## Topic = Technical Fitness II

### Coach = Adrian Parrish

<table>
<thead>
<tr>
<th><strong>FUNDAMENTAL – WARM UP</strong></th>
<th><strong>ORGANIZATION</strong></th>
<th><strong>KEY COACHING POINTS</strong></th>
</tr>
</thead>
</table>
| ![Diagram 1](image1.png) | * All players except one dribble around in the area  
* On the coaches command of change players put their foot on their ball and try to find another one  
* The player who does not have a ball when they have all started dribbling again must go to the coach and conduct 20 ball manipulation skills | * Encourage sharp movement when dribbling  
* Be to the ball first  
* Accelerate when the player gets a new ball  
* Focus on quality technique |

### MATCH RELATED ACTIVITY

* Divide the group into two teams of 5  
* Put five balls into the area  
* Play team keep away for 90 seconds  
* At the end of the 90 seconds the winning team is the team that has the most balls in their possession

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<tr>
<th><img src="image2.png" alt="Diagram 2" /></th>
<th><img src="image3.png" alt="Diagram 3" /></th>
<th><img src="image4.png" alt="Diagram 4" /></th>
</tr>
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</table>
| * Protect the ball if you have possession  
* Can you double up defensively to win the ball | * Play 3v3 with a three goals in the middle of the field  
* A team is on deck waiting to play  
* Teams play for 90 seconds  
* Teams score by passing a ball through a goal to a teammate  
* The team that wins have the option of staying on or taking a rest | * Make sure players hydrate while they are on deck  
* Keep a supply of balls next to you as the coach to keep the game flowing quickly |

### MATCH CONDITION ACTIVITY

* 6 V 6 including Goalkeepers  
* Players from the attacking team must be past mid-field for a goal to be scored. If they are not the goal does not count  
* All of the defensive team must be back as well otherwise the goal counts double

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<tr>
<th><img src="image5.png" alt="Diagram 5" /></th>
<th><img src="image6.png" alt="Diagram 6" /></th>
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</table>
| * = Ball  
* = Players  
* = Goal  
* = Run w/o ball  
* = Disk  
* = Coach | ![Diagram 7](image7.png) |

### COOL DOWN

Players throw, roll and catch the ball in pairs. Stretch