

Gower College Swansea Session – 10/12/2018

Session Topic – Passing & Moving

Coach – Rhys Herbert

Exercise 1 (10 mins)



Time: 10 Minutes

Set Up:

- Set Up 3 stations A, B and C 10 yards apart.
- Split players into groups of 6.
- Place 3 players by each station with spares on each end.

Exercise:

- 1: Player at station A makes a pass to player in station B.
 - 2: Player in station B returns the pass to player in station A.
 - 3: Player in station B runs to station A.
 - 4: Player in station A plays pass to player in station C.
 - 5: Player in station A runs into station B.
- Same process is repeated with C to B etc.

Progression (20 mins)



Time: 15 Minutes

Set Up:

- 2 grids of 10x10
- Players split into pairs with 2 pairs attackers and 2 defenders.
- 1 pair in each grid with other pair split with one in each grid.

Exercise:

- Ball starts with an attacking pair in one grid.
- They Aim to keep possession and switch play into second grid.
- Blue player aims to close down and win the ball.
- All players stay in the same grid.
- Red players aim to keep the ball for as long as possible.
- If ball goes out of grid or blue win possession then the pair who lost the ball become defenders.

Progression:

- After a period of time change rule to both defenders can go into both grids as well as an extra attacker (red). One red must stay in opposite grid at all times.

SSG: Futsal (30 mins)



Time: 30 Minutes

Set Up:

- Pitch sizes of between 38x20 to 42x25.
- Split teams into teams of 5.

Exercise:

- Play 10 minute games using futsal rules.
- Switch teams every ten minutes.
- All teams play each other once.

12's and 14's Mini SSG (30 mins)



Time: 30 Minutes

Set Up:

- 30x20 Grid.
- Players split into 3 even teams.
- 2 teams play inside the grid with other players on sides and each end of grid.
- Indicate who plays towards which goal.

Exercise:

- Reds and play inside the grid.
- Team in possession aims to get the ball to yellow player outside the grid facing the goal.
- If successful this yellow player attempts to score for that team.
- All yellow players can be used by the team in possession.
- Yellow players have 2 touches only.
- Play 3x 8 minute games.
- Switch teams roles after each game.

7v7 and 9v9 (30 mins)



Time: 30 Minutes

Set Up:

- Pitch length full width with of 3G with adjustment to suit for width of the pitch.