

PRE SEASON BALL BASED CONDITIONING

Session Objective:

This is a preseason activity to build up fitness and conditioning without countless laps of the pitch. Players will get lots of touches of the ball and be able to work on all the elements of a match while doing lots of hidden physical work.

This can be adapted to 3v3 or 4v4 as preseason develops or even as a session during the season.

Progressions:

1. Move to 3v3.
2. Add constraints on smaller goals.
3. Change constraints on larger goals.

Coaching Points:

- Accuracy and weight of passes and shots needs to be good.
- When defending. Who approaches? Positioning of support.
- Short games so work hard in those 3 minute spells and rest properly in the intervals.

Duration:

50 minutes

Ability:

Development

No of Players:

20

Technical/Tactical

Passing
Receiving
Body Shape
Awareness
Movement
Scanning
Finishing
Dribbling

Physical

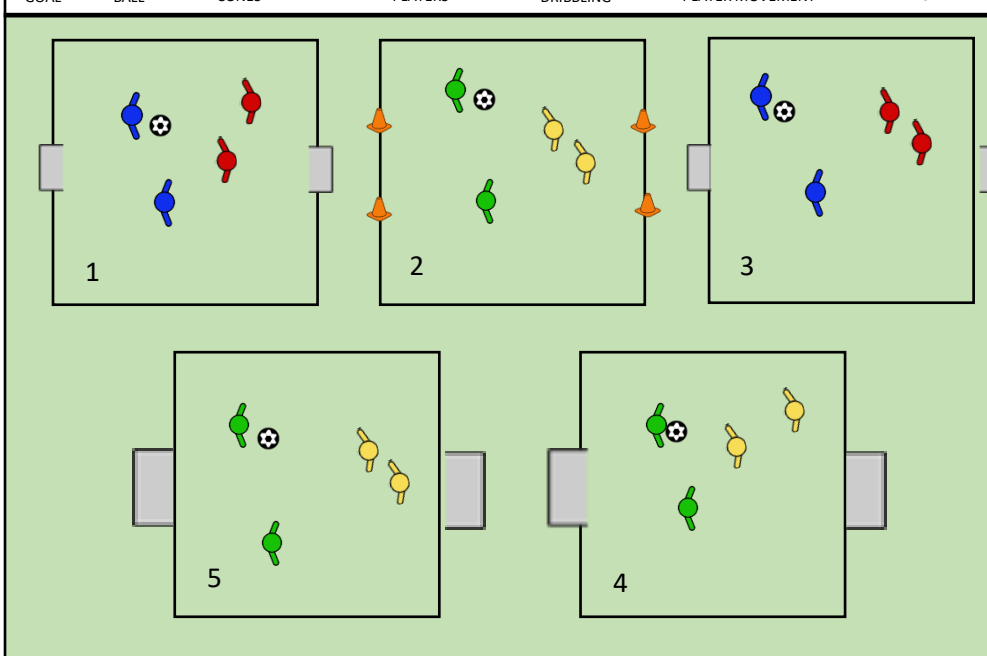
Fast Tempo
Fast Mind
Running
Tackling
Twisting/Turning
Holding off players

Psychological

Decision Making
Thinking ahead
Problem Solving
Positioning
Movement

Social

Competition
Communication
Teamwork
Fun



Description:

Set up 5 10x10 or 15x15 pitches as in the diagram.

Pitch 1 – 2v2 game with 3ft goals.

Pitch 2 – 2v2 dribbling game. To score the team in possession must dribble and stop the ball between the cones.

Pitch 3 – 2v2 game with 5ft goals.

Pitch 4 – 2v2 Headers and Volleys game in 7v7 goals

Pitch 5 – 2v2 3 pass game. Players must complete 3 passes before shooting.

No goalies!

3 minutes games followed by 2-minute rest. 5 teams move to the right after each match and the other 5 teams move to the left. After 1 circuit break for drinks and stretching, then complete again.

Equipment:

X2 3ft Goals

X2 5ft Goals

X4 7v7 Goals

10+ Balls

Bibs

Cones