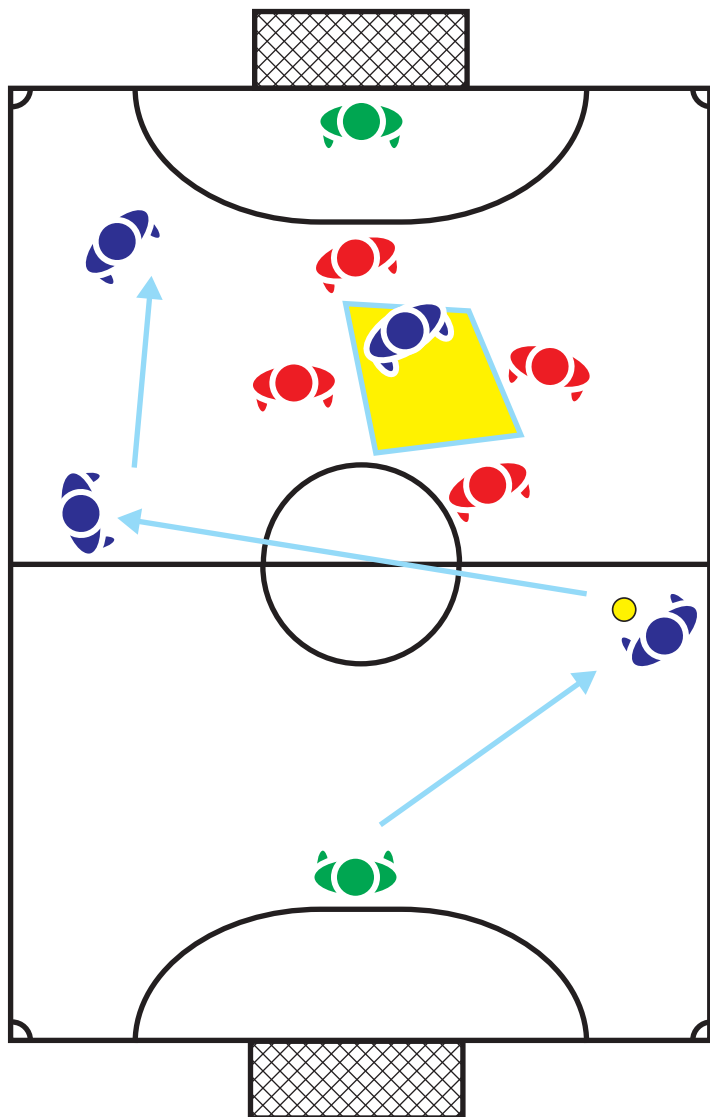


Session Title: Forming A Formation..

Date: 28/01/24



Games:

Goals scored from winning the ball in your own half court as double, be patient!

Phase	Week 16 - Forming A Formation.. Shape, Recover, Patience, Desire
Time	6min games one - ball restarts with GK
Players	10 Players - two teams with subs
Organisation	Ball starts with the bottom GK every time it leaves play - no kick ins or corners. Reds:- 1 - Drop into your own half and have 2 or 3 lines of defence. 2 - Front player stop the ball going into the pivot 3 - Whole team stop the ball going into the yellow centre 4 - Leave opposite wide player free
Key Coaching Points	Lines of defence - how many and why? Stop ball to pivot - how and why? Narrow off the court - why not mark everyone? Move across the court when ball moves, why? When you win the ball go forward?

1st Hour - CC/EE fun warm-up

2nd/3rd Hour - AW warm-up

4th Hour - PW warm-up

Max time for warm up 15mins

Include EE, EST, LP & others when available

