

**KERRY SCHOOLBOYS LEAGUE**  
Emerging Talent Programme – Under-12/13

**SESSION 7: BALL PROTECTION 2**

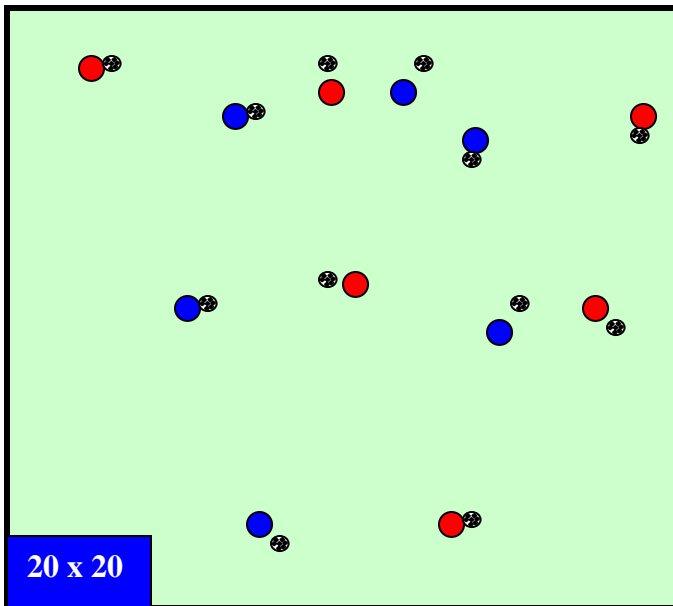
**A: WARM UP**

**B: TECHNICAL**

**C: TACTICAL**

**D: SSG**

**A. WARM UP**



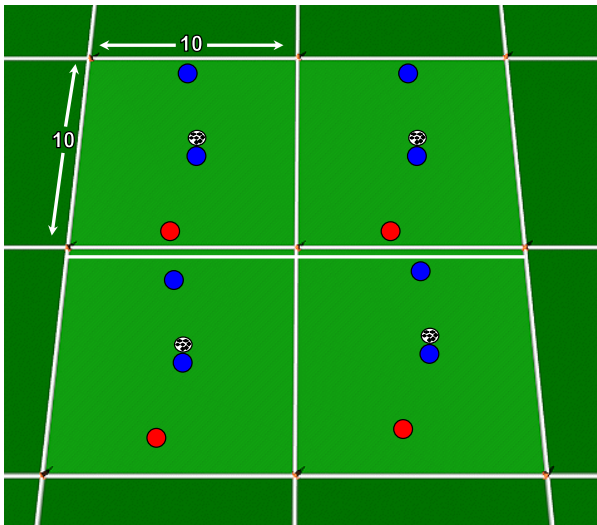
**WARM UP – ORGANISATION & PROGRESSIONS**

- 1)**A**: Each player has ball and keeps ball under close control – use different surfaces
- 2)**A**: On Coaches signal – use different turns, inside of foot, outside of foot, drag backs etc., - accelerate away having made turn.
- 3)**B**: On Coaches signal – Reds leave their ball & try to win possession of Blue’s football. Blue dribble away, shielding ball with body. (Switch roles).
- 4)**C**: Each colour group has 1 ball and passes in full area – keep possession inside
- 5)**C**: Now Blue try to retain possession of own ball and win possession of Red ball. Red try to do same. Team receives 1 point if they have possession of both footballs. Play to 5 points.

**KEY FACTORS**

- o **A**: Head up – be aware of other player’s positions – keep ball close to you – keep moving – keep in area. Quick turns – accelerate away.
- o **B**: On the ball – keep body between ball and opponent
- o **C**: Accurate passing – head up – clear passing line – retain possession at a tempo. Work hard to win other ball, support, communication, use the available space.

## **B: TECHNICAL PRACTICE**



### **Small Group Work**

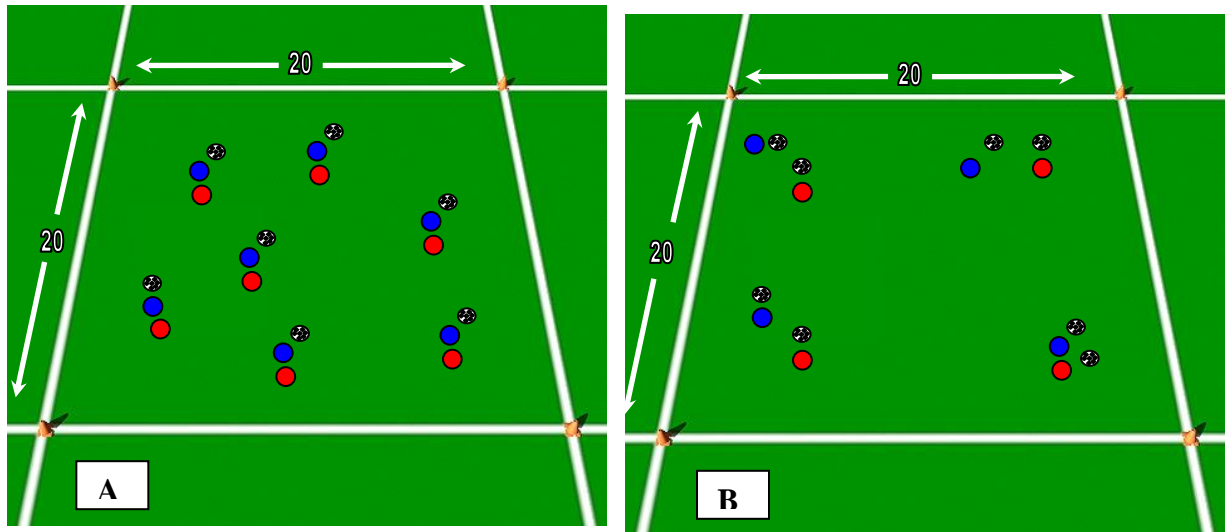
Split up every other pair, so that you now have 3 players in a grid. Leave the server (Red in diagram) at one end, put the receiver in the middle, and put the other player on the far end of the grid (he will serve as the support player). Red serves the ball into Blue receiver; Red then follows pass to close down player with ball; as soon as Red player reaches the Blue player, the other Blue player starts counting slowly to 6 during which time the Blue player with the ball must try to retain possession of the ball by shielding it from the red player. Once the count of 6 is reached, the second Blue player can move in to accept a pass and the two Blue players then try to dribble across the Red player's end line (2 V 1).

Switch player's roles.

### **KEY FACTORS**

- **Shielding; Position your body between opponent and ball (side on)**
- **Keep the ball within playing distance and as far away from the opponent as possible.**

## **B: GROUP PRACTICE**



**A)** Blue player dribbles ball around area, closely followed by Red player. On Coaches signal Blue player must hold ball in near-stationary position (foot on ball) while "holding off" the Red player, Red player tries to touch ball with foot. Red gets one point for every touch he gets on the ball - players keep score. Players move off again on count of 10 with Red player in possession. Play for 5 minutes.

### **Progression 1.**

As above but - on Coaches signal - Player with the ball can move  $\frac{2}{3}$  yards either way while trying to shield ball from Red player who is trying to win possession. Play for 5 minutes.

### **B) Progression 2.**

All players have a football. Red player with ball pursues opponents ball, cuts ball and uses all surfaces to try to touch balls together to score point. Blue player with ball shields, changes directions, and changes pace within a 10 yard grid. Change roles after 60 seconds. Keep score. Play for 5 mins

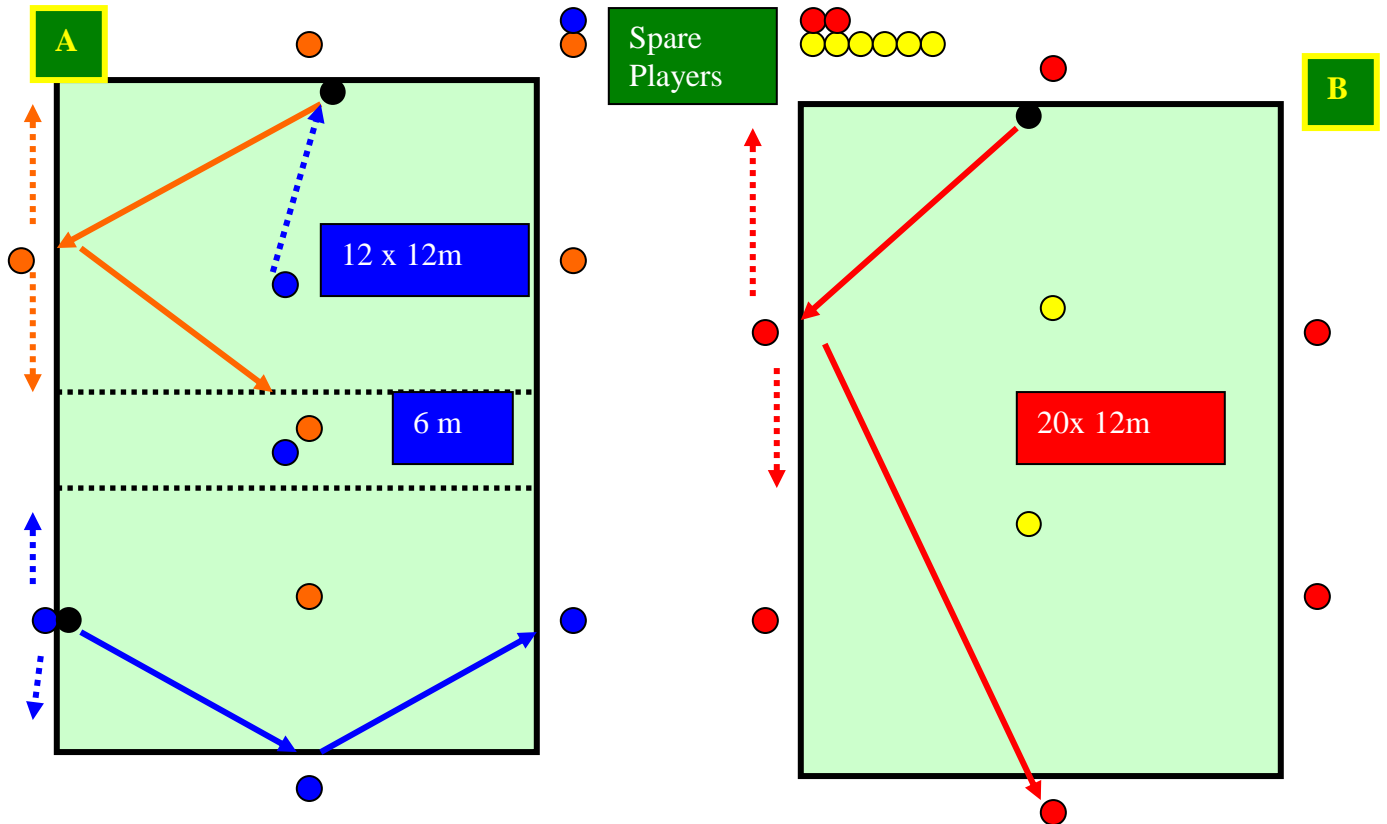
### **KEY FACTORS**

- **Dribbling; Head up – look to see danger – keep ball close to you – keep moving – keep in area.**
- **Shielding; Position your body between opponent and ball.**
- **Keep the ball within playing distance and as far away from the opponent as possible.**

## C: TACTICAL GAMES / EXERCISES

### ORGANISATION & PROGRESSION

- |   |
|---|
| <b>A:</b> Two 12 x 12 grids separated by a 6m channel – 4 outside players in each       |
| <b>A:</b> One defender – passive at first – tries to put pressure on passing            |
| <b>A:</b> Outside players – must stay outside and pass across grid – can move up / down |
| <b>A:</b> Keep Possession across the area – change defenders after 20-30 secs           |
| <b>B:</b> One 20 x 12m grid – 6 outside players v 2 Inside players – in colour teams    |
| <b>B:</b> Two defenders – passive at first – try to put pressure on passing             |
| <b>B:</b> Outside players – must stay outside and pass across grid – can move up / down |
| <b>B:</b> Keep Possession across the area – change defenders after 20-30 secs           |

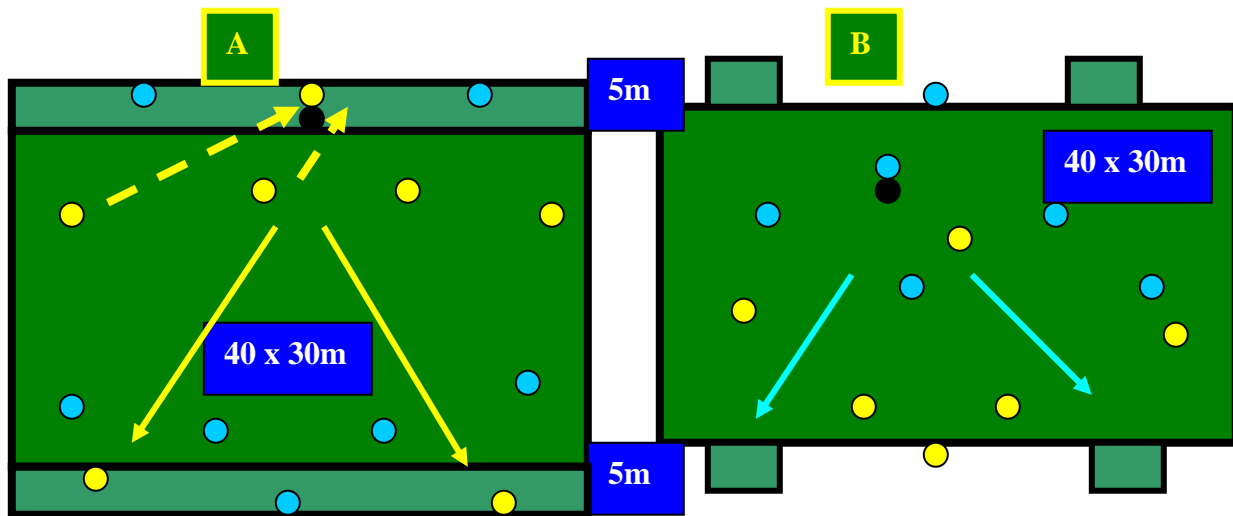


### KEY FACTORS

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|---|
| <b>KEY FACTORS</b>  |
| o <b>A:</b> <b>Accurate</b> Passing to keep possession – angled – pace – distances – timing |
| o <b>A:</b> Support for the player in possession – protect the ball – 1st touch             |
| o <b>B:</b> Passing over short and long distances – How many touches                        |
| o <b>B:</b> Receiving and control – to Pass – and protect possession - movement             |

## D: SMALL SIDED CONDITIONED GAMES

ORGANISATION & PROGRESSION	
<b>A:</b>	4 v 4 outfield – with 1 server behind – purpose is to keep possession
	And pass ball to one of the 2 end targets at the end = 1 point / goal
<b>A:</b>	If can't play to one of 2 targets, can play <u>back</u> to support player
<b>A:</b>	Other team tries to win possession and repeat – change server & target
<b>B:</b>	5 v 5 with one support player behind to keep possession
<b>B:</b>	Try to score in either goal – defend two goals behind you
<b>B:</b>	Protect Possession – use server to retain and switch possession



KEY FACTORS	
o	<b>A:</b> Good Accurate Passing – weight / timing / disguise
o	<b>A:</b> Decision making – when to play forward or back
o	<b>B:</b> Body position to receive – change direction
o	<b>B:</b> Decision making – when to play forward or back

END OF SESSION			
COOL DOWN	FEEDBACK with Players	Check Injuries	Information on next session