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| Activity: **Soccer day 2** |  |
| PE 11/12Date: **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 #1Form 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 | Cones1 ball per square |
| 15mins | Drill #2Triangle 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) | Cones2 balls per square |
| 15mins | Drill #3Pitch 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. | ConesPinniesBalls |
| 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. |