



Hooked on Games

15 Play-Practice-Play Session Plans



Session 14

Checkout skills: Transferring the ball

Equipment needed:
Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of moving with the ball in tight areas completed in this session there should be an emphasis on the following: • *Quads* • *Groin* • *Calves* • *Lunges*. Ensure the players complete some short sharp sprints with turning before commencing the play section.

10 mins

1. Play

10-15 mins

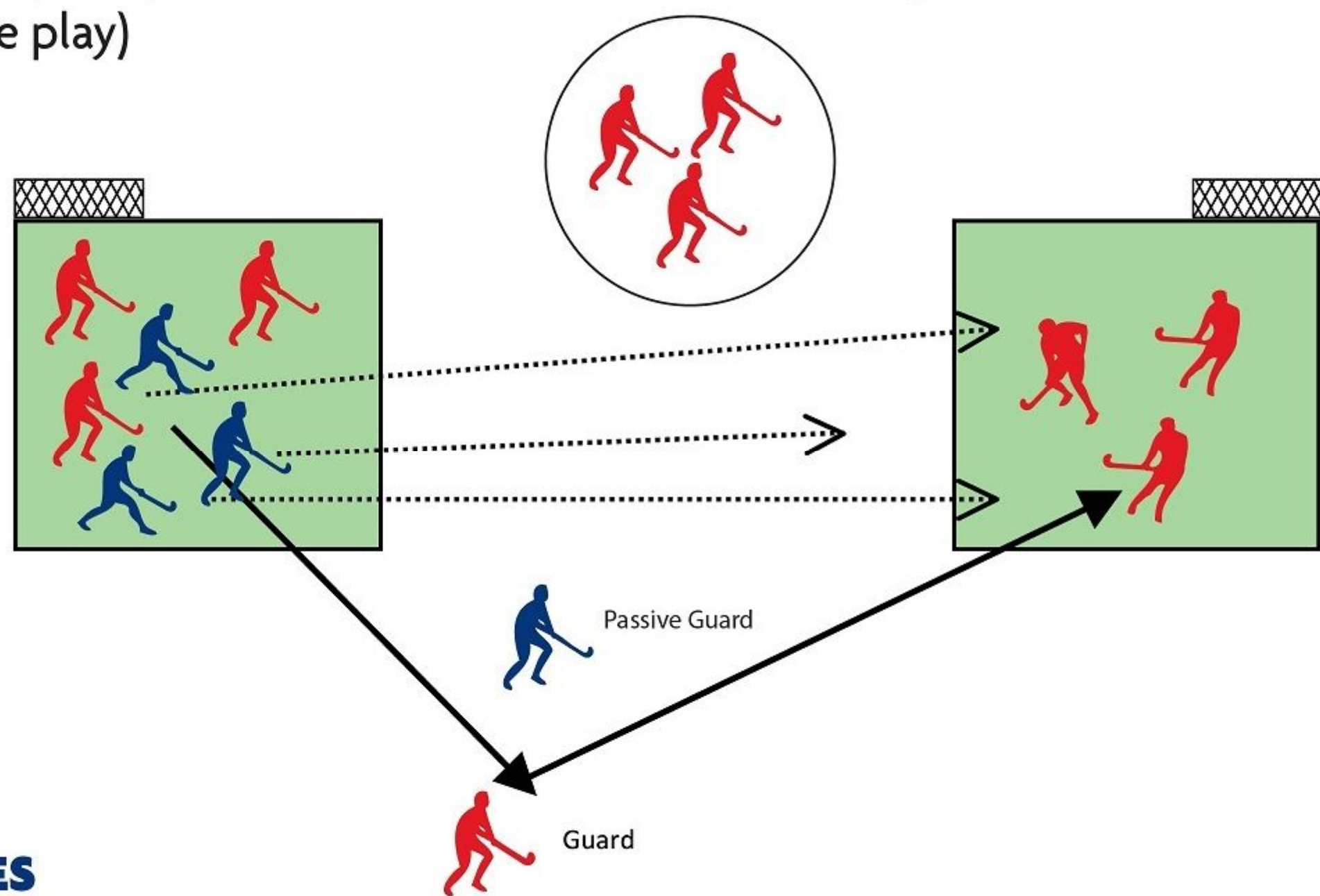
OBJECTIVE

To demonstrate how and why there is a need to transfer the ball across the pitch.

SET UP

The aim of this game is to transfer the ball out of a congested area of the pitch to an area where there is space to attack. This should be done quickly before the defensive team can defend the other side of the pitch. The faster the ball is transferred the more chance the attacking team have to score.

- Set up two areas roughly 8-12m by 5-9m (depending on age and ability)
- Each area should have a goal placed in the far corner
- Divide players into equal teams of 7 (or 9). Teams should then be subdivided into two units of 3 and a 'guard' player.
- Keep the players that will come on next in a separate area (safe from the play)



RULES

1. Teams take it in turns to attack
2. The attacking team has one unit of players in each area and a 'guard' player on the outside (furthest from the goals). The defending team is only allowed to use one of the units of three players (the other three wait for their turn).
3. The ball starts with the guard player who passes the ball into the area where both defenders and attackers are. The attackers attempt to score. If they are unable to score, they can transfer the ball to the other attacking area by playing through the 'guard'.
4. If the 'guard' passes the ball to the other attacking area, the defenders must sprint to that area to stop the attackers from scoring a goal
5. The defending team must stay in the area where the ball is at all times. They can only move to the other area when the ball is passed to the guard.
6. The guard on the defending team should be passive i.e. cannot tackle the attacking guard player

SAFETY POINTS

- Be careful to ensure there is always one ball on the pitch at any time
- Ensure the defending units know exactly which of them is defending at any times



2. Practice

35 mins

OBJECTIVE

This section allows players to work on their 'checkout' skills and passing techniques for use in this situation i.e. when they are trying to transfer the attack away from congestion. It should be noted that 'checkout skills' are those which help a player turn away from a congested area (or one where they are outnumbered) so they can transfer the ball to space.

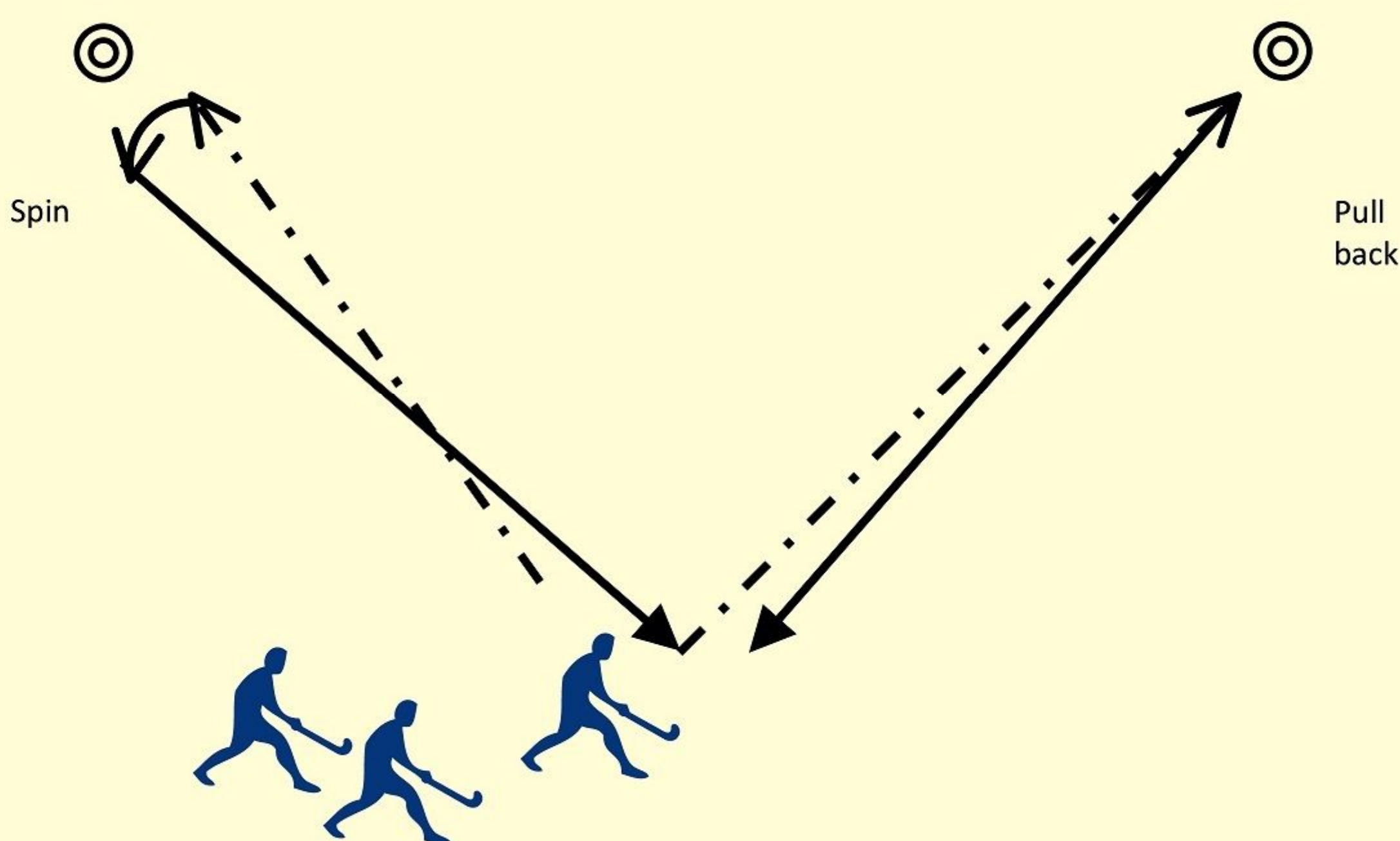
Exercise 1 - Organisation

This exercise emphasises the two principle checkout techniques. Divide the players up into groups of five or seven (note there needs to be an odd number for this exercise).

Position cones at roughly 45 degrees from the start point on both sides approximately 8m away from the group of players.

- The first player moves with a ball towards the cone on the left and uses a tight 'spin' (technical points overleaf) to turn away from the point of congestion and then passes the ball back to the second person.
- The second player receives the ball and moves immediately to the right cone and completes a 'pull back' (technical points overleaf) and passes the ball to the third player who moves to the left and so on.
- This continues so all players work on both sides

The coach may need to break down and work on one technique more than the other and if this is required then the players can all work in one direction.



SAFETY POINTS:

- Ensure all exercise areas are in the same direction and ideally side by side
- Ensure there is not the potential for a ball from one exercise to be played into another practice area
- No hitting allowed

