



ON BALL

Group: Demo Team

Date & Time: 2/18/2022 - 12:00 PM

Duration: 100 min

Notes:

Ball Carry - 1st Team

Generic warm up

Minutes: 10 Intensity: 5



Pulse Raiser

This is light exercise that slowly increases the heart rate and gradually increases body temperature. For example, jogging, skipping, cycling.

Dynamic Stretching

Dynamic stretching warms up the muscles to their working temperature, which thoroughly stretches them out and improves their overall function.

Individual Stretching

Allow those returning from injury or who have stiffness or tightness time to do their own requirements.

Warm up Game

If you can make the warm up game competitive and fun this will help with team culture. If it can link to your session design even better.

SPIN THE BOTTLE



Resources

Equipment: Balls, Cones(One colour),Goal

Number of Players: No Limit (Set up multiple stations to avoid large cues and inactivity)

Duration

15 mins

Set up multiple stations to avoid cueing and inactivity. This will also allow for high repetition levels.

Purpose

To technically develop the use of ball carry to help execute individual 1v1 elimination

Organisation

The exercise is set out with left hand (yellow) ball carry and right (Red) hand ball carry.

The cones represent the body of a defender only.

Players must ball carry with the appropriate technique for side of pitch they are on and then use this to eliminate the "player" inside or outside.

*note this group where in an exploratory phase of learning - their only prior knowledge was the ball carry position for traveling.

Finish with a Shot. GK can be included if included focus on shooting across goal. The GK would focus on positioning and tracking ball and player.

Variations

Easier:

Tempo of execution reduce

Distance between cone bigger = more time to get back into a good ball carry shape

Harder:

Tempo of execution increase

Distance between cone make smaller = Less time to get back into a good ball carry shape

Coaching Points

Ball position in Carry

Grip of Left Hand

Carry with vision

Body orientation

Elimination distance

Distance of execution of elimination

Exit of elimination - Returning back to correct ball carry technique



Resources

Equipment: Balls, Cones (One colour), Stripes/spots different colour from cones, Goal
 Number Players: No Limit (Set up multiple stations to avoid large cues and inactivity)

This time we add the stick into the equations for a visual cue to help aid development of decision making in elimination.

The stick is represented by a different colour and with Stripes/spots markers.

Duration

15mins

Purpose

To Technically develop the use of ball carry to help execute individual 1v1 elimination through a vision carry

Organisation

The exercise is set out with left hand (yellow) ball carry and right (Red) hand ball carry.

The cones represent the body of a defender only. The opposite colour spots or strips represent the stick of the options and the "information" the ball carrier must read.

Players must ball carry with the appropriate technique for side of pitch they are on and then use this to eliminate the "player" inside or outside based on the preset information given to them through the strips/spots.

For now the players must go the opposite way to the "stick" information that is pre-set. Still focusing on the left hand and right hand carry differences particularly in Ball position.

Finish with a Shot. GK can be included if included focus on shooting across goal. The GK would focus on positioning and tracking ball and player.

Variations

Easier:

Easier:

Tempo of execution reduce

Distance between cone bigger = more time to get back into a good ball carry shape

Harder:

Tempo of execution increase

Distance between cone make smaller = Less time to get back into a good ball carry shape

Create different stick angles with the strips/spots to make the ball movement more challenging allowing the more competent players to go around the stick side (2D Elimination only) also and not to the free space only. Can develop to adding in 3D elimination over the stick (Strips/spots)

Coaching Point

Ball position in carry
 Grip of left hand
 Carry with vision
 Body orientation
 Elimination distance
 Distance of execution of elimination
 Exit of elimination - Returning back to correct ball carry technique



Resources

Equipment: Balls, Cones(One colour), Goal
 Number of Players: No Limit (Set up multiple stations to avoid large cues and inactivity)

Duration

20 mins

Purpose

To technically develop the use of ball carry to help execute individual 1v1 elimination and to aid decision making process based on the player's ability to see their information. (Carry with Vision)

Organisation

2 defenders in a channel left or right hand side are defending the goal behind them. They must give clear and early information with their stick (Forehand/Backhand) to aid the decision making process of the ball carrier with varied information. The ball carrier to start must go to the free side (Side without stick)

This time the stick information will be live from a active player.

Players must again Carry in a position to always threaten the inside and direct line to goal. They must carry in possession where they can pass both side of the defender.

We again are trying to read the information in the 1v1 and make a decision based on that information. Once the first defender is beaten we are looking to get back to the ball carry position for the next 1v1.

Finish with a Shot. GK can be included if included focus on shooting across goal. The GK would focus on positioning and tracking ball and player.

Variations

Easier:

Make it just 1 x 1v1 on left/right hand side
 Ask defensive player to give the varied information really early.

Harder:

Add more defenders so a channel of 3 x 1v1
 Ask defensive player to give the varied information really late forcing the ball carrier to use their ball carry technique to gain information from defender.

Make the 1v1s live so no restrictions on defender to provide information.

Coaching Points

Ball position in carry
 Grip of left hand
 Carry with vision
 Body orientation
 Elimination distance
 Distance of execution of elimination
 Exit of elimination - Returning back to correct ball carry technique



Resources

Equipment: Balls, Cones (One colour), Bibs (Two Colours), stripes
No Players: No Limit (Set up multiple stations to avoid large cues and inactivity)

Durations

15 mins

Purpose

To create as many 2v1 using a good ball carry technique to eliminate. trying to make the 2v1 pass to eliminate the higher end of the pitch closest to offensive goal.

Organisation

Set up multiple pitch channels 25+
divide each channel with cones.

if you are performing over larger distance create the end scoring lines with stripes.

To start the exercise the offensive player starts on baseline and passes a free pass to their team mate. the game is then live. Trying to focus on the 1v1 elimination with ball movement been against the first defender making the second defender the 2v1 situation closest to attacking goal.

To score players have to carry over the end line or into end zone.

If you score you turn and burn.

Variations

Easier:

Increase pitch space to allow for more room
Make 3v2 in offensive.

Harder:

Make 3v3 allows for more opportunity to create multiple 2v1 situations encouraging more 1v1 elimination.

Coaching Points

Ball position in carry

Grip of left hand

Carry with vision

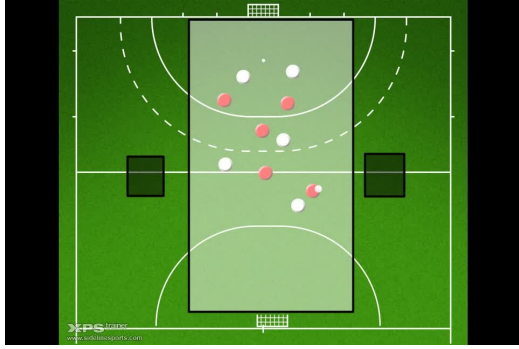
Body orientation

Elimination distance

Distance of execution of elimination

Exit of elimination - Returning back to correct ball carry technique

Focus on the ball carrier eliminating 1v1 first to create a clear 2v1 higher up the pitch



Resources

Equipment: Balls, Cones (One colour), Bibs (Two Colours), stripes, Goal

Duration

25 mins

Organisation

5v5

Pitch Size half pitch but narrower to make space tighter.

Normal rules except:

- 1) No Penalty Corners - If you win a corner take a shuffle from half way line v Goal Keeper
- 2) If you get eliminated 1v1 you get a green card (Using the umpire cards itself add to the game) green card = 20 seconds sin bin in the sin bin boxes as show on diagraph. You must go to your teams allocated sin bin box. This will creat at attcking overload and encouradge players to try and eliminate 1v1 more offten to mak ethe 2v1 closer to offensive goal.

Variations

Change the time of sin bin based on where you are ellimante on pitch. If eliminated in offensive half this would be a yellow 30 second if elliminate in the defenive half green card 20 seconds. The yellow card would encoradge the 1v1 ealier to make the 2v1 closer to the offensive goal like we worked on in the previous exercise. Could be flipped over half way through to focus on attckers to eliminate in attacking half more. depends on your focus.

Can add more numbers and make pitch bigger.

Coaching Points

- Ball position in carry
- Grip of left hand
- Carry with vision
- Boady orintation
- Elimination distance
- Distance of execution of elimination
- Exit of ellmination - Retutning back to correct ball carry technique

Cool Down

Cooldown exercises and stretches lower your chance of injury, promote blood flow, and reduce stress to your heart and other muscles. Plus, you'll bring your heart rate, body temperature, and blood pressure levels back down to their normal levels before you continue carrying on with your usual activities