

Day 15

Playing Style - Advanced Programme

At this point in time, we need to concentrate on ensuring that the players are competent at an Under 17 level.

NOTE: Today is the first day of Technical Aspects of Play - these technical aspects are based upon the understanding of the playing patterns.

- ❖ **Offensive Pattern - GK-2-3-3-2;**
- ❖ **Defensive Pattern - GK-1-3-4-2.**

Skills Progression - Under 17

Emphasis

1. **Fitness** - The need for players to maintain a fitness routine should be introduced at this level;
2. **Decisions** - Players should be given responsibility for setting individual and group goals. Emphasis should be placed on the importance of correct decision making during games;
3. **Tactics** - Players should be able to play to a team tactic or set play;
4. **Skills** - Emphasis should still be placed on the correct performance of skills with remedial skill sessions as and when required;
5. **Personal Development** - Players should be able to balance their sporting, social and academic commitments. Emphasis should be placed on organization of time and setting goals and priorities;
6. **Mental Skills** - Players should be able to prepare themselves mentally for the game.

Game Plan

Players should:

1. Play to a team strategy;
2. Control the tempo of the game;
3. Be able to decide when to take the risk to attempt to score a goal;
4. Be competent with both man-to-man and zonal Defence.

Skills Standards

1. **Dribbling** - Players should be able to pass to a signal (**eyes, stick, body**) while dribbling under pressure;
2. **Advanced Scanning** - Players should be able to scan most of the ground in all directions (**180°**) while dribbling;
3. **Body Feinting** - Players should be able to execute body feinting movements;
4. **Receiving when Marked** - Players should be able to pass to a marked player or receive when marked;

5. **Anticipation** - Players should be able to read the play and assess the threats and opportunities;
6. **Manufactured Free** - Players should be able to avoid giving away frees when the opponent is playing for a free "**manufactured free**";
7. **Flicking / Scooping on the run** - Players should be able to flick or scoop on the run;
8. **Deflections** - Players should be able to perform deflections for both goal shots and passes.

-----oooooOOOOOooooo-----

03.01.16 Reverse sticks steal

Objective

1. Used to steal the ball from beside the opponent on the reverse stick;
2. Used mainly when you cannot get in front of a fast moving opponent.

Execution of Skill:

1. **BEFORE** tackling **CHANNEL** opponent and get in front as much as possible;
2. Look for ball control errors or when the opponents moves are limited;
3. Hold stick in **LEFT** hand only and extend it out to reach the ball;
4. Drag the ball towards you and / or behind the opponent;
5. **DO NOT** touch the opponent's stick or body.

Watch For:

1. Player attempts to get in from of the opponent as much as possible;
2. Player **DOES NOT** touch the opponents stick or body at any time.

Practice Drills:

1. Small game points for goal and reverse stick steal.

-----oooooOOOOOooooo-----

03.01.17 Decision Making

Objective:

1. To develop decision making in the various areas of the play.

Execution of Skills:

1. Skills in Attack - Animated Skill Drills - Unit Play- Exercise 8;
2. Skills in Defence - Animated Skill Drills - Unit Play- Exercise 9;
3. Skills in Midfield - Animated Skill Drills - Unit Play- Exercise 10;
4. Passing from Midfield - Animated Skill Drills - Unit Play- Exercise 12.

NOTE: These exercises should be run in the above order and utilize all players in each exercise. Develop variations for each exercise as we progress through the Skills.

-----oooooOOOOOooooo-----

03.01.18 Ball Side / Help Side

NOTE: Ball Side / Help Side has been highlighted in 03.02 Advanced Skills - Day Ten. The focus is now on changing the discussion into active progressions - include "Defence Line / Attack Line" into the practice.

Execution of Skills:

- 1. Response (1) - Animated Skill Drills - Defending- Exercise 12;**
- 2. Response (2) - Animated Skill Drills - Defending - Exercise 13;**
- 3. Response (3) - Animated Skill Drills - Defending - Exercise 14.**

Variations:

- 1. Utilize "Zonal Players" to switch play from one box to the other box.**

NOTE: These exercises should be run in the above order and utilize all players in each exercise. Develop variations for each exercise as we progress through the Skills.