

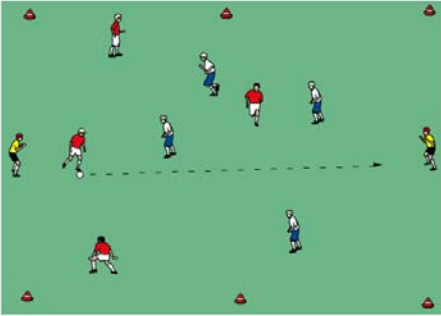


“Winning The Ball Back”

Age Groups: U12 and up

<p>W-up w/ball</p> <p>Players passing and moving. 18 players 5-6 balls.</p> <p>a) Pass and move; b) pass to someone and shuffle backwards (simulate jockeying); c) play 1-2 touch b) when coach whistles if they have the ball, they keep it, if they don't they try to win one or get a “touch” on the ball.</p>		<ul style="list-style-type: none">• Vision• Anticipating• Intro to Transition
<p>1st Activity</p> <p>“Crossover”</p> <p>Two teams. This is a 1v1 transition game. Player from team A is placed inside the square (15x15). They are the defender. A player from Team B starts off the activity by dribbling across the grid and tries to beat player A. If successful then his/her teammate (who has a ball) then tries to beat the same Defender A. If defender A wins the ball they pass the ball to one of his/her two teammates and then the player who lost the ball stays and defends.</p>		<ul style="list-style-type: none">• Individual defending• Increased foot and lower limb speed• Transition ability after winning the ball and losing the ball.
<p>2nd Activity</p> <p>Endzone Game</p> <p>Two teams of 5-6 players. Each team defends and attacks an endzone. If win ball in attacking ½ then 2 points is scored.</p>		<ul style="list-style-type: none">• Defending in “blocks”• When to press?• When to drop?• When to force inside?• When to force outside?

Game

Match with bonus points

Play a normal game to goals but halfway is marked. If a team scores after winning the ball back before the defending team has their players back then 2 points is scored. (Emphasize transition)

After a little bit, then play normal.

