|  |  |  |  |
| --- | --- | --- | --- |
| Activity: **Soccer day 2** | |  | |
| PE 11/12  Date: **May 15th, 2013** | | Notes: | |
| Students will be able to…  1. **Effectively find space and move in to it when calling for and playing the ball**  2. **Make use of square and through passes to open up space**  3. **Understand the advantages to playing to the wings for space creation** | | | |
| Time |  | | Materials |
| 10mins | Warm-up activity and stretching: **WOD: 3x 30 crunches, 30 bicycles (each side = 60total), legs in air 5cm x 30s, elbow to knee (30 each side), legs at 90deg x 30s, knees in to chest x 30** | |  |
| 15mins | Drill #1  Form square with 4 cones, 3 people on corners. Ball starts in middle. Ball carrier should always have 2 options for pass and ball should not go through middle. THEREFORE: off ball should be moving to provide pass.  Add defender. Make a choice – open body to ball, pull ball | | Cones  1 ball per square |
| 15mins | Drill #2  Triangle combo drill. 3 people on cones. 1 passes to two on outside of cone, 2 passes back to 1, 1 passes to 2 on inside of the cone. 2 pass to 3 outside, back, 2 – 3 inside. (If more than 3 have two at position1) | | Cones  2 balls per square |
| 15mins | Drill #3  Pitch sized for 6v6 with plenty of space, cones on the side line. 2 players from each side on the side line. Objective is to score a goal but must make 5 passes and must include a pass to the outlet to widen the action to the wings. | | Cones  Pinnies  Balls |
| Culminating game:  6 v 6 game – increase the size of the pitch to take advantage of space. 3 second count from moment receive ball so that you have time to think about where you will pass the ball. | | | |