

Come and try – Attacking skills

Date: _____

Warm up game (5-7min)

Sharks

Scatter dots all over one third. These are islands and are safe. Land on one foot with knee slightly bent in the same direction as the toes and bring the other one through. Depending on numbers have 1 or 2 sharks, these are the taggers. On go everyone must run to another island. Using good dodging and change of direction. Sharks tag someone and they switch places.

Dynamic Stretch (10 min)

Set up on side lines in working towards the middle.

To Middle	Back to sideline
High knees walk	High knees skip
Butt kicks	Back sidestep shuffle
Sidestep	Side step
Ice cream scoops	Sumo squats
Grapevine	grapevine
Hip circles open up (with steps in between)	Hip circles closed in (with steps in between)

On sideline –

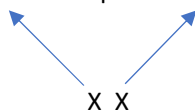
Lunges Stationary x 5 each leg

Arm circles both forward, both back and alternates (Slow and controlled)

Fast feet on the sideline

Knee Program (+/-) Ball) (5)

- Two feet jump rotate 90° L then jump back to middle. Two feet jump rotate 90° L then jump back to middle (2 each side). No ball
- V Drill – decelerate with small steps on the end of the drive



Skills

STATION 1

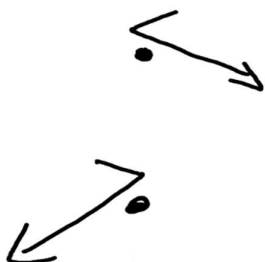
Dodges

Without Ball

Players perform a single dodge behind the marker, push on the outside foot to then drive out in the opposite direction on 45-degree angle. The Dodge is only 1 or 2 steps (fake the movement) and then push on outside foot. Work from both sides. Look for eyes up. Strong push from outside foot, straight drive. No “dancing”.

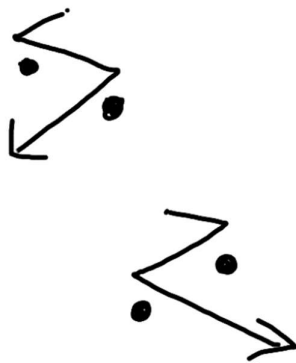
working both sides

Single



Double – add another marker

Double



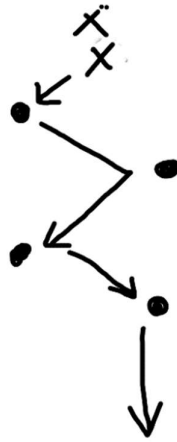
progression 1 – add a pass to the straight drive. Retrun the ball to the trhower.

Progression 2 – add a passive defender in place of markers

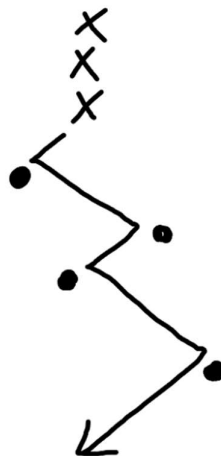
STATION 2

Change of direction

Place markers in a zig zag pattern on the ground. Players perform straight leads between the markers making sure eyes are to the front and hips and shoulders are in the direction of the straight lead. Use arms in running action and push off on each marker strongly with the outside foot



Stage 2 – Vary the distance between the markers



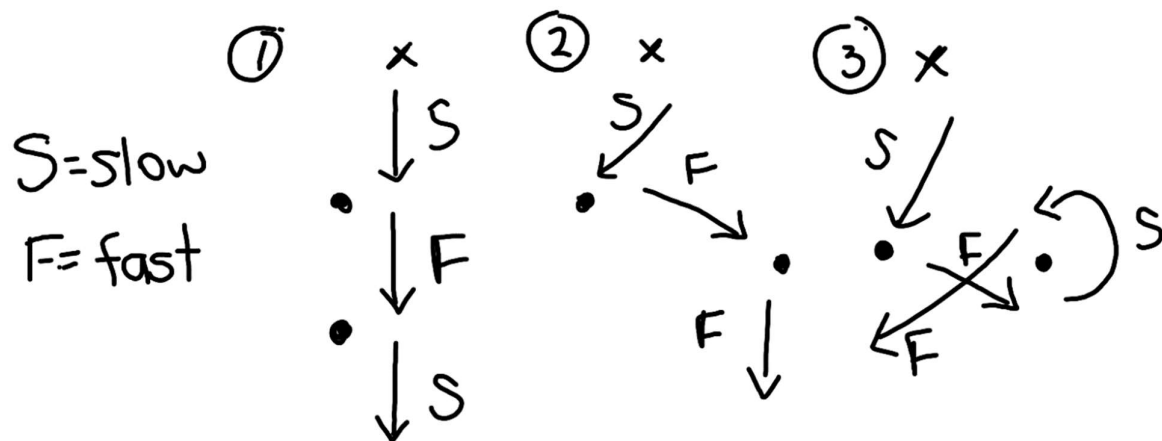
Progression – Add a Thrower and pass on the last straight drive

Progression – Add a defender to the last straight drive.

STATION 3

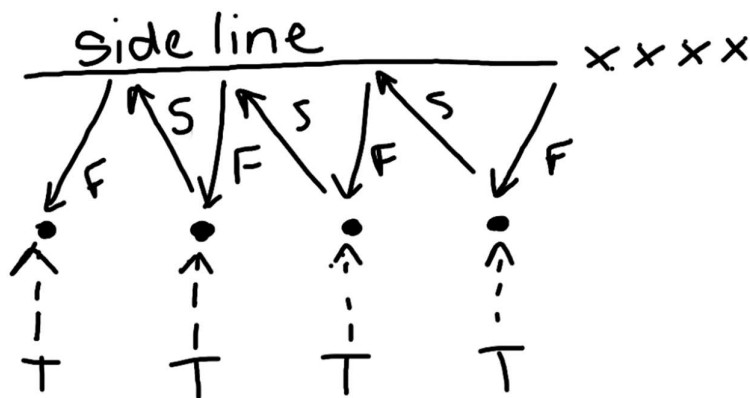
Change of Speed

Between chalk markers players move with slow or sprint speeds. Eyes forward and decelerate by using small steps coming out of a sprint. Use the following patterns



Add a thrower to combinations 2 & 3 on the drive

Set up the following as a group.



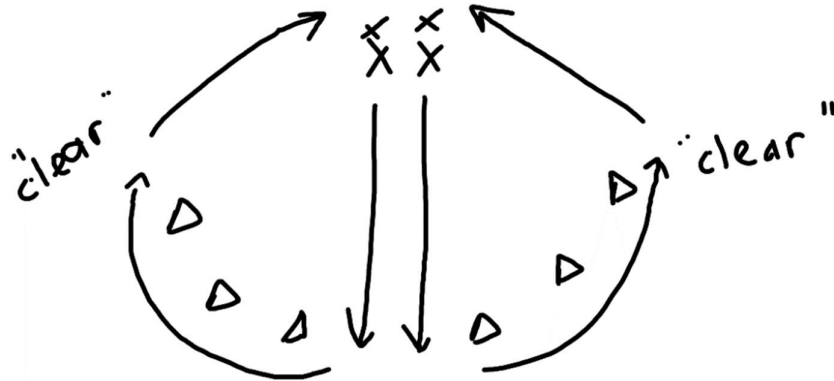
Players move in a sprint to the chalk marker to receive a pass return the pass to the thrower then jog back to the line push off with outside foot to sprint towards the next marker to receive a pass. Make sure eyes are up, hips and shoulders are facing the direction of the thrower on the sprint and using arms for acceleration and extended on the catch.

Rotate throwers and workers

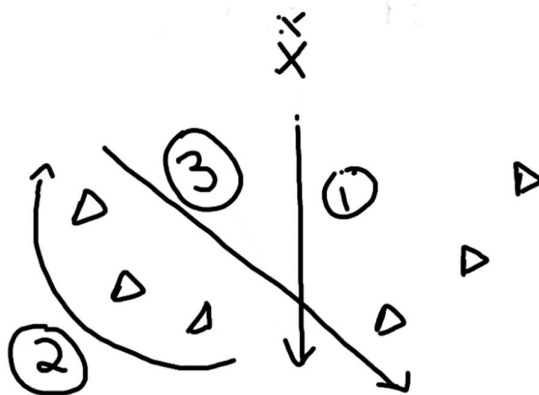
STATION 4

Clear and drive

Players in pairs drive straight to the top markers, then then clear the space keeping their eyes to the front and stop at the last marker and say "clear" once both players have said "clear" the next 2 players drive up the middle and the first completed players jog back to the end of the line



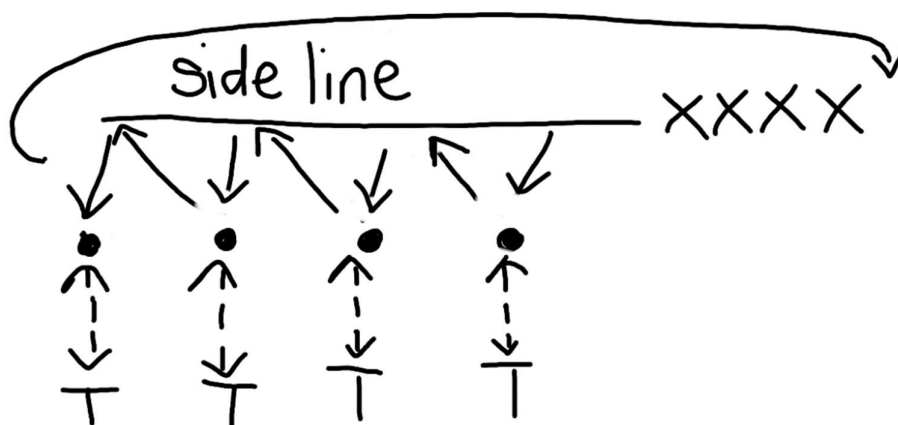
Second phase – One at a time, the players now drive back to the top of the markers. Work both sides



Progression – add a thrower to the pass on the drive and thrower calls either left or right and that is the side they clear to.

Modi – game (15min)

Use second Phase of Station 3, however there is no change of speed this is now change of direction as it's a race. Players must touch the sideline with their foot pushing off strongly to drive to the next cone. No cheating.



Teams line up with 4 players being the Throwers (We will need to check on numbers in each group to even this up, some may need to run twice). All of the remaining players go through the drill until all of them return back to the original spot (including players who may have run twice). Once that happens 4 of the runners quickly take the place of the 4 throwers by the throwers placing the ball on the ground and running to the front of the line while the 4 replacement throwers take their place. The first runner can start once the closest thrower has picked up the ball. Once the 4 original throwers have completed all of the course and returned to the sideline the team sits down to show they are finished.

Focus on accuracy not speed, Eyes up and making sure that their hips are turned in the direction of the sideline and the marker

Stretch and review (5 min)