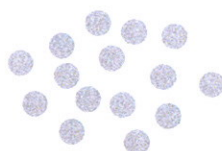


Robin Hood



Focus:

Main focus
Running with the ball.

Top tips

- Observation.
- First touch.
- Travel quickly and efficiently.
- End product – pass / control.

Organisation:

Initial set-up

- Split into groups.
- Place balls in the middle; going one player at a time, teams must try to retrieve the most balls.

Progression

- Add challenges – touches / parts of feet / steal from other teams.
- Make the area bigger.

Outcomes:

Technical

- Running with the ball.
- Turning.
- Dribbling.

Physical

- Running / change of pace.
- Turning.
- Balance.
- Co-ordination.

Social

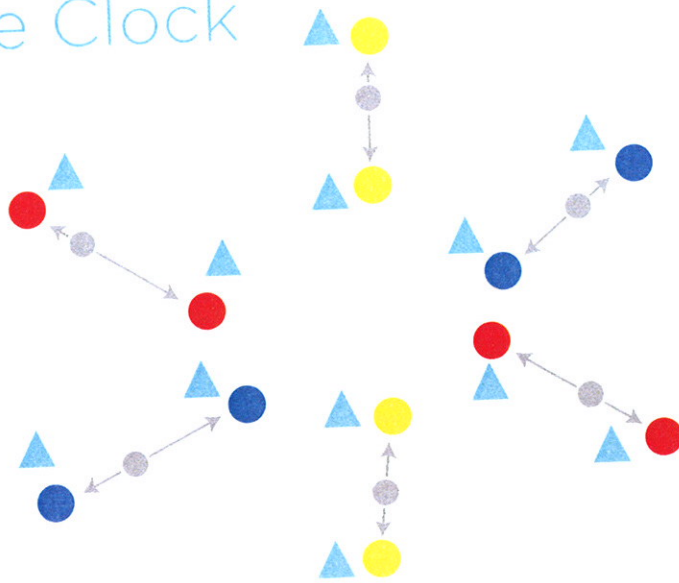
- Communication.
- Decision making.
- Team work.

Psychological

- Focus.
- Observation.

Notes

Round the Clock



Focus:

Main focus
Passing.

Top tips

- Observation.
- Body position
- Foot / ball contact.
- Follow through.

Organisation:

Initial set-up

- Inner circle and outer circle; pass between partners.
- Pass down line of cone play on player B's first touch.

Progression

- Outside circle move, whilst inside circle go in and turn.
- Follow pass in; take ball out.

Outcomes:

Technical

- Pass and receive.
- Turning.
- Dribbling.

Physical

- Movement.
- Agility.
- Balance.
- Co-ordination.

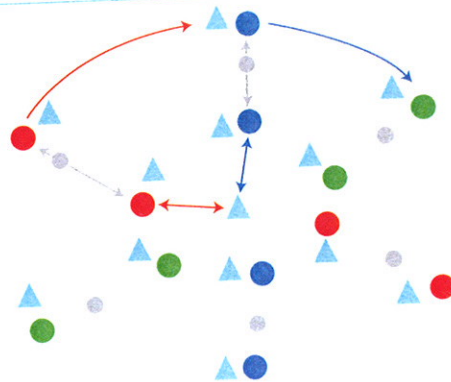
Social

- Communication.
- Decision making.
- Team work.

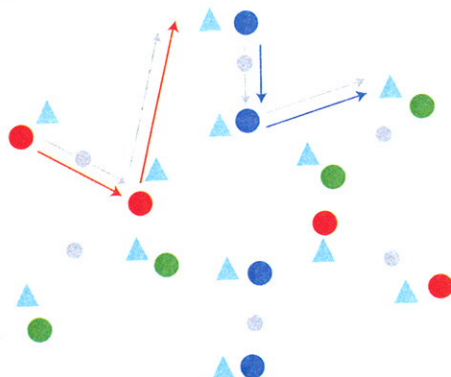
Psychological

- Focus.
- Observation.

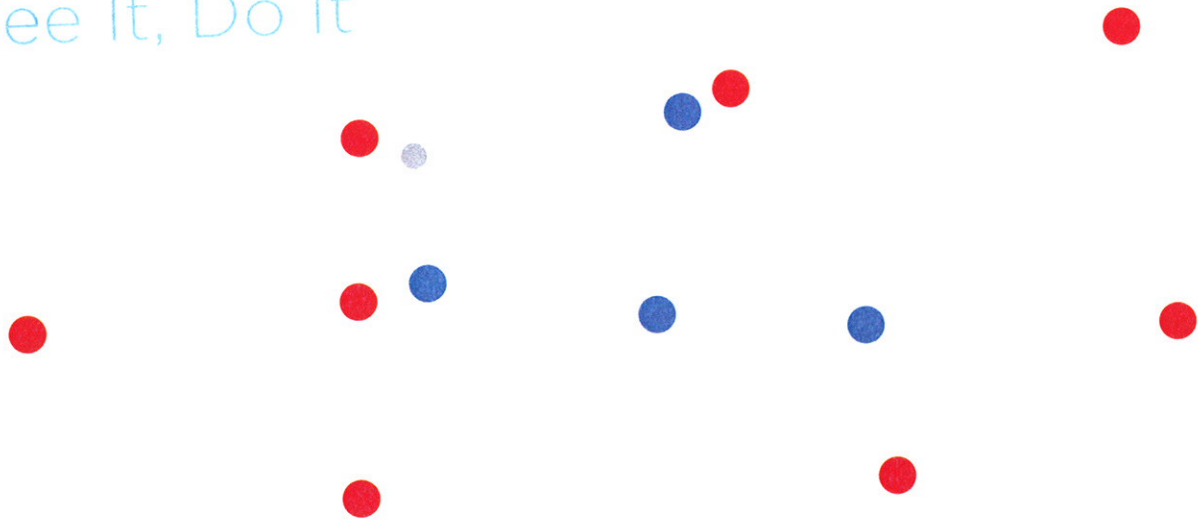
Progression 1



Progression 2



See It, Do It



Focus:

Main focus

Running with the ball.

Top tips

- Observation.
- Dispersal.
- Selection – travel or pass.
- Execution.

Organisation:

Initial set-up

- In a large area, have two teams; team A has a large overload, eg, 8 v 4 or 9 v 4 (good way of dealing with odd numbers).
- To start work on keeping possession, awarding a point linked to number of passes.

Progression

- Make the game directional.
- Begin to even teams up, eg, 7 v 5 then 6 v 6.
- Make area smaller.

Outcomes:

Technical

- Pass and receive.
- Running with the ball.
- Dribbling.

Physical

- Movement – running / turning.
- Balance.
- Co-ordination.

Social

- Communication.
- Team work.

Psychological

- Focus.
- Decision making.
- Challenge.

Notes

