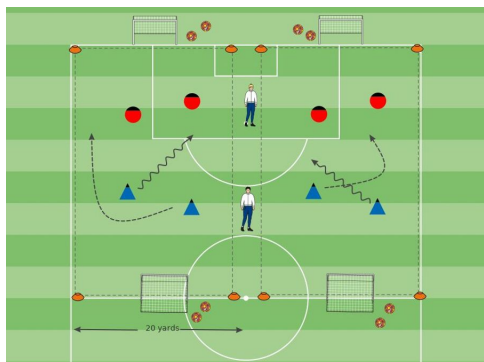


TRAINING SESSION: PBG PREDATORS TRY-OUTS 2018-2019

Objectives

Identify individual players - technically and tactically game intelligence •Create 2v1 or 1v1, support the attack, change the point of attack •Read game/make decisions, take initiative/be pro-active, technical execution

1st PLAY PHASE: Intentional Free Play



2 v 2



Intensity: 6

20:00 min
(0 x 00:00 min, 00:00 min rest)

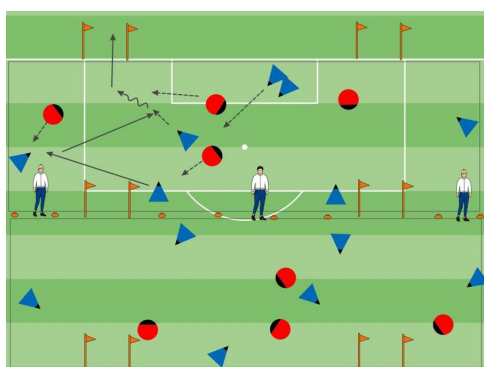
Coaching Points

Guided Questions: How can you find an opening? What can you do if you see an opening? Ask questions to players to discover the answers and playing intelligence

Description

Mark out two 32x20-yard fields, each with two mini goals. Play 2v2 or 3v3. Free Play, kick-ins.

PRACTICE (Core Activity): 6 v 4 on two goals each



6 v 4



Intensity: 8

24:00 min
(4 x 06:00 min, 00:00 min rest)

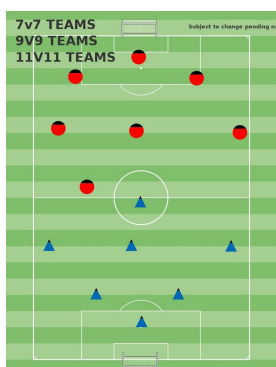
Coaching Points

Take him/her on, support, switch it 1. Where is the best chance to score? 2. Why? 3. How can you help the player with the ball

Description

Mark out fields with four goals. Play 6v4 in favor of blue team. Blue team attempts to score in the two goals by either dribbling or passing on the ground. Defending team tries to score on the ground in the other two goals. Blue starts with the ball following a goal. Use Kick-ins to restart play. Play 3 min reps for 20 minutes. Rotate players.

2nd PLAY PHASE: The Game



Players



Intensity:

24:00 min
(2 x 12:00 min, 00:00 min rest)

Coaching Points

1. How can you beat the defender 1v1? 2. How can you beat the defender 2v1? 3. Where is the best chance to score? 4. Why? 5. How can you help the player with the ball?

Description

7v7 Game - 9v9 Game - 11v11 Game