



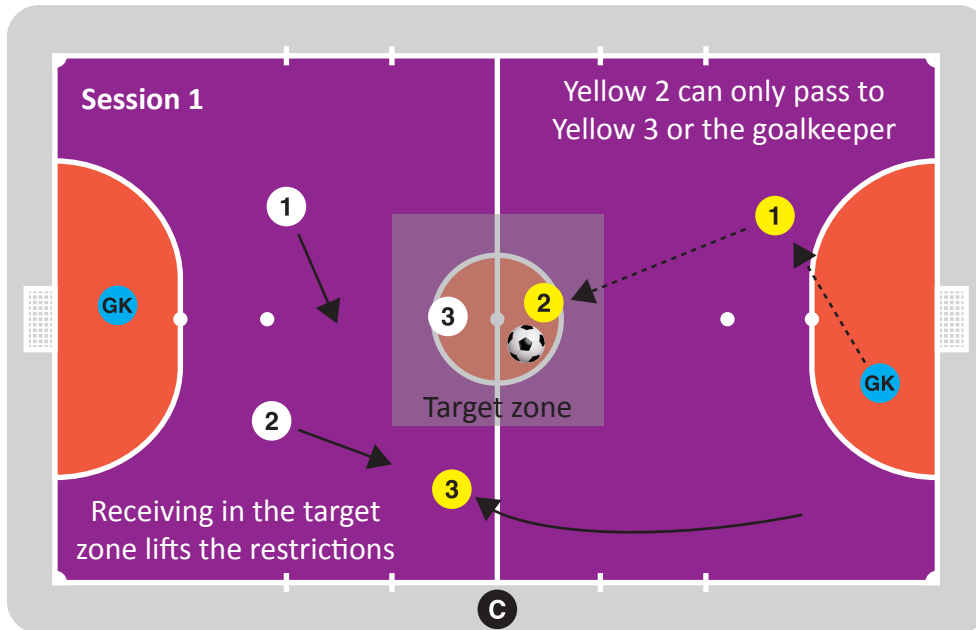
Theme - Supporting Play 2

Date - Sunday 11 February 2018

Location - St Olave's School Sports Hall

Time - 4.00pm to 5.00pm

Age Group - Over 12 Girls - Mixed Ability

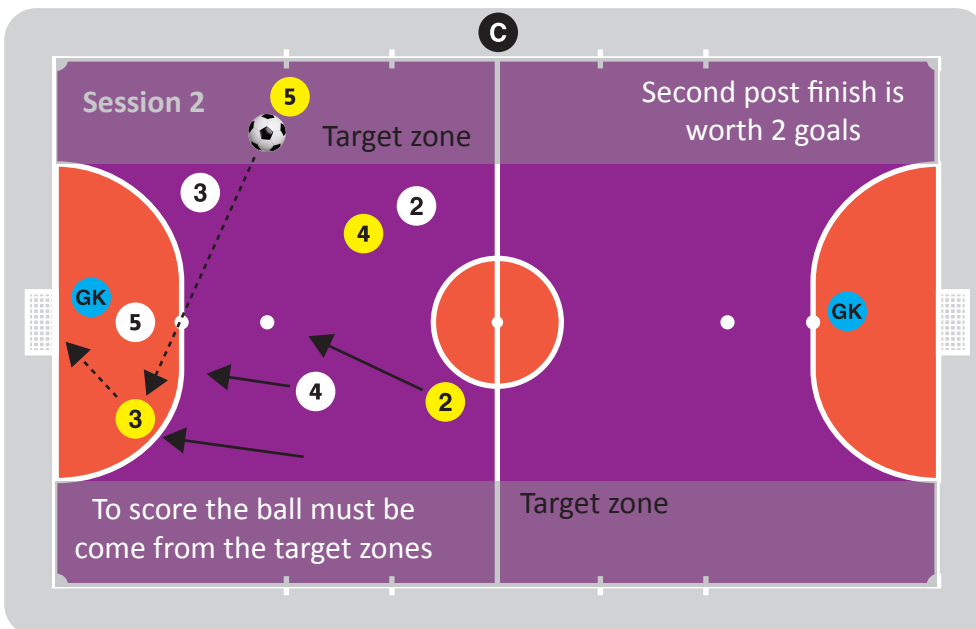


Session 1

Play 3v3 with goalkeepers. The ball cannot be passed back to the player who passed it. If the ball is received in the target area then you play with no restrictions, until a goal is scored or the ball lost.

Coaching Points

Can the players identify when they can get into the target area to receive the ball? Also remember to go and score when available.



Session 2

Play a normal game with two target zones along the sides of the court, marked with flat discs. To score the ball must be delivered from these zones.

Coaching Points

In the match, the girls played very much down the centre and didn't stretch the defence by using the width of the court. This session will make them go wide whenever possible.

Further Coaching Notes

Session 1 - Moving on from last week, I will put in zones on the court that release the players from the games restrictions. I want attackers to see if they can get in these zones to receive, and defenders to stop them. It should introduce a type of formation, with the zones being marked by the defenders.

Session 2 - I want the girls to start to use the full width of court when attacking. The target zones are there as reference for them to deliver the ball into the D from. If they can score with a first time shot at the second post it will worth two goals. Work on the quality of the pass, and the timing of the run to finish.