

## DEVELOPMENT OF AWARENESS

When learning basic control skills, concentration causes, to varying degrees, a form of tunnel vision.

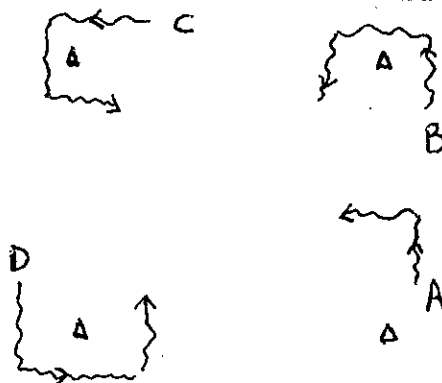
Place emphasis on scanning to develop players awareness of surroundings.

Drills designed to increase players use of vision as individual skill increases

#1 Dribble around square On call change direction, with speed, then control the ball across square. Continue to dribble around square etc.

emphasis on

- change of direction with pace over small distant
- use of space created in middle by control of ball in all directions
- use of vision skills



Variations - change direction  
- call players to move out of square to shoot at goal  
- call for pass from players

#2 Continuous Dribble around cones

emphasis on

- change of direction with pace around cone
- use of space created by control of ball in all directions
- awareness that players moving diagonally from cone to cone have 'right of way'



Variations - change the 'right of way' rule  
- call players out of area to shoot for goal  
- call for pass from player

Knowledge of positions required as development of individual skills continues. Coaches need to develop the players awareness of "what happens when"

- . What happens around player when movement with ball (or without ball) occurs?
  - to the left to Player's closest teammates
  - to the right to Player's closest opponents
  - straight
  - backwards

What happens in other parts of field when player moves with the ball (or without ball) in all directions?

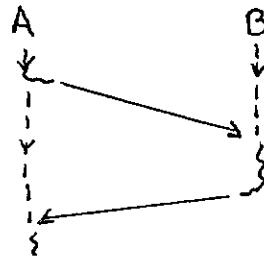
- To teammates
- To opponents

Expansion of individual control skills to incorporate passing and receiving

- individual control of ball with changes of pace and direction - emphasis on varying changes of pace (fast and slowing down) and of direction
- in pairs - passing and receiving - changing direction to pass or receive

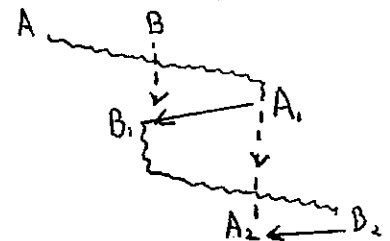
emphasis on receiving on open face from right and in 'working position' from left {'working position' is in front of body}

#1



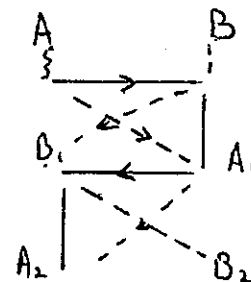
A changes direction with speed then passes to B etc.

#2



A passes square and sprints to A1  
B receives and passes through to A1  
then sprints to B1 etc.

#3

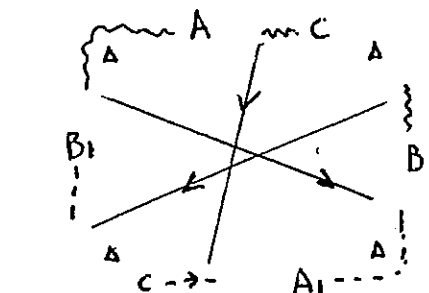


emphasis on cueing with stick for receiving.

A and A1 to maintain opposite positions on square. | Ball in pair. #4

on player's name call A to pass to A1 or B to pass to B1 or C to pass to C1.

Note Without a call a sequence of passes can be given. ie A first B second etc  
Players then react to visual stimuli.



Variation

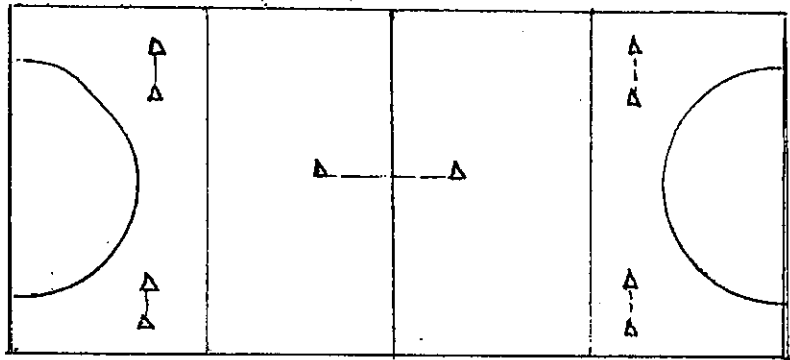
- on a cue from the coach Players move to opposite side of square. A pass in the middle of the square could be made.
- on call pair moves out of area, passing ball between each other, to move into circle for shot

Small game situations compliments vision drills

8 aside 1/2 field and full field games with 'no go' zones

Cones placed in areas that coach determines

Players and the ball must not pass through cones.

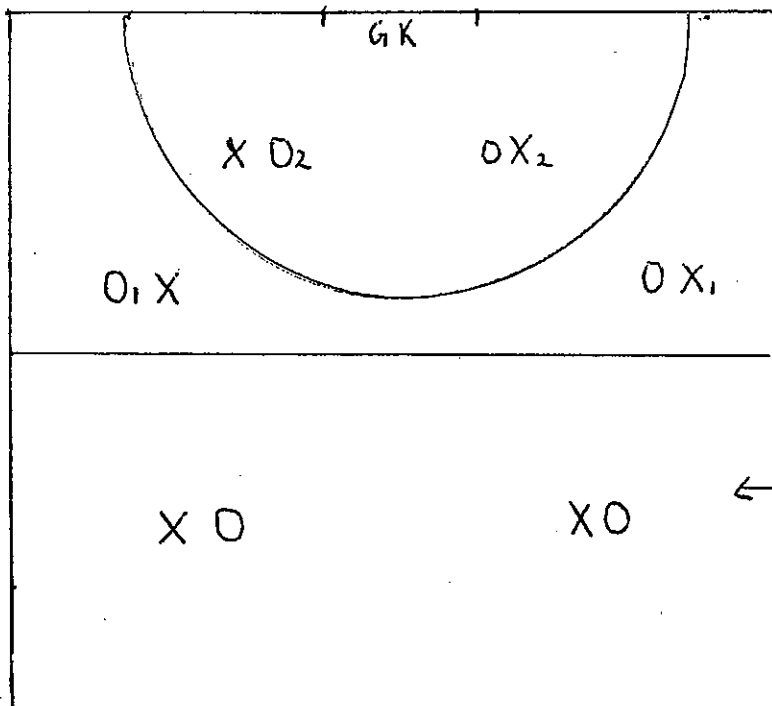


Players to remain in own areas

. X2 and O2 to shoot or pass

. O1 and X1 to pass out of 25 or between own players in grid

O and X to pass into circle or between each team mate.



X and O defenders in circle to pass out or between own player.

← Coach to throw balls into this area when play breaks down.

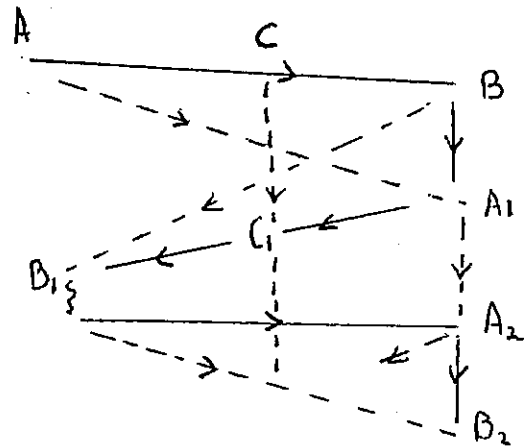
PASSING, LEADING, RECEIVING DRILLS (3 Players)

#1

A passes square to B then moves diagonally to receive through pass

B leads diagonally behind C who transfers ball from A1 to B1

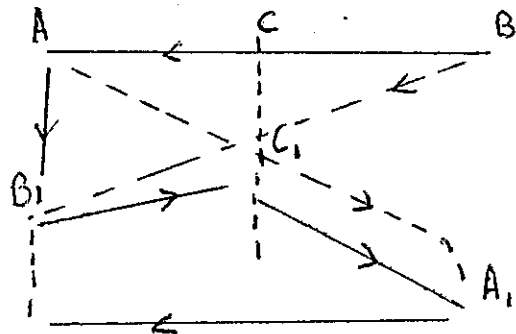
B1 then passes square to A2 etc



#2

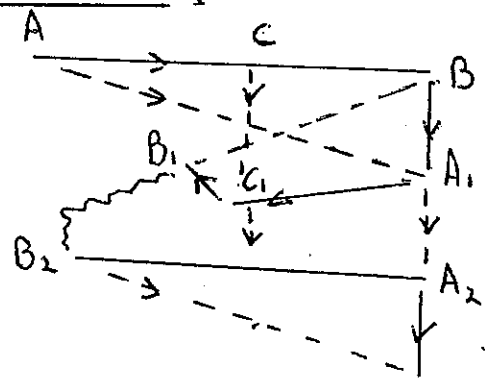
B passes square to A then leads diagonally to receive through pass from A who leads diagonally up field.

C receives backpass from B1 and then passes to A1. A1 continues sequence.



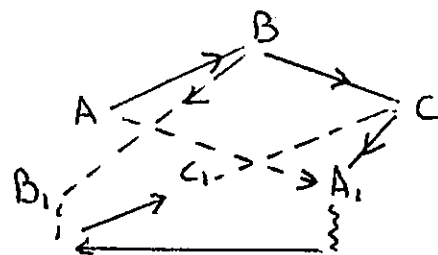
#3

A passes to B then leads diagonally to receive through pass from B. C leads through to lay off square pass from A1 to B1 leading behind. B1 controls ball across then passes square to A2 to continue sequence.



#4

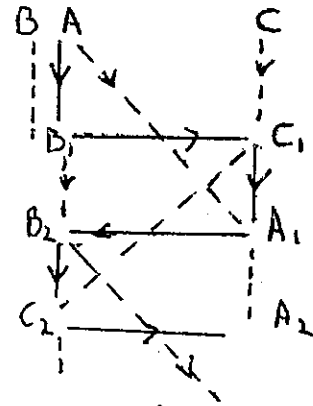
A back passes to B then leads diagonally to A1. B passes to C who receives and passes to A1. B leads diagonally to receive square pass from A1. C moves behind to receive back pass from B1 to continue sequence.



PASSING, LEADING, RECEIVING DRILLS (3 Players)

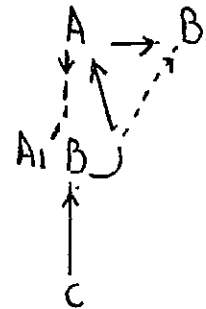
#5

A through passes to B leading to receive. C leads for square pass from B1. A leads diagonally to receive through pass from C1. A1 passes square to B2. C1 leads across for through ball from B2 etc.



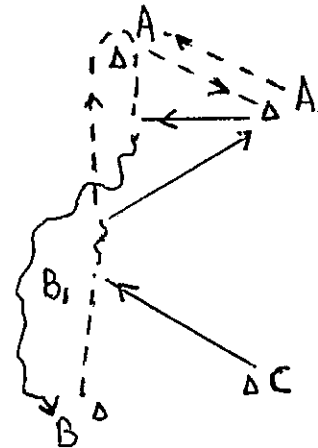
#6

C passes to B who turns and passes to A. B sprints to B1 to receive pass from A. A sprints to A1. B1 then continues sequence by passing to A1.



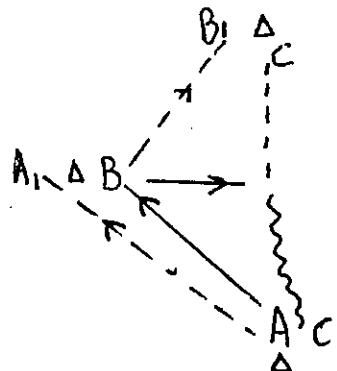
#7

B leads out to receive pass from C at B1. A sprints to A1 to receive pass from B1. B1 sprints around cone to receive pass from A1. A1 sprints to A. B controls ball to starting cone then passes to C who leads out. Sequence continues.



#8

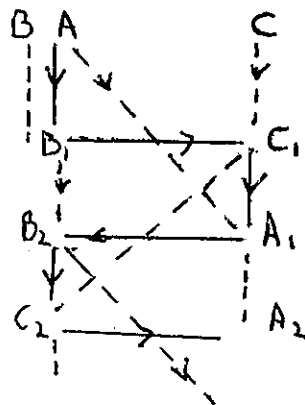
A passes ball to B. C sprints to receive square pass from B and controls ball to C1. A sprints to A1 and B to B1. C1 passes ball to A1 etc.



PASSING, LEADING, RECEIVING DRILLS (3 Players)

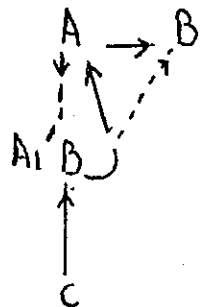
#5

A through passes to B leading to receive. C leads for square pass from B1. A leads diagonally to receive through pass from C1. A1 passes square to B2. C1 leads across for through ball from B2 etc.



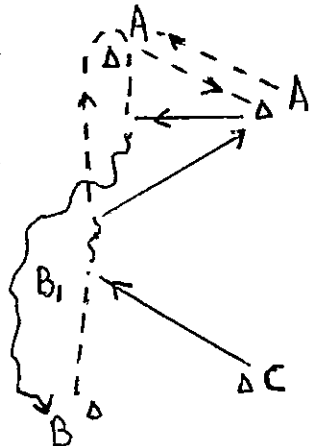
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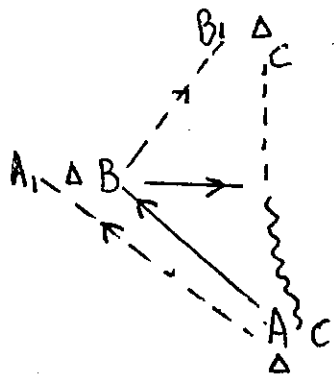
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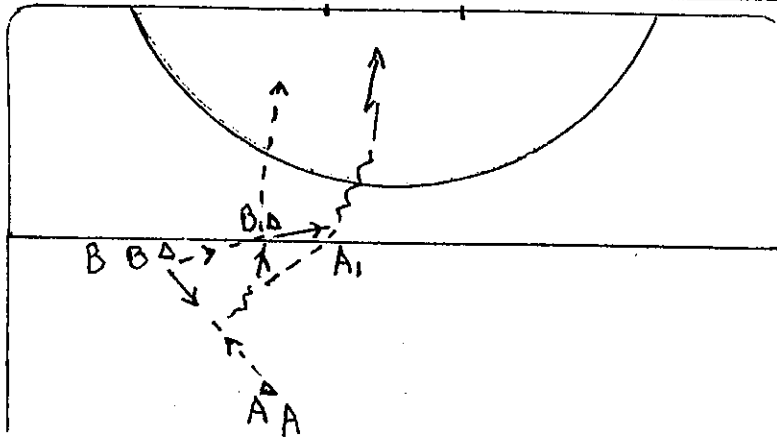
#8

A passes ball to B. C sprints to receive square pass from B and controls ball to C1. A sprints to A1 and B to B1. C1 passes ball to A1 etc.



RECEIVING, PASSING, LAY OFFS AND RUNNING OFF BALL

in pairs



B hits to A who receives correctly (body low and behind line of ball)

B sprints to marker. A controls ball and passes to B1 for lay off.

A1 continues on to shoot. B1 follows up for rebound.

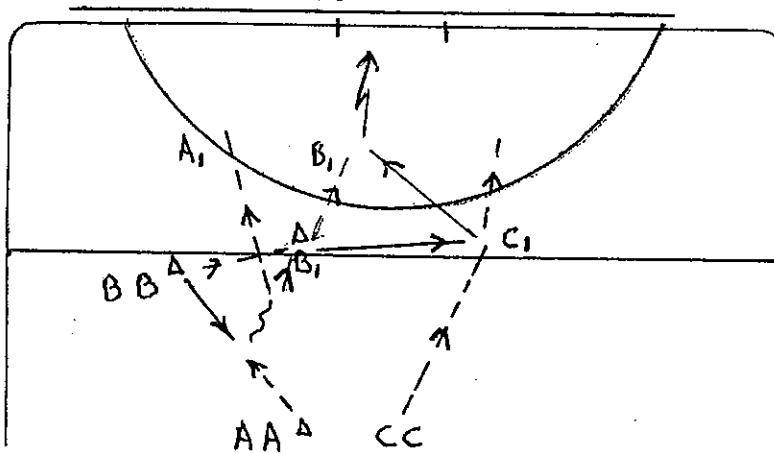
Both players sprint back to starting positions.

Next pair begins movement once circle vacated.

Variation

- . Add tackler at top of circle
- . A & B swap positions
- . Swap sides of field
- . B1 can receive, turn and move into circle for shot

in threes



B hits to A who receives correctly. C moves in other direction.

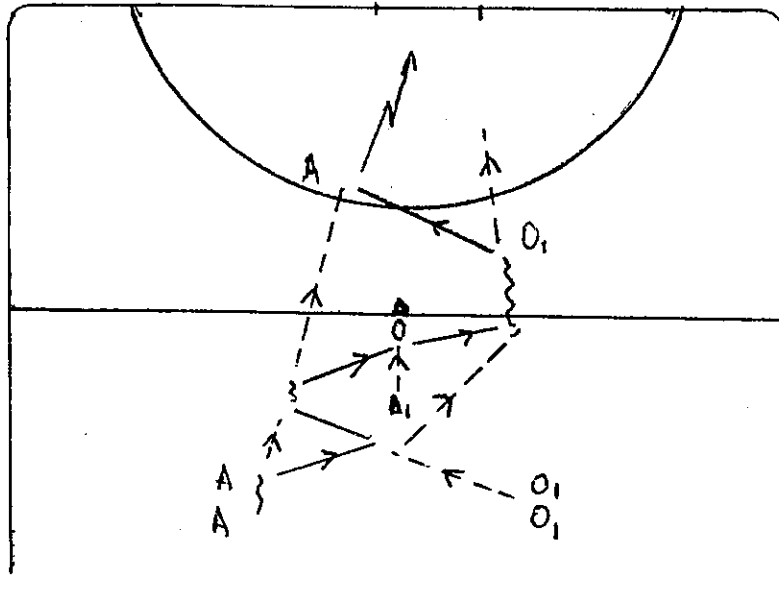
B sprints to marker. A controls ball and passes to B1 for lay off to C1.

C1 controls ball and gives goal pass to either A1 or B1. C1 continues for rebound. All players sprint back when movement finishes.

Next three commence when circle vacated.

Variation: Add defender(s)

## RUNNING OF BALL, LAY OFFS, PASSING



A, O1 and O at stations to commence.

A dribbles and passes to O1 who bunts

O moves forward from Cone 1 and lays off pass from A to O1

O1 moves and passes to A for shot. O1 to get rebound.

Both O1 and A to sprint back

O sprints to Cone 1 for restart.

### Variation

- . O continues on to receive from either O1 or A for shot
- . Add defender at circle edge
- . Cone distance to vary