

COACHING PLAN

Week:

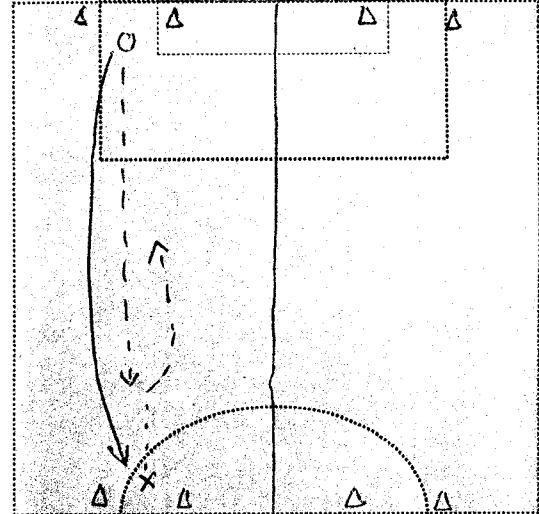
Session:

3rd Activity / Game / V / 1 - PRESSURE GAMES

- PLAYER SERVES TO OPPONENT WHO MUST TURN BEFORE SCORING
- AS ABOVE, BUT CONTROL FROM AIR BEFORE TAKING ON OPPONENT.

Key Coaching Points - BALL UNDER CONTROL FAST
- ATTACK SPACE - KEEP BALL CLOSE

Area Size:

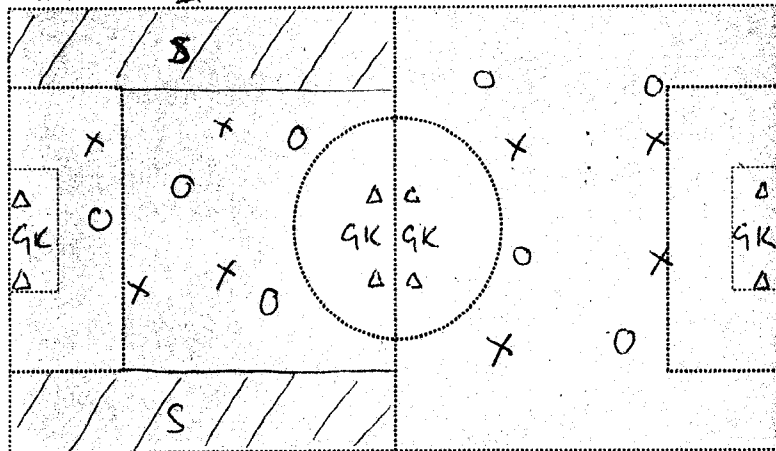


Conditioned Game 1. FREE PLAY, BEFORE SHOT, 5 PASSES + BALL MUST BE PLAYED TO 'S' WHO RETURNS IN THE AIR TO BE CONTROLLED
2. FREE PLAY. 1 POINT FOR GOAL, 2 FOR BEATING DEFENDER WITH A TURN. - ENCOURAGES PLAYERS TO USE SKILLS.

Area Size:

1.

2.



Additional Notes

Key Coaching Points - USE WIDE AREAS - SMALL TOUCHES
- POSITIVE ATTITUDE
- KEEP BALL CLOSE