

Alternative Activities Session Plans – Level 3

Key to diagrams:



= marker

= run



= player

= pass



= ball



Lesson 1

OBJECTIVES OF THE LESSON

1. To revise the basic catch and pass
2. To revise the basic catch and pass with pressure of opposition or time

INTRODUCTION (10 minutes)

1. *Name: Activity by Number*

Objective:

To develop listening skills

Explanation:

Identify and explain 3-5 activities and allocate a number for each. With players working in pairs, call out a number and have the players perform the activity. Examples for activities:

5 x Fig.8 between legs – both partners

5 x round the body – both partners

5 catch and passes each

5 acting half passes each

5 rollball, scooping, running backwards

Teaching Points:

Listen to calls

FOCUS OF LESSON (20-25 minutes)

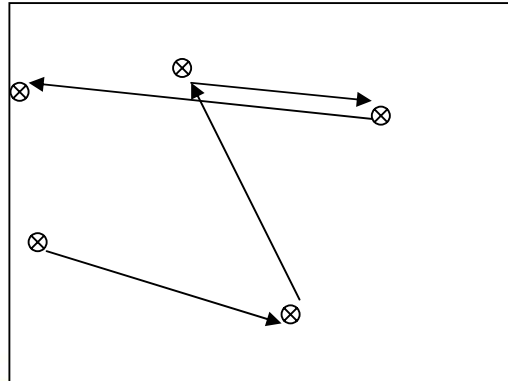
2. Name: Random Grid Passing

Objective:

To develop catching and passing while running

Explanation:

5-7 players per grid. The group passes the ball randomly amongst each other whilst firstly walking, then jogging and running in random fashion within the confines of the grid. The size of the grid can be varied. The minimum passing distance can also be varied depending on player proficiency. Add a competitive element of how many completed passes can be made in 30 seconds



Teaching Points:

All normal catch and pass points

Passing order must be random – call for ball

Ensure all parts of grid are used

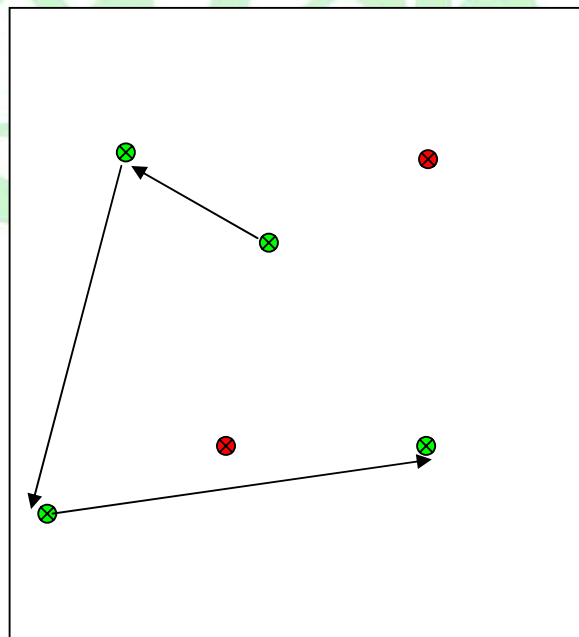
3. Name: Linking Passes

Objective:

To develop accurate passing and team work

Explanation:

Players are divided into teams of approximately 6 and placed in a 10m x 10m square. 2 players are allocated as defenders, 4 are attackers. The object is for the attackers to complete as many passes as possible in a given time without dropping the ball. The defenders are to attempt to intercept the passes and place pressure on the attackers. Players with the ball cannot move so other supporting players are required to position themselves and call for it when in space. It is important to keep defenders 1 metre from the ball carrier to alleviate crowding. Proper touch passes must be used and if the ball is dropped the count restarts.



Teaching Points:

All catching and passing teaching factors

Communication, teamwork and awareness skills

Decision making

4. Name: 5 Person Corner Drill

Objective:

To develop accurate passing and peripheral vision

Explanation:

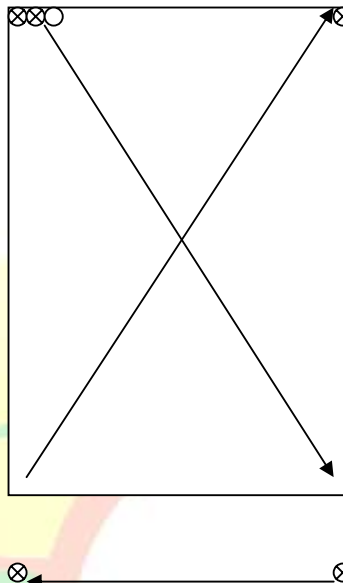
One player stands at each corner of a grid 8 x 10 metres square. A ball carrier joins one of these players at any marker. The ball carrier passes the ball to the next marker and follows the ball to that marker. The player at that marker repeats the action and so on. This is continued around for approximately 1 minute sets, with 15-20 seconds break. It is important to pass the ball in both directions.

Teaching Points:

Pass only when the receiver is ready

Don't move until after the pass

Left/Right passes



5. Name: 2 Versus 1

Objective:

To develop the basic catch and pass with one defender

Explanation:

Place the opposition players Y between the markers. Y can move only laterally between the markers and not forwards or backwards. Start with a limited area for them to move sideways and as the attackers become more competent allow them to move across the entire width. The object is for the two players to run and pass the ball and not get touched in possession by a Y player. Each Y player should be 10 metres apart.

As per level
2

Teaching Points:

Draw opposition before passing

Look to defender

to draw and partner to pass

Use the dummy pass

Use width of area

CONCLUSION / MINOR GAME (10-15 minutes)

6. *Name: Team Passing*

Objective:

To develop the skill of the catch and pass in a game situation

Explanation:

Divide the students into 2 or 4 teams depending on numbers. Each team has a person to pass to at one end of the grid to score a goal. The idea is to pass the ball to a team mate without the opposition intercepting the ball. A player cannot move once they have the ball and cannot hold the ball for more than 3 seconds. Any dropped ball is a changeover and the defending player cannot hit the ball from the players hands.

As per level
2

Teaching Points:

As for draw and pass

Move to space

Call for the ball

Pass to the chest of the player

Move the ball across the body



Lesson 2

OBJECTIVES OF THE LESSON

1. To develop the wrap

INTRODUCTION (10 minutes)

1. *Name: Elimination*

Objective:

To develop the skill of the catch and pass, evasion and effecting a touch skills

Explanation:

4 to 12 players per grid. The players in the grid are divided into 2 equal teams and preferably identified with bibs. One of the teams has possession and attempt to touch the ball on the other group without dropping the ball. The player in possession cannot run and other players in the group are forced to move around and get into a better position to receive a pass and effect a touch. Through communication and team work the players are eventually eliminated. Swap groups around to see if second group can beat time taken by first group. You may choose not to eliminate players to keep them all involved. To achieve this count how many touches were made by each team instead with all players participating until time is up.

As per
level 2

Teaching Points:

Players not in possession must support the ball carrier

Communication

Evasion

Teaching Points:

As for the wrap

Must straighten otherwise group will drift across field

The pivot must run forward and in before passing to the wrapper

CONCLUSION / MINOR GAME (10-15 minutes)

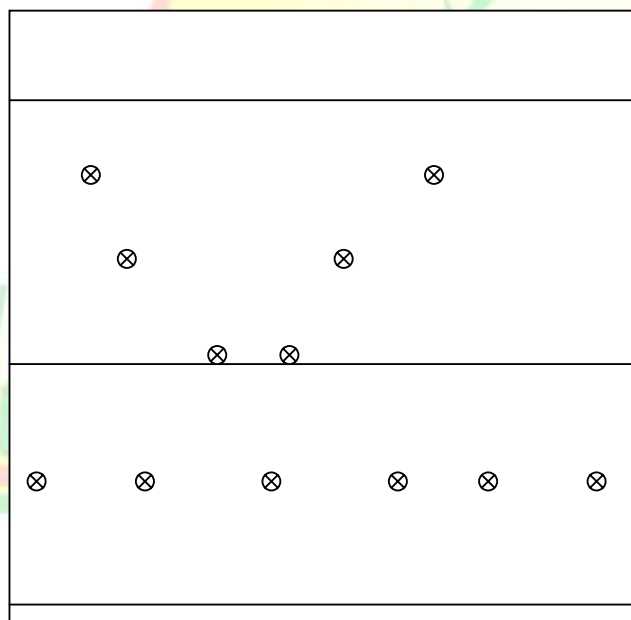
4. *Name:*

Objective:

To develop the skill

Explanation:

Teaching Points:



Lesson 3

OBJECTIVES OF THE LESSON

1. To revise the wrap
2. To use the skills in a game

INTRODUCTION (10 minutes)

1. *Name: Pass and Run*

Objective:

To develop quick accurate passing and deep running onto ball

Explanation:

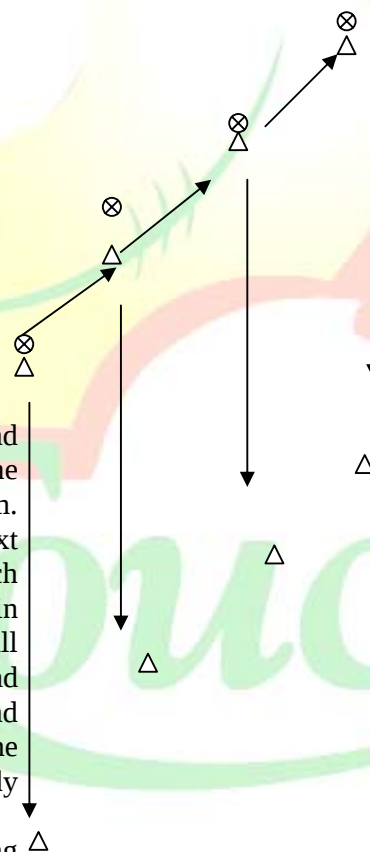
Form groups of 5-6 players and have them stand at a marker. The ball starts with the player on the end who has the marker farthest away from them. They are to take one step and pass to the next player who does the same. The ball should reach the last player before they reach the marker in front of them. When the last player has the ball and are at their marker they are to turn around and pass it back along the line. Once the others had passed the ball initially, they are to make it to the marker in front of them, turn around and be ready to run onto the ball coming back.

This can be varied by increasing the passing distance or increasing the running distance for fitness

Teaching Points:

Accurate and long passes

Players must not stop to catch the ball



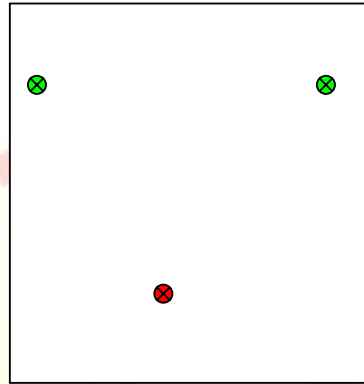
2. Name: 2 Versus 1 Wrap Pass

Objective:

To develop the wrap pass against one defender

Explanation:

The object of this drill is to have two players practicing the wrap pass against one defender. It allows the defender to practice the skill of following the pivot until the change of responsibility occurs. The two attackers should always beat one defender, but it does place pressure on them. Ensure players have a turn in attacking and defending.



Teaching Points:

As with the wrap pass
Run with ball in two hands
Communication

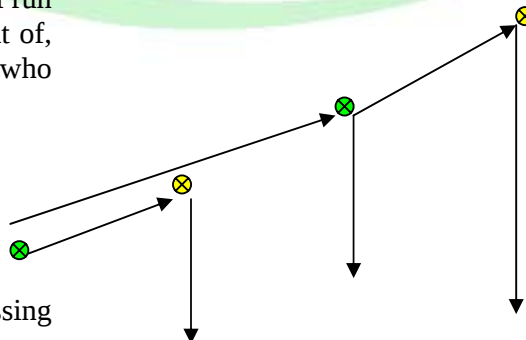
3. Name: Wrap and Pass

Objective:

To revise the wrap with one defender and pass to support player

Explanation:

Form 3 lines with half of each line to go to the opposite end of the grid. The first player in each line works together. A player on one end starts with the ball. They pass to and wrap the middle player and then pass off to the end player. All run through rejoining the line they end up in front of, while passing the ball to the next group who repeats the activity.



Teaching Points:

As for the wrap
The pivot must run forward and in before passing to the wrapper
Support player must stay deep

CONCLUSION / MINOR GAME (15 minutes)

1. *Name: Modified Touch*

Objective:

To develop the wrap in a game situation

Explanation:

Divide the students into 2 - 4 teams depending on numbers. 2 teams play each other in a game of touch with the following modified rules –
Acting Half must pass and cannot run
Allow one infringement per set of 6
Change of possession for instead of tap penalties for infringements

Teaching Points:

Maximise participation
Develop skills
Don't stop game for minor infringements

Lesson 4

OBJECTIVES OF THE LESSON

1. To learn the switch pass

INTRODUCTION (10 minutes)

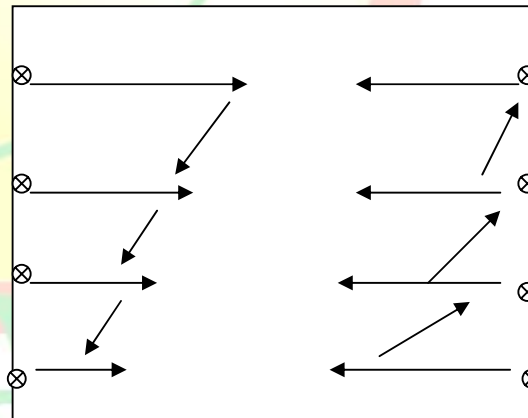
1. *Name: Lines Running Through Each Other*

Objective:

To develop the basic catch and pass and peripheral vision

Explanation:

Divide class into 4 groups. Have each group spread themselves along a side of the grid. Give each group a number from 1-4. Call one number at a time to start. When called, the line is expected to run through to the other side passing the ball along the line and back. When competent call 2 numbers at a time so they also have to be aware of the other players while running and passing. Can increase to 3 and 4 numbers at once.



Teaching Points:

Be aware of other players
Concentrate on ball as well as other players

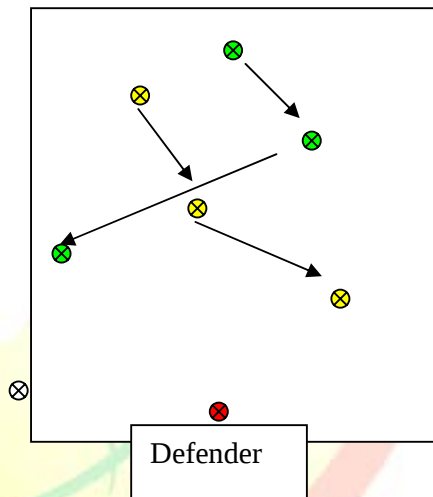
5. Name: 2 Versus 1 Switch Pass

Objective:

To develop the switch pass against one defender

Explanation:

Set up as for Switch Pass 2. The object of this drill is to have two players practicing the switch pass against one defender. It allows the defender to practice the skill of following the ball player until the change of responsibility occurs. The two attackers should always beat one defender, but it does place pressure on them. Ensure players have a turn in attacking and defending.



Teaching Points:

As with the switch pass
Run with ball in two hands
Communication

CONCLUSION / MINOR GAME (15 minutes)

6. Name: Shootout 1 – Wrap and Switch

Objective:

To practice the wrap and switch against a defender in a game like situation

Explanation:

Have players form groups of 3 – 2 attackers, 1 defender. The 2 attackers with a ball stand at one corner of the area and the defender on the other corner. On go the 3 players run towards the corner in front of the defender. The defender who should reach it first, is to then retreat backwards 5 metres. The attackers are to attempt to score past the defender using a wrap or switch. The defender cannot attempt a touch until the 5 metres has been reached.

As in Level
2

Teaching Points:

Draw opposition before passing
Do not get too close before passing
Look to defender to draw and partner to pass
Use the dummy pass
Use width of area