

Description

Futures session 2015 - 1

1A. Passing (20 mins)

Focus: Passing using Push pass and Sweep

Structure:

In pairs (2's) over 20 yards to start, each player has a gate (2 yards), ball has to be passed through gate. After reception behind the gate, player takes ball to the left or right to pass back.

Coaching Points:

A) Push pass

- Hands are apart, left elbow is pushed out
- Ball position, just outside left foot, stick angle about 45 degrees
- Left knee, bend, right foot stays on the ground, body weight transfer into ball.
- Finish movement by following ball movement with stick

B) Sweep

- Both hand on the top of the stick
- Move stick back to back foot using wrist rotation (Stick stays on the ground during rotation)
- Position ball about stick length away from body.
- Step into the ball with a big step, left knee bend 90 degree
- Push arms down (both hands are almost touching the pitch)
- Stick connects with ball up the stick (not the toe of the stick)

C) Reverse Sweep

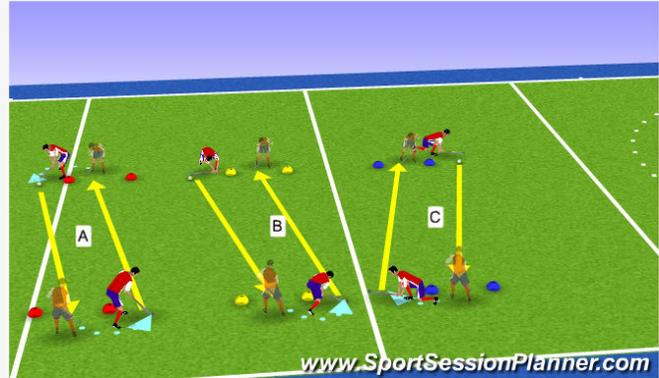
- Same as sweep with stick held with pancake grip on reverse side.
- Stay more upright (stick in 45 degree angle)

Variations:

- Use sweep, backhand sweep
- A & B bring ball to the left to get around the ball for the pass (Footwork)
- Push pass of right foot instead of left foot (more dynamic)
- Create more distance for the pass 40 yards instead of 20.
- Create competition element, number of passes through the gates within 1 minute.

Grouping:

- Assign Assistant Coaches to specific groups to do an initial evaluation of each athlete in the group.
- At the conclusion, rate them and place them in Group 2 (best at site) Group 3 (average at site) or Group 4 (lowest level at site).



1B. Receiving Boxes 1 (20 mins)

Focus:

Dynamic Receiving

Structure:

4 receiving boxes, ball is played inside the box for player to receive and move out of box.

- A) Frontal receiving with move to left
- B) Receiving pass from the left, with forward movement
- C) Receiving pass from the left, with forward movement
- D) Receiving pass from the right, with forward movement

Coaching Points:

- Wide stance while receiving (one foot slightly in front of other) receiving area in front of right foot.
- Stick in about 45 degree angle on the ground, left hand pushed out
- Bend knees slightly (back is slightly bend, not too much)
- On dynamic reception left hand controls ball movement

Variations:

- Acceleration after each reception
- Fake receiving: pretend you stop the ball at your left foot (body weight left leg) and shift bodyweight to right leg and receive ball passed your right foot. Also from right to left.
- Lifted balls into the boxes
- Keep feet moving

Grouping:

- Within the three levels, you will make groups of 8-15 athletes (dependent on number of athletes at your site and in each level)
- Keep a close watch on your athletes for the remainder of session and if necessary, move them up or down a group so they are challenged in an appropriate manner.



GK Inclusion:

- Player D takes a shot on goal.

1C. Vision Dribbling (20 mins)**Focus:** Vision Dribbling**Structure:**

Player A passes ball to player B who receives and directly takes the ball forward. D starts defensive run when B touches the ball and will have to go around the inside or outside cone before playing defense on B. B will have to have vision and determine if D closes the inside or outside.

Coaching Points:

- Receive in front of body to have vision
- Upon reception bring the ball forward to pick up speed and ability to have eyes up.

Variations:

- Defender can make one fake (to the other cone player actually goes)
- Make space between cones smaller > player B has to make quicker decisions
- If it's too difficult you can have player D start earlier, player B chooses to run to the unoccupied cone, player D doesn't really defend.

**2A. 1v1 Attack (20 mins)****Focus:** 1 v 1 Attack**Structure:**

Player A (defender) passes ball to player B who receives and directly takes the ball forward. Player B plays the 1 v1 against player A and tries to score in either of the 2 goals from within 5 yards.

Coaching Points:Attack:

- Keep going forward with pace, speed is important for every attacker
- Use a change of direction and/or a change of speed to throw the defender off
- Stay out of the physical space of the defender
- Ball carrying position gives you opportunity to go either way (left or right)

Defense (focus is mainly on attack):

- Close down the distance to the attacker, no waiting and defending goals
- Keep stick in 2 hands and try to jab to force the attacker into space you like

Variations:

- Defender starts at position 2
- Defender starts in between the 2 goals (position 3) > attacker needs to be more decisive in run, this position is easier for defenders
- After defender takes the ball, she can score by dribbling over the halfway line, player B has to tackle back and/or you add another player C starting same position as player B who will defend.

GK Inclusion:

- If Player A tackles Player B and gets out of the box, Player B stops playing and Player A will go 1v1 against the goalkeeper.

**2B. 7v4 Possession w/ transfer (20 mins)****Focus:** Small space and big space passing and receiving**Structure:**

Possession game between 25 and 50 and sideline and cone line splitting the field. Each team has their own half where they play possession with 7 players. The other team has 4 players trying to get the ball. Once they have the ball they need to transfer the ball to their side to play possession. Outlet players need to be ready. 4 players from Red move to other half to get the ball back.

Coaching Points:

- Quick and accurate passing using small space skills and big space (Transfer pass)
- Strong receptions with a focus on keeping options open (stay open to the field as much as possible)
- In possession keep the field big by stretching when possible.

Variations:

- Change numbers, easier: 7v3 or 8v2



- Change numbers, harder: 7v5 or 8v5 or 9v6
- Limited number of touches
- No talking / coaching allowed, play silent

GK Inclusion:

- Add goals on both ends with goalkeepers.
- After the defensive team (4 players) wins the ball, they can earn 2 points by scoring or 1 point by outletting the ball to their teammates on the other side.

2C. 3v1 in lanes (20 mins)

Focus: 3v1 in lanes, passing and moving.

Structure:

Create a set area, (see diagram). Three attackers start with the ball on the endline. Objective is too get into the circle and score. There is 1 defender between the circle and the middle of the pitch and 1 between middle of pitch and other circle (use cones to make squares in which defenders can defend).

Coaching Points:

- Ball carrier carries the ball to keep options open (in front of body)
- Non ball players be an option. Create a deep and flat option.
- Use 2v1 philosophy of track and pass.

Variations:

- Easier: defender cannot move, just moves stick to fh/bh, defender only defends on a line.
- Reduce width of the lanes
- Add 3rd defender in circle
- Go towards goals with 2 teams > who scores first, takes first shot?
- Limit number of touches: 2/3 touch



6 v 6 Game (35 mins)

Focus: 6 v 6 game with focus on playing to space and execution of passing and receiving skills under pressure

Structure: Half field, width is reduced 5m outside circle. 4 x 6 minutes. Each team plays with 2 defenders, 3 midfielders (different height) and 1 forward: 2-1-2-1 (max. 2 subs)

Coaching Points:

- Play, encourage players to work hard and join both attack and defense
- Focus on vision, before they receive the ball they know where they need to dribble / pass
- Focus on pass and move, finding a new position

Variations:

- Use max. 2 subs for each team, so adjust numbers if necessary
- Use full width of the pitch
- Only push pass is allowed

Grouping:

- Keep a close eye on the game to ensure that athletes are now placed in proper groups
- If you feel the group is accurate and all athletes are at a similar level, take note of all the names in your group and give the paper to the Head Coach at the conclusion of the session

