

INDIVIDUAL DECISION - MAKING

1. FULL THE CORNERS

Attackers (A) pass the ball along the sides of the square. The man in possession must have 2 options.

Defender (D) tries to intercept

Scoring: How many passes in 35/45 secs.
First team to record 15/20 passes

Modifications: Increase / decrease distance 5/10m
Introduce 2nd defender, allow diagonal pass.

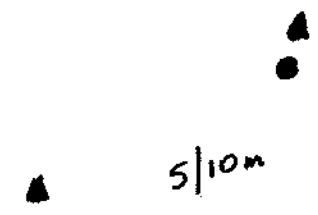
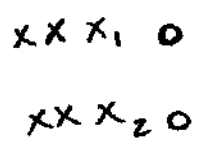
2. PUPPET ON A STRING

Two players working together attempt to bring the ball through the 'gate' without being tagged / intercepted by the defender (D) who must remain between the cones (gate).

Modification: Defender may leave the zone.
Introduce a 2nd 'gate' to work through
Place goalkeeper in 2nd gate who must be beaten by a low shot or 'tap in'.

3. PICK A POCKET

2 players (x_1, x_2)
 in opposition, must
 race to pick up a ball and place
 it at a different cone before repeating
 the exercise with another ball and
 sprinting back to base.

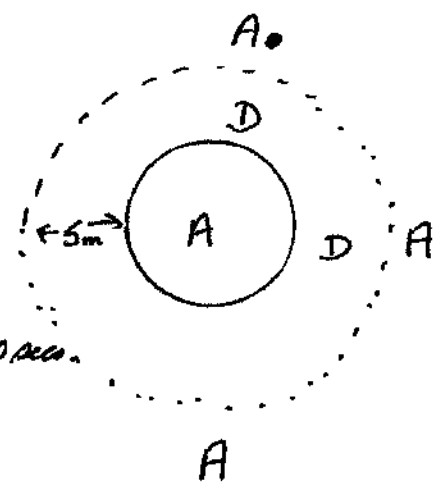


Modifications: Increase the distance between the cones
 to include a play on the ball
 Increase the number of cones/balls.

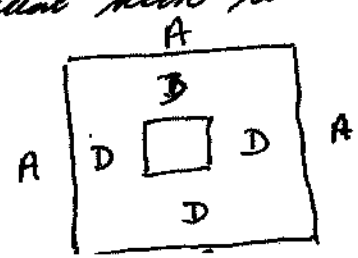
4. BULL'S EYE

Attacking players (A) on perimeter
 must effect a minimum of 3 passes
 before passing to the centre ('bull')
 to score. Defenders move within
 the zone attempting to block/intercept.
 How many successful attempts in 45/60 sec.
 Change positions and repeat.

Two circles 5m and 10m radius

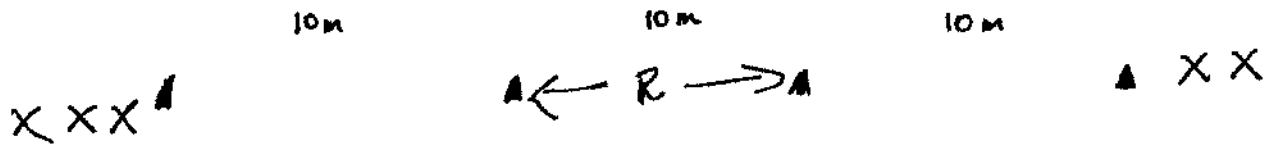


- Modifications:
1. Add in another defender (D) but allow a kick pass (punt) across the 'field'.
 2. Increase the distance between the inner and outer circle to 20m, with a punt kick to 'bull' to score.
 3. 'Square within a square', 4v4, attackers (A) confined to one side



Y0-Y0

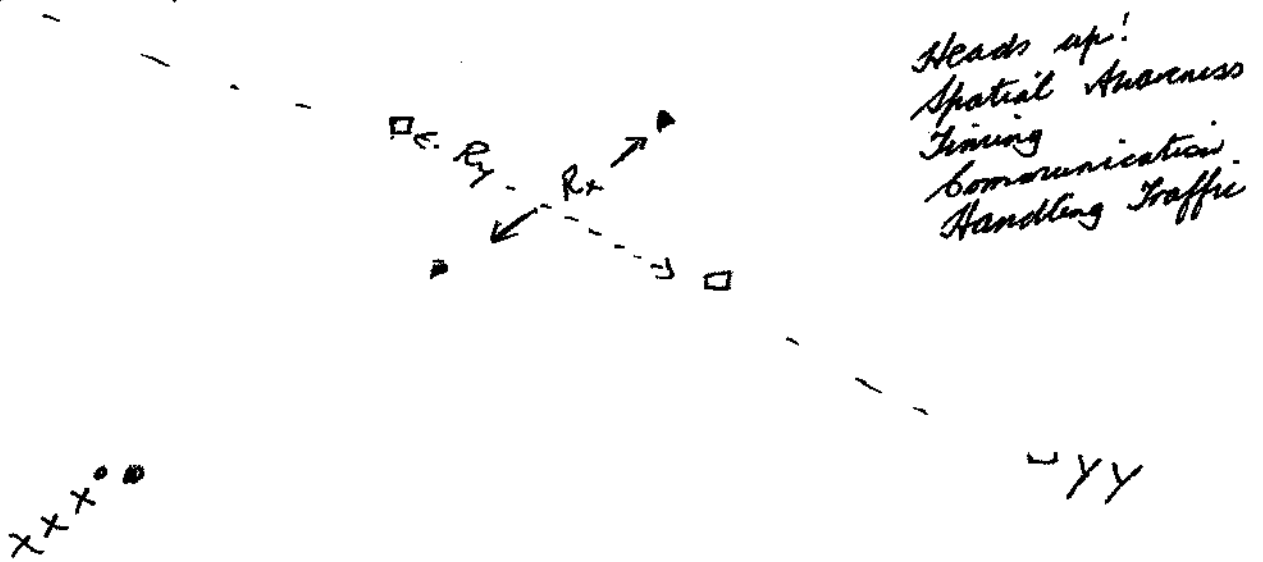
Line Drill involving a give and receive pass to central player (R) on the move



Central player (receiver R) continually moves to meet the pass.

- Challenges:
- Manage the timing and space
 - Change middle man without stopping
 - Middle man (R) holds / changes position
 - Passing off both sides
 - * Remove cones

(1) Modifications. Run the drill in a criss-cross fashion eg.



(ii) Receiver moves between 3 positions, kick/handpass

