

Sample Training Session 3 – Shooting & Decision Making

COACH:			DATE:			VENUE:		
REGISTER:			GROUP:			AGE:		
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OPENING TEAM CIRCLE 5:00 Mins	SPORTS COMPETENCE: SHOOTING	EMPLOYABILITY COMPETENCE: DECISION MAKING
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WARM-UP - I = 10:00 Mins: YES OR NO

Organization

- Mark two lines in a 3-4m distance
- Mark a "Yes" and a "No" line 1 in a 10m distance to the central lines and place balls for half of the team on each line
- Place two small goal (2m) 10m behind the "Yes" and "No" line
- The players are divided into two teams and wait on the central lines

Process

- The players compete in pairs
- The coach shouts a statement (an equal number of "Yes" and "No" statements)
- The players have to run to the "Yes" or "No" line and shoot the ball into the goal
- The player running after the partner has to catch the player before shooting the ball.
- The players count their goals
- The coach explains the solution

Correction

- Players should pass the ball into the goals as they aren't warm yet

Employability competence

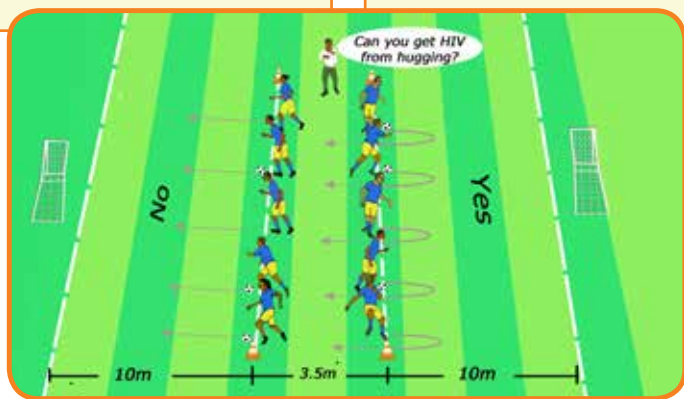
- The players have to make quick decisions under opponent pressure
- The players can't focus on the reaction of their opponents
- Concentration is crucial

Variations

- The coach chooses statements with different difficulty levels and themes
- The players face each other/stand back to back.
- Count the goals of the teams instead of the individuals
- The players are only allowed to shoot if they haven't been caught by the opponent
- Own goals are possible

Reflection

- Was it difficult to make the right decision under pressure?
- Did the pressure influence your performance?
- Where do you have to make difficult decision in your life?



WARM-UP -II = 10:00 Mins: RIGHT OR WRONG

Organization

- Mark a central field of 15m x 15m
- Mark two fields (True and False) of 5m x 15m to the right and the left of the central field
- Place two small goal (2m) 10m behind the "True" and "False" fields

Process

- All players dribble with the ball in the central field (or pass the ball)
- The coach shouts a statement
- The players run to the "True" and "False" fields and shoot the ball into the goal.
- The coach explains the solution

Correction

- Explain different shooting techniques

Employability competence

- The players have to make the right decisions
- The players have to explain why they decided to dribble to the chosen field
- Quick processing of information and quick physical reactions make the difference

Variations

- The coach chooses statements with different skill levels and themes
- Only the first three players entering a field are allowed to shoot
- Players are only allowed to use their left/right foot.
- Change the size of the goals

Reflection

- Why is it important to explain your decision



MAIN PART - I = 15:00 Mins: PASSING IN PAIRS

Organization

- Mark two lines with a distance of 5m
- Players act in pairs. One player on each side of the line. One player of each pair has a ball.

Process

- The players pass the ball to each other with their feet.
- All players tippy toe. Nobody stands.
- The ball gets controlled and passed with both feet.

Correction

- Utilisation of both feet.
- Players have to move towards the ball.
- Lean body forward and hit ball to a central position.

Employability competence

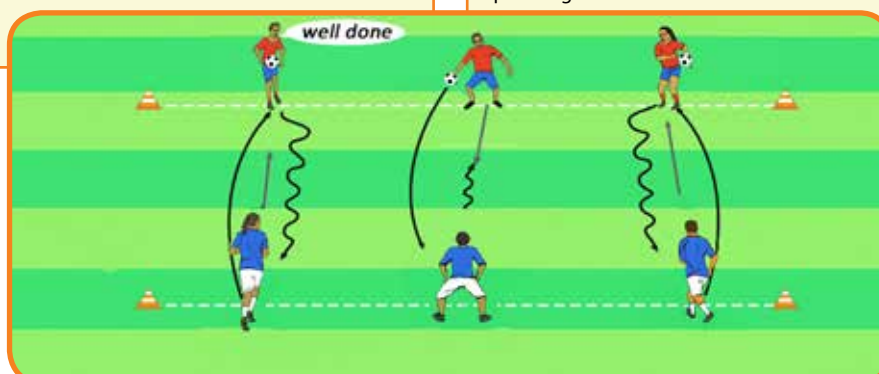
- The players have to encourage each other after mistakes.
- The players have to give each other tips on how to improve their performance.

Variations

- Players are only allowed to use their left/right foot.
- Players play the ball with only one touch.
- One player throws the ball and the partner returns it with a volley (inside or instep kick).

Reflection

- How can we help each other to improve our performance during the game or in the workplace?
- How Important Is the quality of the pass of my teammate for my pass or goal shot?



MAIN PART - II = 15:00 Mins: NUMBER GAME

Organization

- Create a pitch 30m x 30m with two goals
- Divide players into two teams
- The teams wait next to their goals

Process

- The coach shouts a number for the number of players from each time to compete against each other.
- The game is over after a goal or the ball leaves the pitch.

Correction

- Agree on numbers between the players
- Exchange the goalkeeper
- Use the goalkeeper as an additional player
- Aim for a quick shot

Employability competence

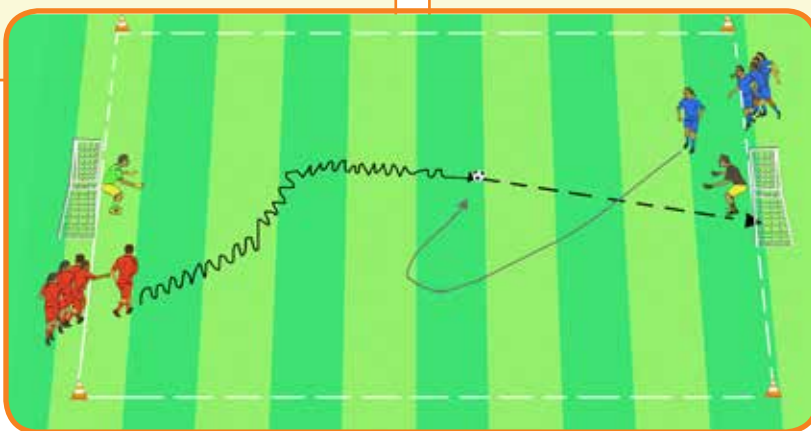
- The players have to decide quickly who to send on the pitch
- The players have to make constantly quick decisions

Variations

- Play with two balls.
- Players are only allowed to play with three (two) contacts
- Goals only count from a distance of minimum 10m

Reflection

- How can we improve the shooting skills further through this exercise?
- How was to have to make so many different decisions?
- What strategy did you follow?
- How important was decision-making for the success of the team?



GAME TIME = 20:00 Mins: SHOOTING IN A GAME SITUATION

Organization

- Create a pitch 30m x 30m
- Small sized game 3 vs 3 or 4 vs 4 with goalkeepers
- Each team has two passers next to the opponent goal

Process

- The teams compete against each other.
- The teams include the passers

Correction

- Lean body over the ball
- Movements of players without the ball.
- Praise players for successful and clever passes.

Employability competence

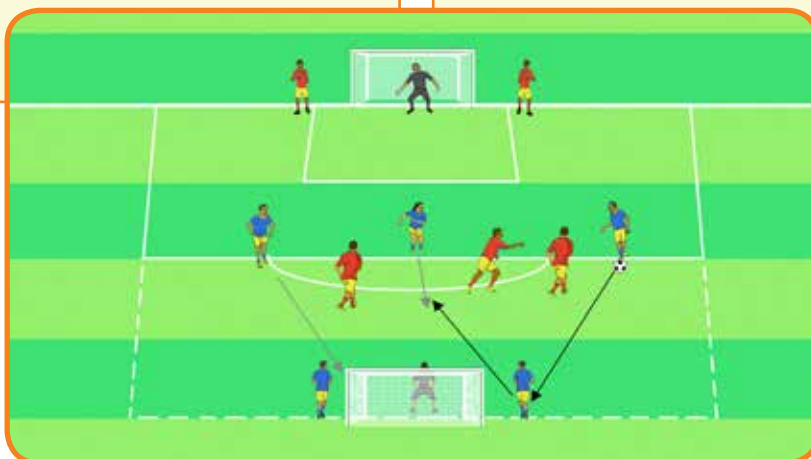
- The players have to make decision how to prepare the shots successfully
- The players communicate loudly with each other
- The players get time to agree and adjust their strategy

Variations

- The passers get exchanged every 5min.
- Passers only allowed to touch the ball one (2 or 3) times
- Goals can only be scored with the first touch

Reflection

- How do we have to communicate with the additional players?
- Why are quick decisions important for the success of the team?



Cool Down 5:00 Mins	Slow movements & stretching, while all players tidy-up the equipment.
Closing Team Circle 5-10 Mins	<p>Decision-making is a crucial part of the football game as the players are constantly under opponent pressure. New game situation develop constantly which have to be solved by good decisions.</p> <p>Ask players to reflect on their shooting skills, What have they learned? What do they need more practice in?</p> <p>Ask players to reflect on their decision-making skills on the field. Did these help them to be more successful? What do they need more practice in?</p> <p>Ask players to identify where are quick or good decisions skills needed in life.</p> <p>Ask players to reflect on the importance of decision-making skills in the workplace.</p>

SESSION REVIEW:	SPORTS COMPETENCE	EMPLOYABILITY COMPETENCE
What went well in the session? What aspects of the session could be improved? What changes or improvements will you make to the next session?		

Sample Training Session 4 – Heading & Cooperation

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