

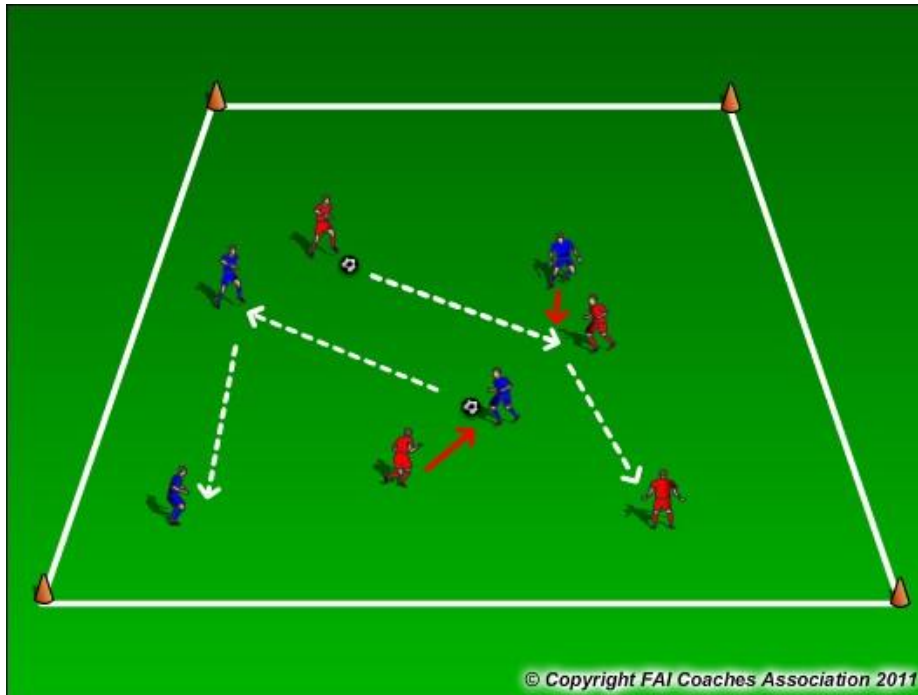


THEME

Fitness – Conditioning Practice

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A Practice designed to improve players conditioning and stamina levels



ORGANISATION

- Area: 20 x 30 metres (adjust to age / skill of players)
- Both teams have a ball
- The objective is for a team to keep possession of their own ball and win possession of their opponents ball
- Each time a team wins possession they receive a point, play to 5 points or a set time (10 minutes)

KEY FACTORS

- Look for players to create space (get wide)
- Open body shape to receive pass and see what's on
- Keep ball out of feet when receiving
- Look for sharp, pacy, accurate passes
- Good communication

NOTES

Players should be constantly on the move, either looking for a pass or trying to win the opponents ball. Keep the tempo up.