

COCONUTS

STAGES COVERED BY ACTIVITY

Stages 2 & 3 - 6-11 year old players

THEMES & COMPETENCIES

Theme:

- + Passing combinations
- + Attacking transition.
- + Defending in pairs and groups.

Competencies:

- + Short passing along the ground (5-15 yards).
- + Receiving using the feet.
- + Mobility on and off the ball.
- + Attacking and defending as an individual.
- + Attacking and defending in pairs and small groups.
- + Attacking support.

WHY USE IT

This activity has a lot of technical challenges and also introduces the idea of switching the point of attack and moving off the ball into advanced positions.

SET UP

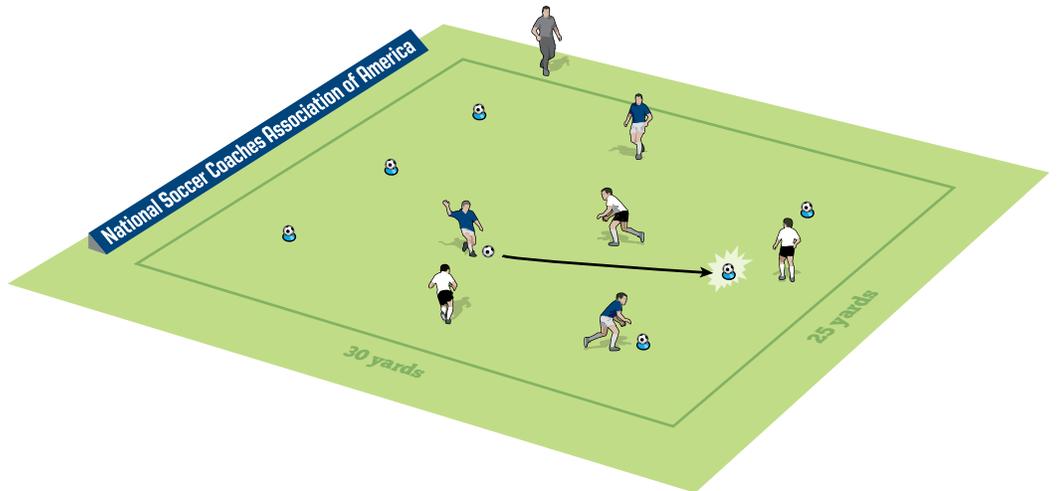
30 x 25 yard area. Set inside of the playing space, balls are placed on 3 cones at either end of the area to create 3 targets. The targets are 5 yards from each end line.

HOW TO PLAY

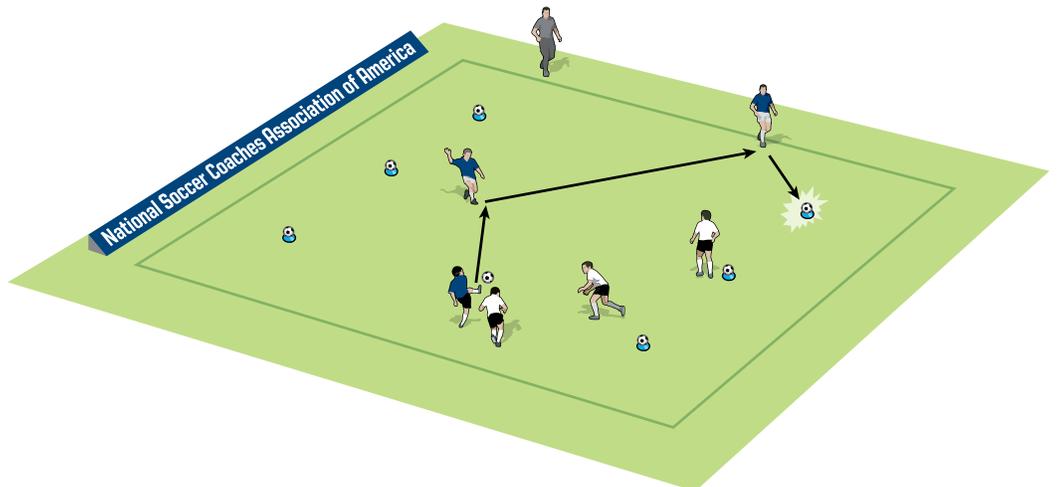
The object of the game is to pass or dribble the game ball into a target and dislodge the target ball. If a score is achieved the target is reset and play continues. Players are encouraged to use the playing space behind the targets when on attack.

COACHING NOTES

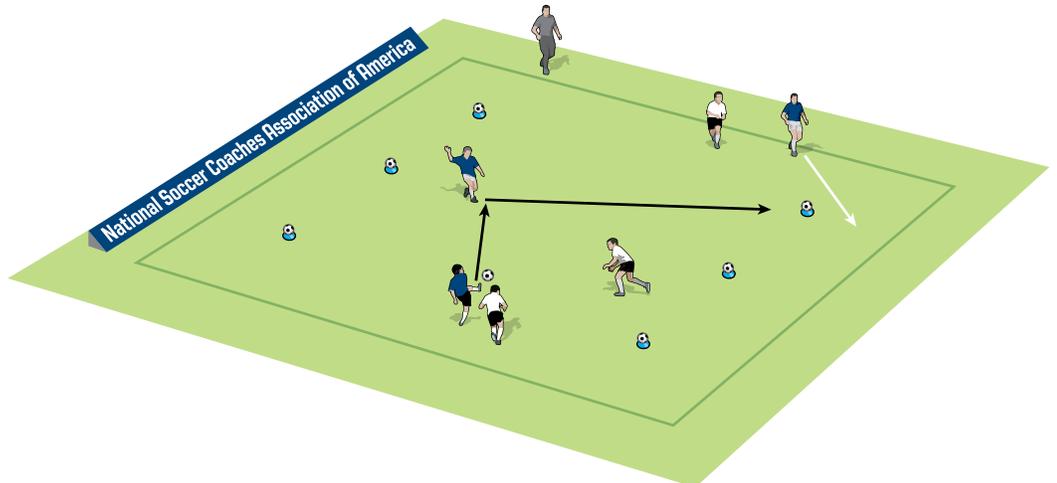
- + Coaching objectives - to encourage players to play forward or to switch play.
- + Coaching tip - remind players on the available space vertically and horizontally.
- + Adaptations - observe the offside rule. Players cannot go behind targets until the ball is played.



- + The player in possession identifies a clear passing channel between two opponents and has a clear sight of the target.
- + An accurate and weighted inside of the foot pass is used to try to score.



- + The defending team is effective in denying a clear channel to the targets.
- + The player in possession elects to pass the ball on and initiate a quick switch of the play.
- + The player on the far side receives the ball with time to pass at, or dribble over, or into the target



- + The defending team is effective in denying a clear channel to the targets and has the far side player marked.
- + As the play is switched the far side player moves into a position behind the target.
- + If the pass/shot at the target misses the far side player is in position to collect the ball and keep the attack alive.

