

Ladies 19-02-11

Warmup

1. Stuck on the loo
2. slapbox – v fast
3. Red Rover

Skill games

2a v 1d Triangles

Objective is to encourage 1/2/3 touch quick passing in a triangle format.

Start from sideline push

Training points (attackers)

1. Move off the ball
2. Wall pass
3. Pre scan
4. Speed
5. Single touch
6. NO Contact

Training points (defenders)

1. Delay (Jab tackles)
2. Channelling
3. Aggression
4. Block tackle (If appropriate)

Progression

1. Speed of attack
2. No of touches
3. Scoring
4. Timed activity

1a v 2d – Defense activity

Process plan

1. 1 v 1 – Identify body position and defense objectives – run an exercise
2. 2 v1 – Define objectives and communication (and implications) – run an exercise
3. 2 v1 – make a run from 25 yds apart – observe

Training points (attackers)

1. Speed
2. 3D
3. Move to 1 on 1
4. NO Contact

Training points (defenders)

1. Communication
2. Wingman
3. DO NOT DIVE
4. Delay (Jab tackles)
5. Channelling

Progression

1. Time limit on the ball
2. Reduce size of box

Set play

16's (5 v 4)

Game:

Objective – clear the ball from danger OR take QUICK advantage of bad defense

1. Attacking and defending game play in top 3rd of pitch
2. Format is std 16yd hit out to a player through the attacking press
3. Long corners and 16yd rules to be adhered to.
4. Reset whenever goal is scored back to a 16yd hit

Training points (attackers)

1. Zonal press
2. Psychology
3. Fast attack
4. Speed to defender

Training points (defenders)

1. Move wide
2. Obfuscation
3. Self tackle movement
4. Speed
5. Set play

Pivoting/Transfer (5v5)

Game:

1. 3 zones – defending, midfield, attacking
2. 4 goals
3. Defined number of players in each zone – 1 in attacking

and defending, 3 in midfield

4. People are confined to zones unless attacking when can add overload (2v1)
5. DOUBLE Score by transfer cross pitch

Training points (attackers)

1. Move to instigate 2 v 1
2. Hunt in pairs
3. Fast Transition
4. Fast attack

Training points (defenders)

1. DELAY
2. Jab tackles
3. Channel

Final Game

Game & Objectives – motivate no contact

1. 3/4 pitch
2. 3 secs on ball
3. Rollout and pivot
4. 3 secs to take free hit

Training points

1. Roll outs and pivot
2. Transfer
3. ALWAYS have a back and square/left foot pass
4. Fast attack and transfers
5. Single touch
6. TRANSITION & SPEED
7. Hunt in pairs