

# Supplementary Training Program

Upper St. Clair Group Training



Session Focus	Possession	Session Theme	Teamwork & Passing
Location	Recreation Center, USC	Week Commencing	29 <sup>th</sup> April 2013
Coaching Staff	Daniel Hannan		

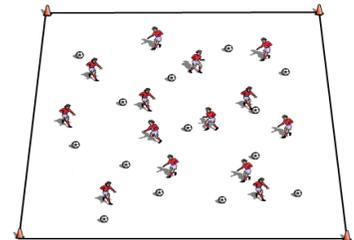
## Today's Training Focus: Possession

Our session today focuses on teamwork and retaining possession. This is an important aspect of the game with the simple rule being applied – if the opposition don't have the ball, they can't score!

### Warm Up: Explosive Movements & Dynamic Stretching

Players begin by dribbling the ball and then stop. They then step away from the ball and the ball becomes 'targets for them to run too. They perform various movements such as jog to first ball then sprint to the next, jog then sidestep, jog then carioca etc. This replicates game movements through explosive movements.

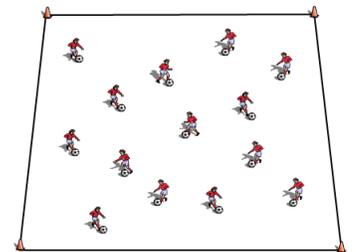
**Coaching Points:** Intensity is key, players should always be moving and working.



### Activity 1: Ball Mastery

Players begin the session by dribbling the ball around the square and performing various moves. These include; Inside-Cut, Sole Drag-Back and Turn, Brazilian Toe-Taps, Irish Toe-Taps, Dribbling with Weaker Foot, Dribbling with Stronger Foot. It is imperative that everything is explained to the players and that they understand where and when they would perform these moves.

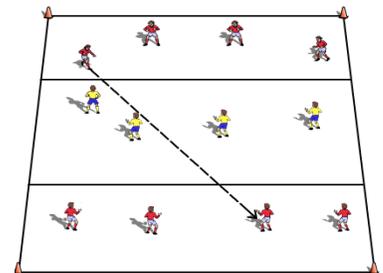
**Coaching Points:** When turning, players must shield, turn and accelerate.



### Activity 2: Passing Through the Gaps

Players play in three zones with 4 players in each zone. Players play within their own area across the front and back of these zones with the middle group acting as defenders. The idea is that the two outer groups (shown in red) will look to keep possession and work the ball out from the back finding the angles to pass.

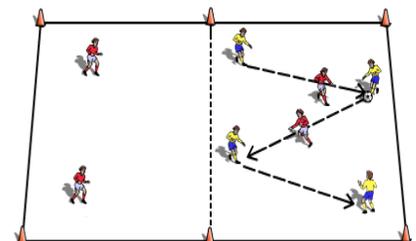
**Coaching Points:** Pressure cover, support and balance. Can the players create angles for the pass? Connect the passes with team-mates.



### Activity 3: 4v2 Keep Away

Setup two 15x20 yard areas side by side. Two reds go in as defenders and try to win the ball back from the yellows. When in possession, the teams can score by completing 5 consecutive passes. It is important that two different players go in to win possession back and not always the same players. Look at positioning.

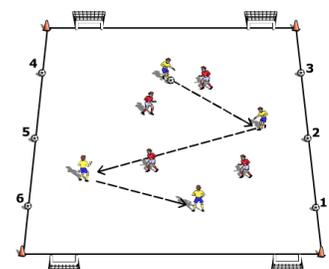
**Coaching Points:** Apply pressure. Force direction of play. Make play predictable. Good communication. Switch play quickly.



### Activity 4: 6 Ball Game with Wide Goals

Two goals set up at the corners of the pitch teams can score in either of their goals once the ball goes out of play or a goal is scored the coach choose which ball becomes active and play resumes from there. Progression-limit the touches that players can make add a goalie that can move to either goal.

**Coaching Points:** Shift the ball quickly and change the point of attack. Heads up looking for the early pass. Ensure the passing technique is correct.



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## **Giving Your Players the Short, Sharp Treatment**

Even the most patient children have a limited concentration span and this will impact on your planning. Here are four ways to improve your players' consolidation and retention of information.

### **Chunking**

Break your training sessions into short chunks and don't put too much information into each chunk. I saw this done really well a few weeks ago when a coach was introducing the pass and go technique (that is the ball being passed to a team mate and the player who passed the ball running into space to get a quick return pass).

### **Progression**

He demonstrated it and asked the players when they might use it in a game. They then spent a few minutes practicing in threes. The coach then mixed pass and go exercises with wall passing and 2 v 1 attacking exercises throughout the session. Each time they went back to the pass and go he progressed it a bit more.

### **Re-visit to reinforce**

Keep re-visiting skills and techniques you have taught your players. A newly taught skill should be re-visited over and over again until players are proficient. This might mean you do "chunked" practices for the same skill over the course of six or seven weeks.

### **Active Learning**

Children learn by doing so this needs to be the main focus of your training. Limit explanations and demonstrations and get to the activity. Once players are active stop every two or three minutes and give them another small bit of information then get them active again.

### **Hunger**

Always leave players wanting more. Don't work on a skill until players are bored as this leads to bad habits being practiced. Short, sharp focused bursts of activity will ensure your players are still hungry to learn when you re-visit the skill another time.

## **Quote of the Week**

"Don't practice until you get it right. Practice until you can't get it wrong."

- Unknown