

## Topic: Coaching the Solo



### Scenario:

In order for a player to carry the ball down a pitch, they must be able to conduct two skills after every four steps, the bounce and the solo. A player may use as many solos as they want but can only use one consecutive bounce. Therefore as a result, it is important a player can carry out the solo with efficiency in order to be in a position to carry the ball over a distance or evade any potential tackle that may come their way.

### Please note:

If a player is finding it difficult at first to perform the solo in full then modify the solo to allow the player to utilise their thigh until get comfortable with action of dropping ball onto leg. In addition, this will ensure all players can participate in all the activities and progress at their own pace.

### Game 1 Knockout Solo

#### What will this Game do?

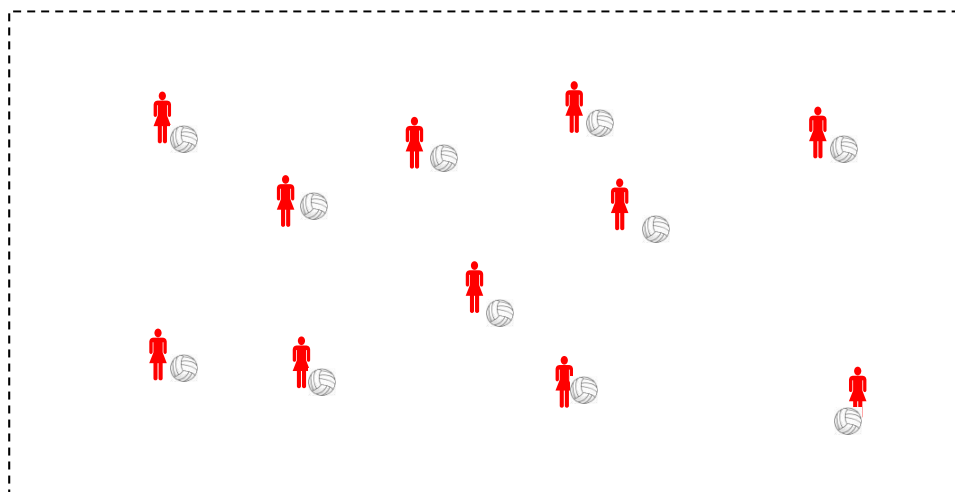
This game will allow **players** to practice the following skills:

- Primary Skill - Solo
- Secondary Skills - Near hand tackle  
General Movement  
Awareness of surroundings and space

#### What do I need to set up this Game?

- The size of the playing area should be approx. 15m x 15m. (Big enough to give players an opportunity to solo and dispossess players. If space too big then it will be hard to dispossess players on the ball)
- 1 ball per player within the square if possible
- Bibs for the players would will be tackling
- Cones to mark out the square
- Whistle

#### What will pitch layout look like?



## How do you play this Game?

### Start of Play:

- All players inside the grid solo the ball every four steps at their own pace focusing on head, hands and feet of the skill. No tackling at this point just all players practicing the skill at their own pace. Practice on both sides of the body.

### Rules of Play:

- Part 1
  - Players conduct skill at own pace i.e. walking and then progress onto jogging
  - Players with ball must solo the ball every four steps
- Part 2
  - On coaches whistle:
    - Players try knock ball away from other team mates while trying to perform solo. Players should aim to use near hand tackle.
    - Players must perform a solo every four steps at least
    - When player is disposed they must leave the grid and continue soloing around the grid until all players have been disposed

## How do you score in the Game?

- Last 2/3 players remaining in the grid win the game

## What changes can be made to the game?

	How can I make the Game Easier?	How can I make the Game Harder?
<b>Space</b>	Decrease the size of playing area so less space for players to solo	Increase the playing area so more space for players solo
<b>Task</b>	Players in possession can only walk while soloing the ball	Players in possession must jog while performing the skill Players in possession must perform solo with non-dominant leg

## Game 2

## Beat the Circle



### What will this Game do?

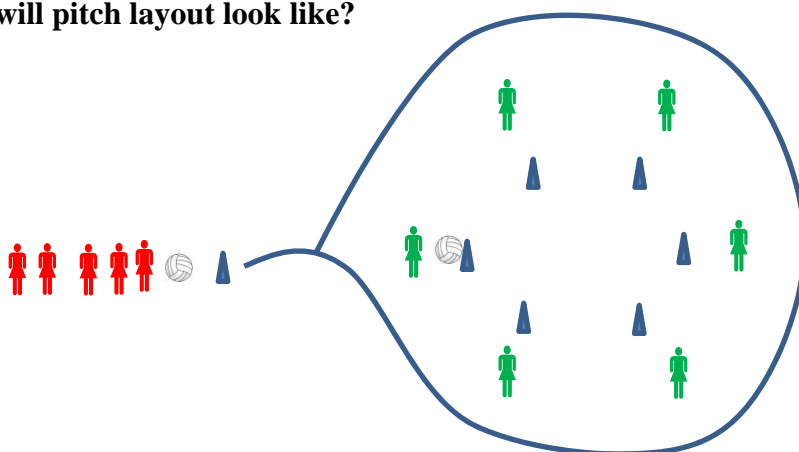
This game will allow **players** to practice the following skills:

- Primary Skill - Solo
- Secondary Skills - Bounce  
Hand-pass  
Speed of movement

### What do I need to set up this Game?

- The size of the playing area is dependent on size of circle
- 1 ball per group
- Bibs for the players who are running around the circle performing the solo
- Cones to mark out the circle and start/finish point for group outside the circle
- Whistle

### What will pitch layout look like?



### How do you play this Game?

#### Start of Play:

- All players in the circle stand on a cone. One ball is given to the group
- All players outside the circle stand in a line with one ball

#### Rules of Play:

- On coaches whistle:
- The Players **outside** the circle must :
  - Solo the ball around the players standing in a circle
  - Complete a full lap and when return to team where she must hand-pass to next player in line
  - The above continues until all players have completed one lap

- At same time the players in the circle must:
  - Handpass the ball around the circle without dropping the ball

**How do you score in the Game?**

- Each rotation of the ball within the circle is recorded until all players outside the circle have completed their solo lap
- Group swap around and team soloing the ball around the circle must complete same as quick as possible in order to beat score set by team mates

**What changes can be made to the game?**

	<b>How can I make the Game Easier?</b>	<b>How can I make the Game Harder?</b>
<b>Space</b>	Decrease the size of circle less space for players to solo	Increase the size of the circle so more space for players solo and also difficult to hand-pass ball around circle
<b>Task</b>	Players inside the circle can throw the ball Players outside the circle only have to perform a certain number of solos	Players inside circle must hand-pass with non-dominant hand Players outside circle must solo with non-dominant leg
<b>Players</b>	Add extra players inside the circle	Put in a defender inside the circle to make difficult to move ball around the circle

## Game 3

## Treasure Chest

### What will this Game do?

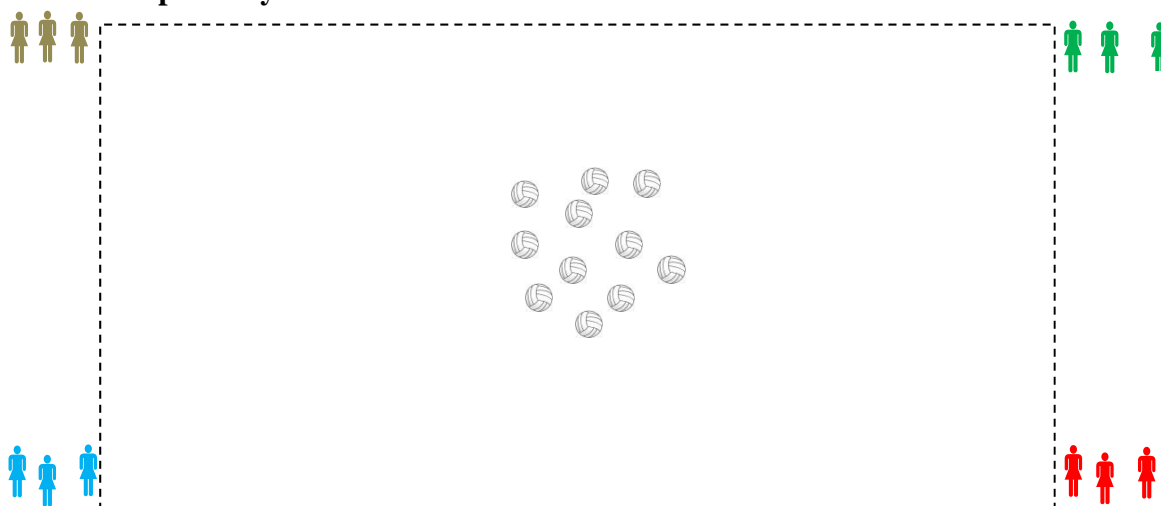
This game will allow **players** to practice the following skills:

- Primary Skill - Solo
- Secondary Skills - Pick up and bounce  
General Movement  
Awareness of surroundings and space

### What do I need to set up this Game?

- The size of the playing area should be approx. 20m x 20m.
- All footballs are place in centre of square
- Different coloured Bibs for the players on each corner
- Cones to mark out the square
- Whistle

### What will pitch layout look like?



### How do you play this Game?

#### Start of Play:

- Players are divided into four groups and are placed at each corner of the grid
- On coaches whistle one player from each team commences play by running into the centre, retrieve a ball and bring it back to their group

#### Rules of Play:

- Players with ball must solo the ball every four steps
- One player from each group is only allowed to retrieve a ball from the centre at any one time
- Players must perform a solo before returning ball back to group
- Once player performs a solo they must hand-pass ball to next player in line who drops the ball and then goes to retrieve another ball from the centre.

- Once all balls are gone from the centre then players can steal from their neighbours in a clock wise direction

**How do you score in the Game?**

- Coach gives players a certain timeframe. On second whistle players must stop running and team with most footballs in their corner wins

**What changes can be made to the Game of Rouges?**

	<b>How can I make the Game Easier?</b>	<b>How can I make the Game Harder?</b>
<b>Space</b>	Decrease the size of playing area so less space for players to run and solo	Increase the playing area so more space for players to run and solo
<b>Task</b>	Players must only perform at least one solo	Players must perform more than one solo Players must use non dominant leg
<b>Equipment</b>	More footballs	Less footballs
<b>Players</b>	Less players	Add in a few defenders to try knock ball away from players that retrieve the ball from the centre



## SKILL CARDS



# The SOLO

The Solo is used when a player is carrying the ball down the pitch. The player must solo or bounce the ball after every four steps taken. A player may complete as many solos as they want but can only use one consecutive bounce.

## Technique

The technique involves releasing the ball from the hand on the kicking side to the kicking foot and kicking back up into your hands.

## Key Points

1. Hold the ball firmly in both hands  
Head down and eyes on the ball
2. Step forward with the non-kicking foot and keep your body upright  
Release the ball into the hand on the kicking side
3. Drop ball onto the kicking foot and when foot (instep) impacts with ball, flick the toe upwards towards the body  
Straighten the leg and extend arms forward to catch the ball  
If running maintain a natural stride

## Hands

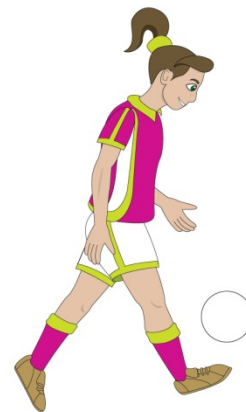
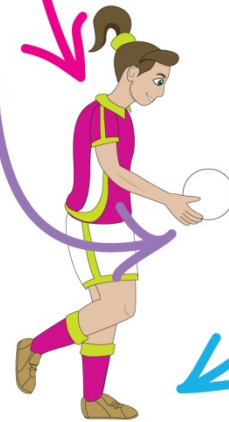
Ball released into hand at the kicking side  
Wrist extended and ball dropped onto kicking foot  
Hands ready to catch ball as flicked back up from solo

## Head

Eyes on the ball at all times

## Feet

Step forward with non-kicking foot  
Kick ball with instep and flick toe upwards towards body



## Common Errors

### Error 1



Not kicking the ball with the instep causes the ball to travel in the wrong direction



It is important to kick with the laced part of your boot otherwise the ball will not come back up into arms

### Error 2



Another common mistake is dropping the ball from the hand on the opposite side to the kicking foot



The ball should be released into the hand on the kicking side and the other hand is needed to aid balance

### Error 3



Some players do not flick their toe upwards causing the ball to go ahead of them instead of back up into arms



When the foot impacts the ball, flick your toe up so ball spins back into hands