

VTC

S4
SWITCHING POA



PLAN

SESSION 1

17:45-19:00

S&C TO LEAD 17:45-18:00

SESSION 2

18:45-20:00

S&C TO LEAD 18:45-19:00

Organisation:

P1-Technical Stations 1,2,3
Choose between 2 of 3 Technical stations.

P1-Hexagon pass & finish

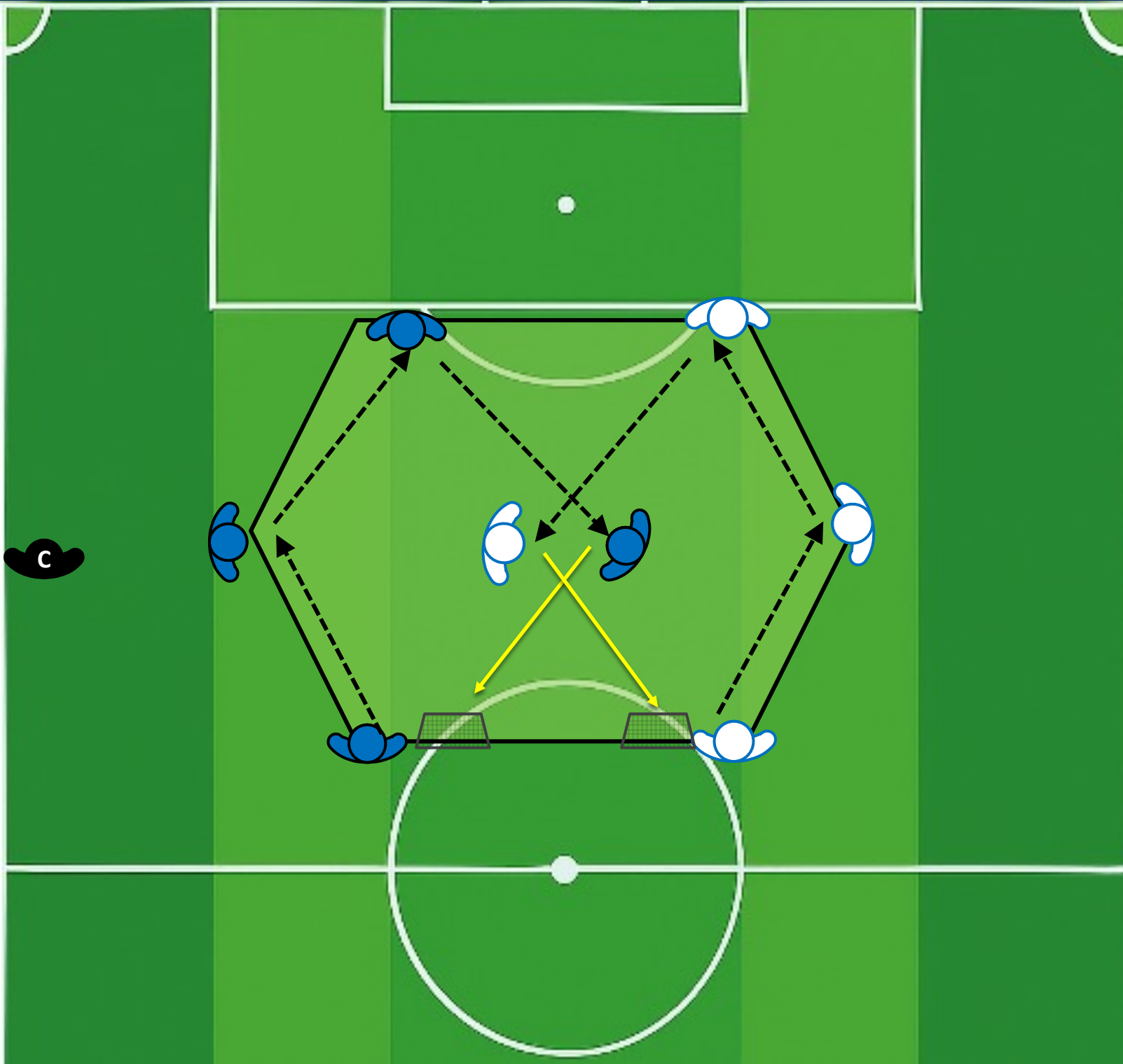
P1-Pass detail

P1-2v2 Narrow, with central line.

P2-3v3/4v4+2

P3-Game

P1-TECHNICAL 1



25 Players
8/10 PER GRID
2 x Grids

How to Play

Two groups of 4, Follow pass & last pass finish on Goal.

Progressions

Add combinations

Advice:

Correct foot pass, body orientation, quick feet.

P1-TECHNICAL 2



25 Players
2 PER GRID
5 X Grids

How to Play

- Pairs inside diamond
- Bounce pass : C, R,L
- Thru Pass , receive at pace
- 3 SETS EACH PLAYER & SWITCH BEFORE recovery action.

Progressions

Thru pass , receive at pace , def recovers for loss of possession.

Advice:

Correct foot pass, body orientation,
Back pedal & quick feet to receive,
plant opposite foot.

Player's coach the player in front.

- ## **How to Play**
- Pairs inside diamond
 - Bounce pass : C, R,L
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 - 3 SETS EACH PLAYER & SWITCH BEFORE recovery action.

Progressions

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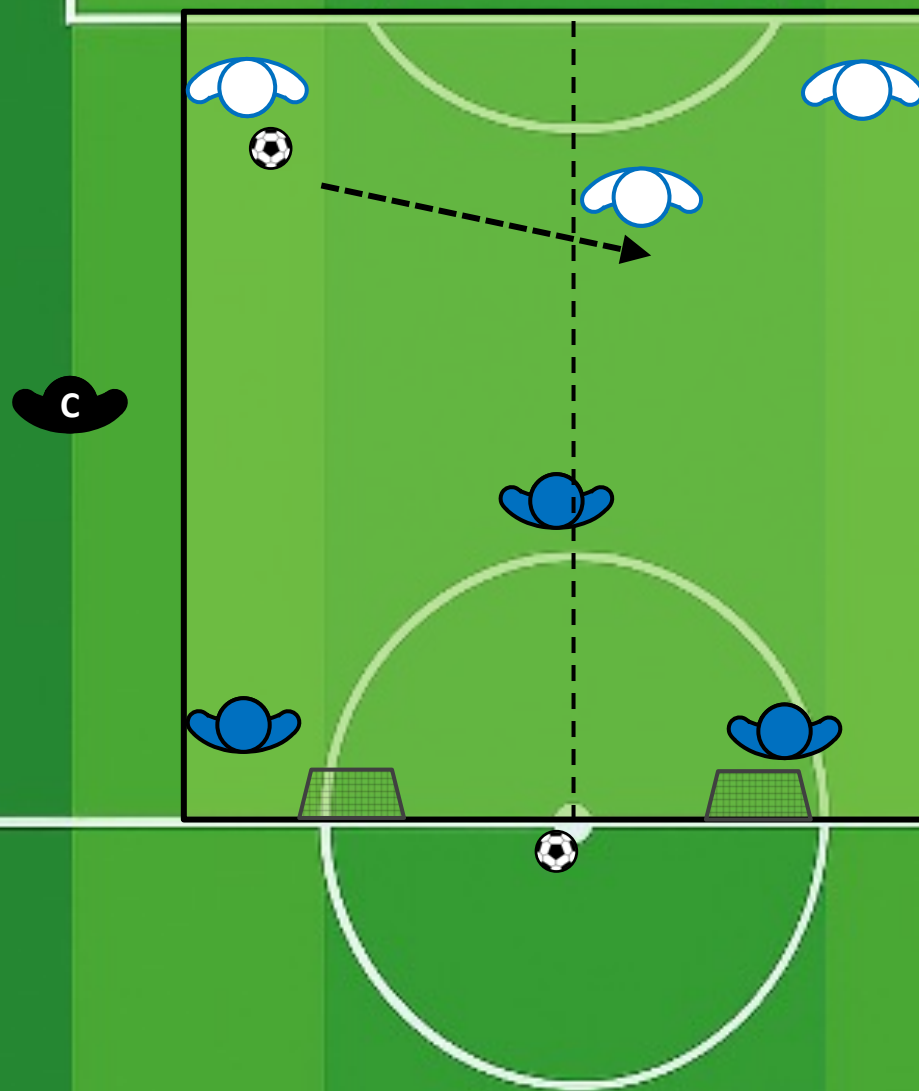
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P1-TECHNICAL-T3- 2V2

25 Player 4 x Grids



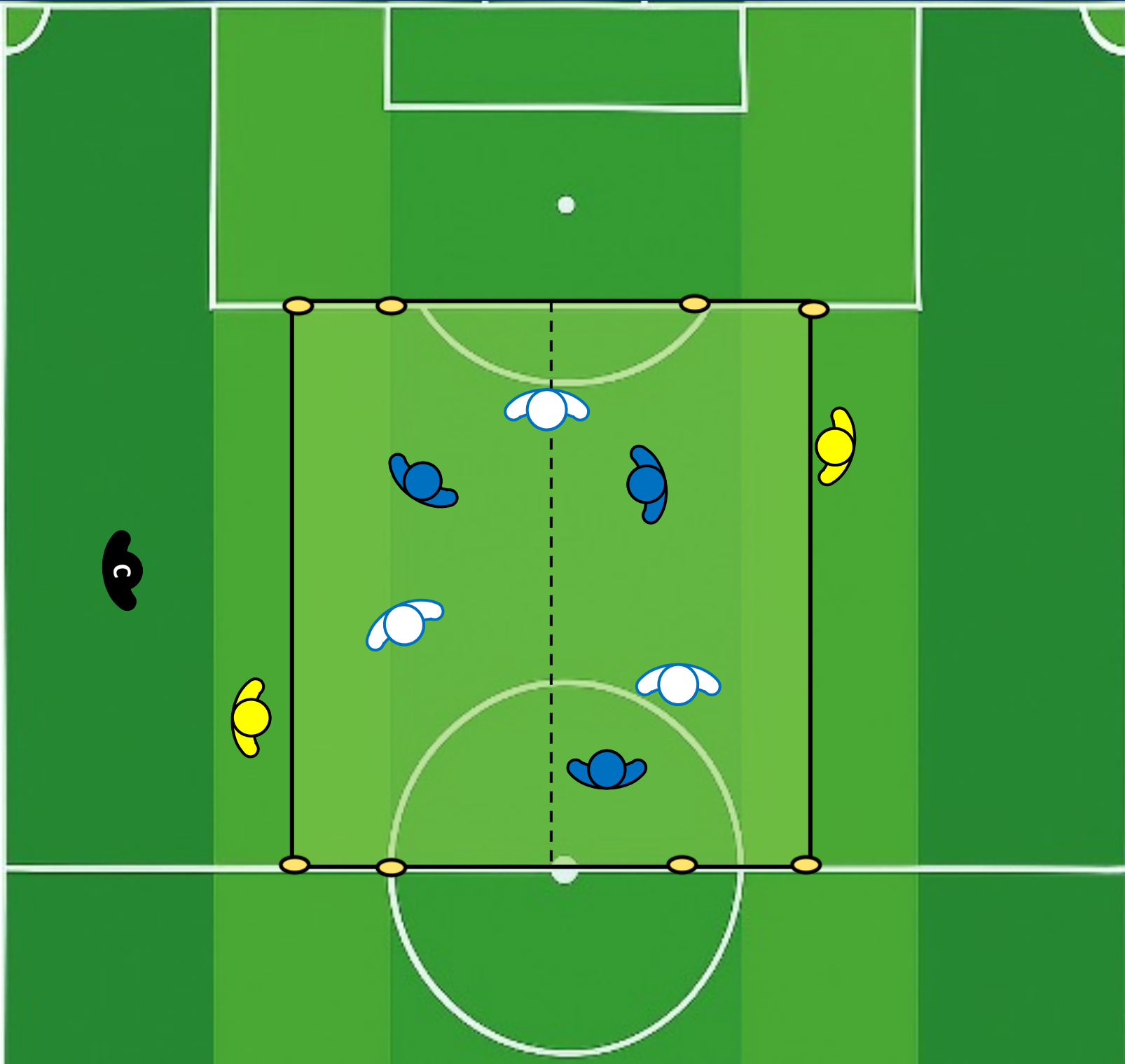
How to Play

- 3v3 with vertical line.
- Must pass across or receive on the line, 1st touch across.
- Goals if available or end Zone.

Progressions

Advice:

P2-3v3+2/4v4+2



25 Players
10-12 Players per grid x 2

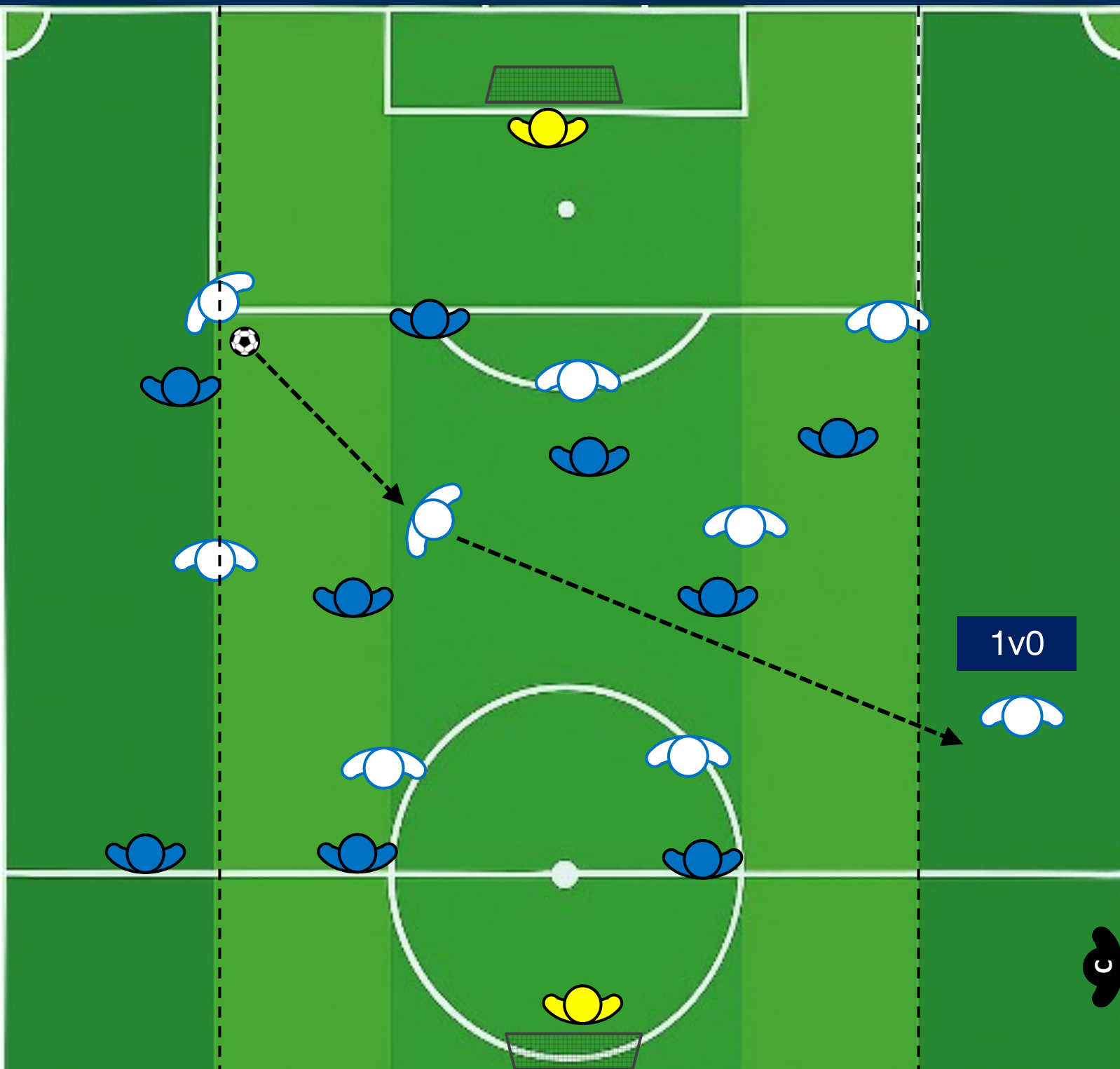
How to Play

- Switch to progress thru wide gates.

Progressions

Advice: Observe Technical skills.
Speed of actions

P3-FULL GAME-11v11



25 Players

10v10

Box to Box

- **Aim to receive 1V0 IN WIDE AREA**

S1 3-3-3 VS 3-4-2

S2 1-4-3-3 VS 1-4-4-2

**Advice: Observe Technical skills.
Speed of actions, recovery
actions & pressure behaviors.**