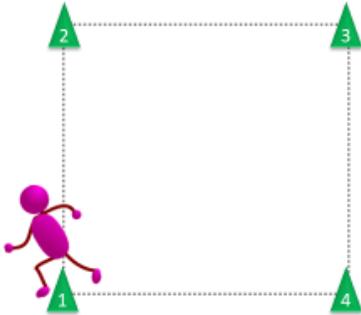


INDEPENDENT SESSION 4

Working on:

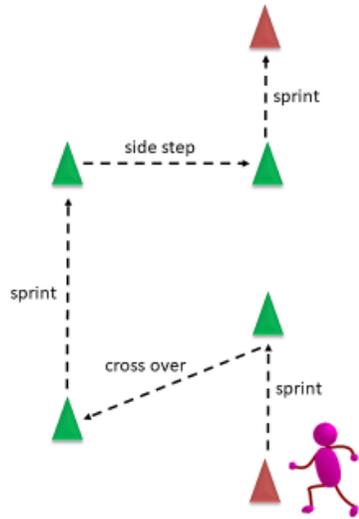
- Taking a high ball
- Speed, agility, quickness
- Ball skills- release points
- Shooting- 1 second shot

ACTIVITY & INSTRUCTIONS	COACHING POINTS	PROGRESSIONS
WARM UP		
<p>WARM-UP CIRCUIT Complete the following exercises one after the other. The aim is to get warm and raise your heart rate. Repeat the circuit twice.</p> <p>10 jumping jacks 5 plank jacks (plank position, jump legs together then apart = 1) 10 second quick feet (count 10 seconds) 10 spotty dogs (opposite arm to opposite leg strides on the spot, jumping into each stride) 10 second quick feet (count 10 seconds) 5 plank jacks 10 jumping jacks</p> <p>Stretching: Dynamic stretches to include legs, glutes, arms & shoulders</p>	<p>Ensure you complete all of the movements/exercises at pace but with quality.</p> <p>Dynamic stretches need to be worked for at least 30 seconds each.</p>	
FITNESS & CONDITIONING		
<p>SPEED, AGILITY & QUICKNESS If you have a small space, try these different SAQ exercises. Set up a square using 4 cones. Number the cones 1-4. Move to each cone in the prescribed order, repeating the sequence for 30 seconds. :</p> 	<p>Coaching points:</p> <ul style="list-style-type: none"> -head up facing forwards -quick, light feet -push off and transfer weight quickly to change direction, turning feet and hips- keeping eyes front -everything completed at speed and intensity -pump arms (opposite arm to leg) <p>Watch this video to see a demo of the coaching points. Pay particular attention to the intensity and work rate. SAQ demo</p>	<p>To progress:</p> <ol style="list-style-type: none"> 1. Have a go at setting up your own SAQ drill, incorporating the following movements: <ul style="list-style-type: none"> -forwards -backwards -side to side -diagonal <p>You can also add jumps and sudden changes of direction. If you have a volunteer they can pass you the ball whilst you complete your SAQ exercise.</p>

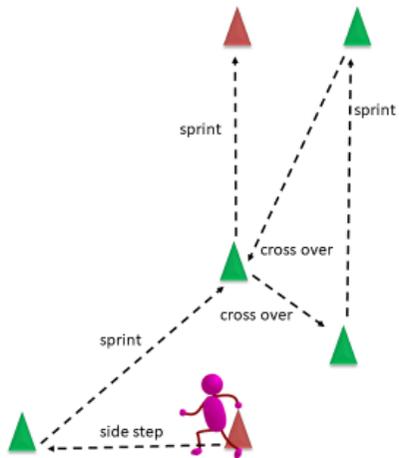
- a) 1-2-3-4-1
- b) 1-4-3-2-1
- c) 1-2-4-3-1
- d) 1-3-4-2-1

If you have a larger space, have a go at some of these SAQ exercises:
Complete each exercise x 10.

1.



2.



[Large space SAQ demo](#)

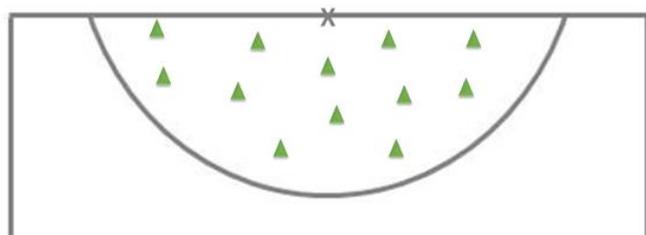
Cross over coaching points:

1. Keeping your head and eyes facing forwards, turn your feet, hips and shoulders to the direction you are running.
2. You are almost running side on, but with your footsteps running rather than side-stepping.

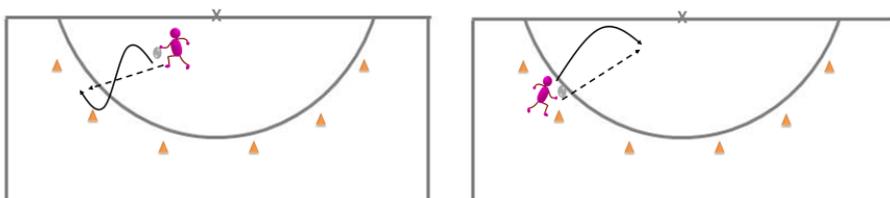
SHOOTING

1 SECOND SHOT

Set up 12 markers at varying distances in front of the post. You have 1 second to put a shot up upon receiving the ball.



1. Bounce the ball in front of you. As soon as you catch it, shoot! Take 4 shots from each marker.
2. With your back to the post, self-feed the ball, turn and shoot! Take 4 shots from each marker.
3. Start on a marker. Bounce/throw the ball so that it lands near a different marker. Run to retrieve the ball and put a shot up as quickly as you can. Visit each cone x 2.
4. Start with the ball under the post. Bounce the ball so that it lands outside of the circle/approx. 4m away from the post. Run to retrieve the ball, turning and sending a high ball back into the circle/closer to the post for you to run on to- ideally the ball should not hit the floor. As soon as you catch the ball, take aim and shoot. Work for 2 minutes.



Challenges:

1. Time yourself: how long does it take you to score a goal from each marker?
2. How many shots can you score in a row from each marker?

Taking a quick shot:

Your aim is to take, turn and shoot as quickly as you can. Working on your quick shot will help you put the shots up and score when under pressure from a defender or in the last seconds of the game!

1. Catch the ball, turning towards the post as quickly as you can.
2. Sight the post and take aim as soon as you turn round.
3. Speed up the shooting action.

To progress:

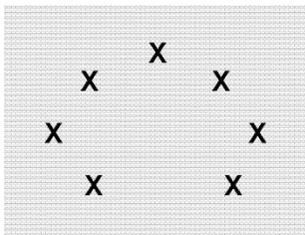
1. If you have a volunteer, get them to mark you as you take your shot.

BALL SKILLS

RELEASE POINTS

Work on passing the ball from different release points i.e. with your arm at varying angles. You will work on both your dominant and non-dominant hand. You will need a ball and a wall.

1. Start standing approx. 1m away from the wall with the ball in your right hand. Imagine a semi-circle drawn on the wall. Throw the ball against the wall, tracing out the semi-circle so that you are varying the angle of your throwing arm. Once you reach the top of the semi-circle swap throwing arm and repeat on your left. Work round the semi-circle, switching between left and right arm. Complete 5 sets of 30 seconds.



2. Repeat the exercise, but this time start further away from the wall. Complete 1 set of 30 seconds, then take a step back. Repeat for 4 further sets. This will help to develop the power and accuracy of your pass. As you get further away, still work on the varying angles of your release point but try to hit the same spot on the wall with the ball.

Coaching points:

1. Stand balanced with back straight and engaged core
2. Cradle the ball in one hand, with fingers spread round the back of the ball
3. Keep elbow up and away from your body.
4. Push the ball onto the wall with a strong wrist and fingers
5. Follow through with your hand flicked and fingers pointing at the wall.

To progress:

-add a step to the side or backwards before passing. Imagine you are passing round a defender.

FOOTWORK & MOVEMENT

TAKING A HIGH BALL

1. Before adding a ball, run through this basic vertical jump exercise to ensure correct technique. Complete 5 sets of 5 jumps.

[Vertical Jump](#)

2. Adding a ball.



Stand approx. 4m away from the wall with the ball. Throw the ball at the wall so that it bounces high off the wall. Sprint towards the ball, taking off as the ball is above your head. Jump straight up for the ball. Repeat x 20.

Coaching points for 2 foot jump:

Watch this video (from 3:49- 4:50)

[2 foot jump](#)

1. Bend slightly at hips, knees and ankles with weight slightly forwards
2. Quick step pattern (right-left / left-right) for two-footed take off
3. Use both arms to drive/reach up and extend towards the ball.
4. Land on both feet, cushioning landing by bending knees, hips and ankles.

To progress:

1. Add a turn in the air once you have received the ball, so that you land with your back to the wall.
2. Catch the ball with one hand by reaching out for it on extension. Bring the ball into your body and land.

<p>3. Repeat activity 2, but rather than simply returning to the starting point each time, throw chest or shoulder passes against the wall from the point where you landed from your vertical jump. Each time you throw the ball against the wall take a step back until you are back to your starting point. Repeat x 20.</p>		
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COOL DOWN

Follow this quick yet effective cool down which stretches all of the major muscles you have used in this session.
[Cool Down](#)