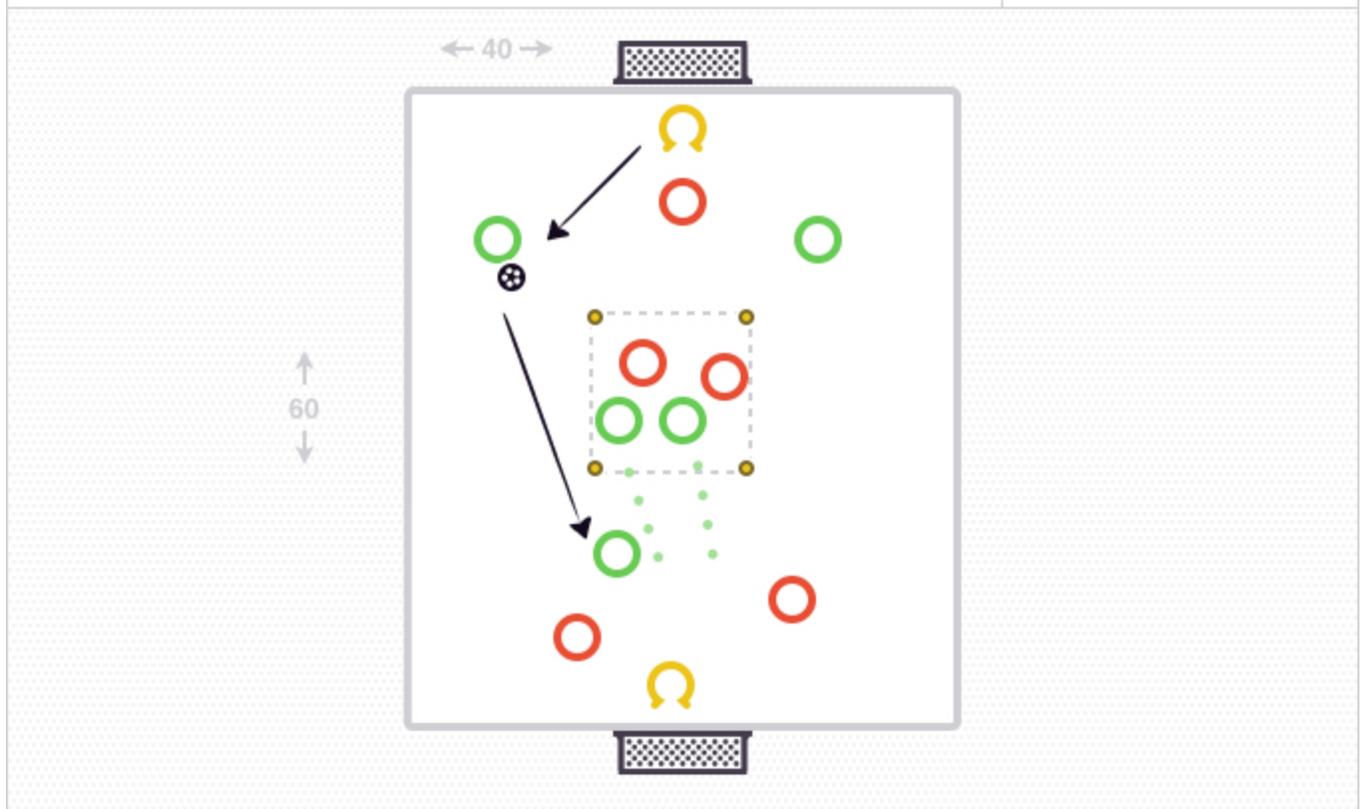
60x40 Area with goal and GK at one end and 2 small goals at opposite end. Attackers (X's) pass to each other then pass to forward player on pitch and join the attack. At this point, coach calls a number out (1-4) and that defender (O) also joins the other defender on pitch to create a 3 vs. 2 scenario. Attackers attempt to finish in goal. If defenders gain possession they score in either 2 small goals. Rotate positions and numbers called.

### PROGRESSION

3 attackers (X's) join the attack and coach calls 2 numbers, to create a 4 vs. 3 scenario

### OTHER COACHING POINTS

1. Speed of the attacks to catch defence unbalanced.
2. Movements to attack space and receive (overlaps/underlaps/come short to spin in behind/go long to drop short & receive).
3. Get shots off quickly.
4. Quick combination play to create openings.
5. Quality and types of finish.
6. Communication.
7. Take advantage of the overload.
8. Be clinical!



### KEY COACHING POINTS

Speed of the attacks

Quick play to create attacking opportunities

Take advantage of the overload

### SET UP

60x40 Area with goal and GK at each end and 15m x 15m square in centre of pitch. GK starts with ball and passes to either defender. Defender passes to attacker and 2 x team mates break from central square to create a 3 vs. 2 in attack. If possession is turned over, 2 players return to central square and 2 opposition players can break to create a 3 vs. 2 in opposite attacking half.

### OTHER COACHING POINTS

1. Speed of the attacks to catch defence unbalanced
2. Movements to attack space and receive (overlaps/underlaps/come short to spin in behind/go long to drop short & receive)
3. Get shots off quickly
4. Quick play combinations/individual to create attacking opportunities
5. Quality and types of finish
6. Communication
7. Take advantage of the overload
8. Be clinical!