

Topic: Changing direction of Play

GAME 1:

What will this drill do?

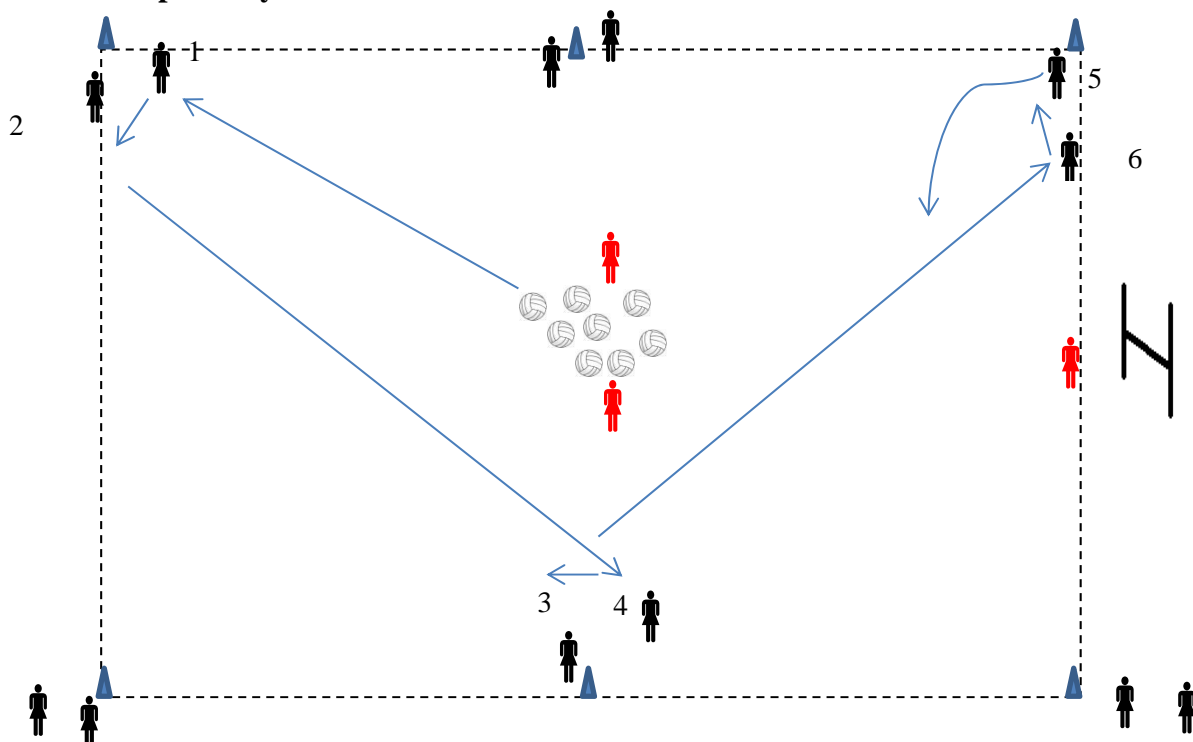
This drill will improve player's ability to:

- Switch play with a kick pass
- Understand the technique required to execute a quality kick pass
- Kick pass the ball over distance
- Find their teammate with an accurate kick pass
- Kick pass to a team mate on the move

What do I need to set up this drill?

- Cones to mark out the grid. The length of the drill is approx. 60m in length with two cones marked out half way as shown in diagram.
- As many Footballs as possible are needed and placed in centre of the grid
- Set up another grid to suit number of players. 6 player's min per group.
- 2 players are placed in centre of the grid. 1 player will work with each group.

What will pitch layout look like?



How do you execute this Drill?

- Player in centre of grid kicks a high ball to player number 1. Player number 1 fields the ball preferably overhead.
- Player number 2 comes times her run and comes off the shoulder and collects the ball off player number 1.
- Player number 2 then executes a long diagonal pass to player number 4. Player 1 and 2 stay in their area.
- Player number 3 comes off the shoulder of number 4 and immediately performs a long kick pass to player number 6. Player number 6 gains possession and off loads to player number 5 who times her run off the shoulder
- Player number 5 kicks for a goal or point depending on where receive ball or call from coach.
- In meantime player in centre of grid has re started process again.
- Players in stations can swap roles i.e. receiver or kicker

What changes can be made to the drill?

	How can I make the drill Easier?	How can I make the drill Harder?
Space	Shorten distance	Increase distance
Task	Decrease pace of drill	Give players limited time to move ball from one end of pitch to the other Use non dominant side of the body
Players	Instead of working in pairs, let players practice one to one in the groups of 3	Add in extra players to defend the goals

What are the Common Problems to watch out for?

Problem	Solution
No accuracy with kicking	Reinforce teaching points of the kick pass – Head, Hands and Feet
Players stop to execute kick-pass	Players must be moving when receive ball from player
Timing of runs	Player receiving ball off the shoulder must time run so that they receive ball in with player on the ball or slightly in front
In ability to kick in direction teammate wants ball	Get players in centre to point direction in which they want ball to be kicked into. Players executing skill give a look up prior to executing the kick pass

GAME 2:

What will this Game do?

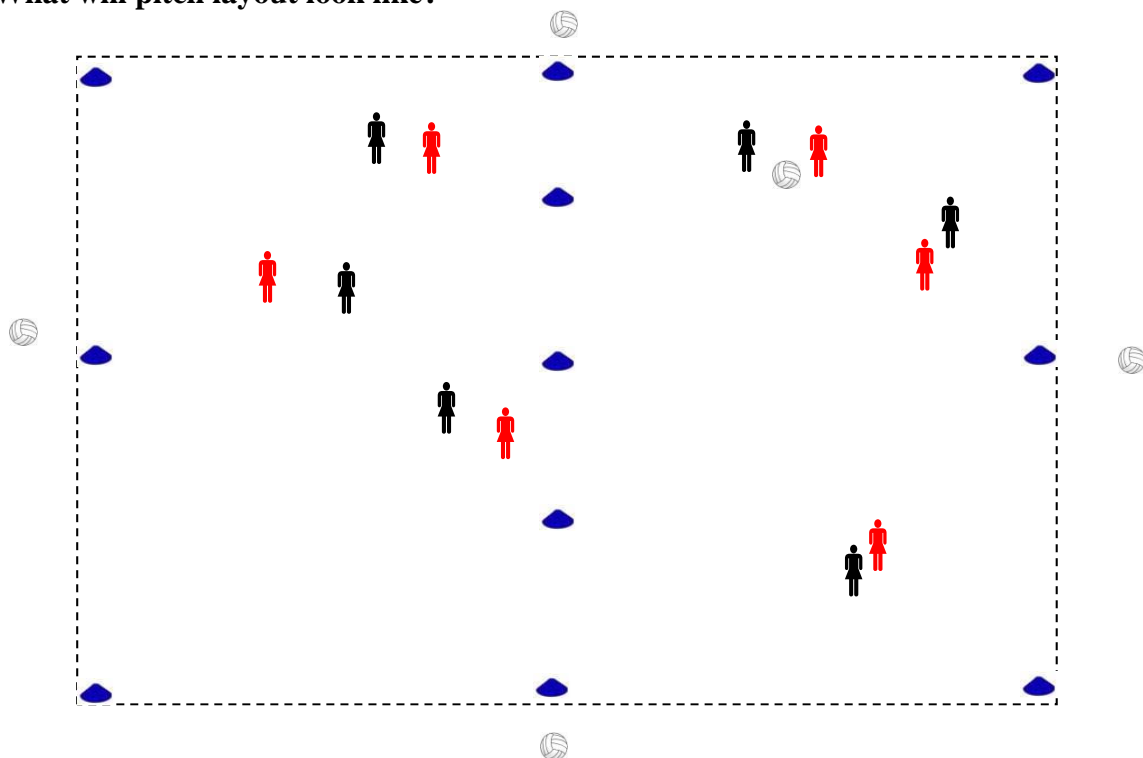
This game will:

- Switch play with a kick pass
- Improve players team play
- Develop communication with your players
- Improve decision making and timing of kick passes
- Improve movement on and off the ball
- Improve accuracy of kick passing

What do I need to set up this Game?

- The size of the playing area should be approx. 40m x 40m or larger depending on numbers
- 1 Footballs min – 1 football during play but could have few outside grid if require to speed up play if a kick-pass goes a drift
- 2 teams wear bibs
- Cones to marked side-line and end lines
- Whistle

What will pitch layout look like?



How do you play this Game?

Start of Play:

- Divide Players into two teams
- Two teams commence game with coach throwing up ball between them in the middle

Rules of Play:

- No hop or solo.
- Players can use hand-pass and kick pass to hold possession

How do you score in the Game?

- Team must switch play by finding a teammate in opposite side of field in space

What changes can be made to the Game?

	How can I make the Game Easier?	How can I make the Game Harder?
Space	Decrease playing area	Increase playing area
Task	Players are allowed to solo/hop the ball once	Use 'less preferred side' (e.g. left kick pass only) Player receiving ball must win ball clean in order to register a score
People	More players per team	Less players per team

What are the Common Problems to watch out for?

Problem	Solution
Lack of movement of players	Players must be moving when receive ball and also to get into space to look for a pass
No support for player in possession	Important that players all over pitch are looking to receive the ball to give options to the player in possession
Lack of composure at vital time	Ensure you have select right time to execute the kick pass and do not delay

