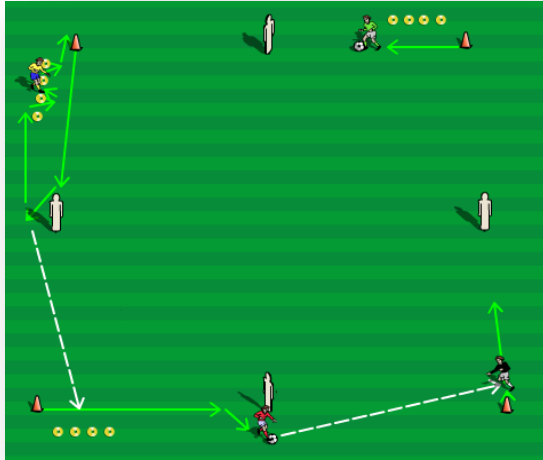




SAQ Training



Dribble, Pass & Move

Set Up 30x30 yard box
 4 markers & 4 mannequins
 2 balls

Description

Ball starts in diagonally opposite corners. Players dribble to the mannequin, fake, and pass to the next corner. On their return to the group, they perform an SAQ Activity. For the markers this could be forwards-backwards, jumps, 2 forward – 1 back etc.

Coaching Points

Players should not touch the cones. Watch for quick feet and also look for technical considerations with regards to dribbling and passing. The timing, weight and angle of the pass is crucial.



Attack, Defend & Save

Set Up 3 groups
 12 markers
 Supply of balls

Description

Play begins on coaches whistle. Players complete SAQ Activity through cones. Red becomes the attacker, Green becomes the defender and yellow becomes the goalkeeper. The coach should feed the balls in to control the tempo of the exercise.

Coaching Points

Players should be quick on their feet and not touch the cones. Also watch how they react in various in a 2v1 situations both attacking and defending. Place emphasis on good control and positive use of space.