

Topic: Two-Player Rotations & Communication

Group: 08 boys

Date: 23 Jan 2021

Number of Players

- Blue = 8-10
- White = 7-11
- Total = 15-21

Warm-up: Group communication & problem solving w/ individual dribbling & mastery skills

- **Set-up** (based on 16 total players)
 - Area = 25x15
 - (5) cones of each color: White, blue, yellow, orange
 - Note for group size variations: There should always be one more cone than the number of players per group/team within this game
 - Also, make sure the colors are dispersed evenly amongst each other--No two cones of one color too close together

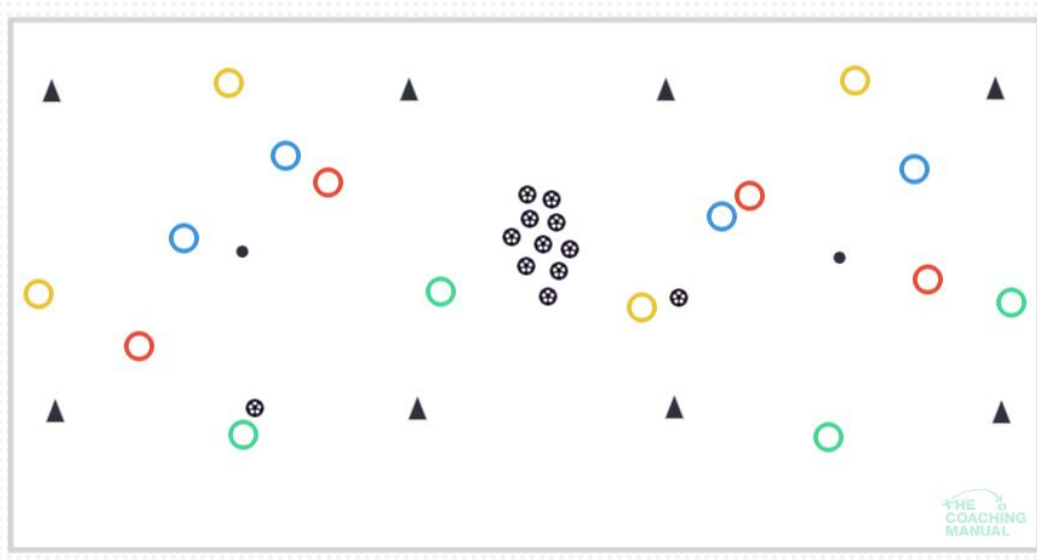


- **The Players**
 - Divide players into (4) groups of (4) w/ pinnies. [Keep teams even (blue vs. white)]
 - (4) red (2 blue + 2 white)
 - (4) blue (2 blue + 2 white)
 - (4) yellow (2 blue + 2 white)
 - (4) orange (2 blue + white)
 - (1) ball per player
- **The Activity:**

- **Part A:** Lead the players in a warm-up that involves different dynamic movements/stretchers + dribbling and skill moves (sole rolls, inside-outside w/ weak foot, scissors, body feints, etc.)
- **Part B:** Incorporate intermittent team games/competitions
 - **Progression #1:** At the sound of whistle, the first team (by color) to get together and take a knee wins.
 - **Progression #2:** The first group with all players to find the same color cone and take a knee wins.
 - Players can find different cones as long as the color of the cone of each player within a team is the same.
 - More than one player (regardless of team) can be at one cone.
 - **Progression #3:** No more than one player per cone.
- **Coaching Points**
 - **Scanning & awareness:** As you dribble the ball, keep your head up and scan your surroundings so that you can avoid obstacles, accelerate into space, and know where your teammates are at all times.
 - **Teamwork & communication**
 - Progression #1: Call your teammates by first name
 - Progression #2: Figure out as a group what color cone you are targeting
 - **Problem Solving:** What if it is not possible for your third or fourth teammate to find a cone of the same color? What if you cannot find a cone of the right color? How do you all communicate, regroup, and find a new set of cones?

Small-Sided Game: 2v2 + 4 Targets

- **Focus:** Working together in pairs to create space for each other in which you can receive the ball and play forward.
- **Set-up:**
 - Two groups (blue and white)
 - (8) players per group = 2v2 + 4 targets
 - (9) players per group = Add ball collector
 - (10) players per group = One player serves
 - Area = 15x15
 - Lots of balls in the middle for servers (coaches)



- **The Game:**
 - **Objective:** Earn (1) point every time your team can progress the ball from target to opposite target (N-S / E-W)
 - **Restriction:** No more than (1) pass from target-to-target before connecting with a CM
 - **Periodization:**
 - 60-sec: Play
 - 30-sec: Rest + coaching points
 - 60-sec: Play (same set-up)
 - Rotate CM's + T's
- **Coaching Points:**
 - Cultivate the environment with movement:
 - CM's--Scan & communicate to maintain balanced shape (opposites)
 - Targets--Slide to stay connected with the ball
 - Priorities:
 - #1 = Play forward
 - #2 = Rotate, circulate, and keep the ball to find a new path forward
 - Assess the player with the ball:
 - Good position = Facing forward with space in front
 - Bad position = Facing backwards and/or under pressure
 - Decision making:
 - Teammate in bad position = Go to the ball to support him
 - Teammate in good position = Move away from him to give him space
 - CM's
 - Trigger = the first movement
 - Sharp movements to lose defender
 - Timing--Move as the ball rolls so that when the target receives, the picture is already developing
 - Pass from T → T = rotation trigger
 - Technique
 - Secure the ball
 - Drive your pass to the target

Big Game

- Bring blue and white teams back together (Red + orange vs. Blue vs. yellow)
- Scenario variations:
 - 7v7 = 45x65
 - 8v8 = 51x74
 - 9v9 = 57x83
 - 10v10 = 64x93
- Formations--Make sure there are always (3) CM's
 - 7v7 = 1-2-3-1
 - 8v8 = 1-2-4-1
 - 9v9 = 1-2-5-1
 - 10v10 = 1-4-3-2