



Psychological Session

Category: Psychological practices

Difficulty: Moderate

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Rock paper Scissors (15 mins)

Rock paper scissors

Players pair up and face off against each other in a game of Rock, Paper, Scissors.

On the command 'one two three go' the players shout 'rock, paper, scissors, show'

The 'winner' then runs to either white line, they can however 'double back' to the opposite white line to loose their opponent, but only if they haven't crossed the red line. the 'chasing' player must attempt to beat them to the white line (not tag them)

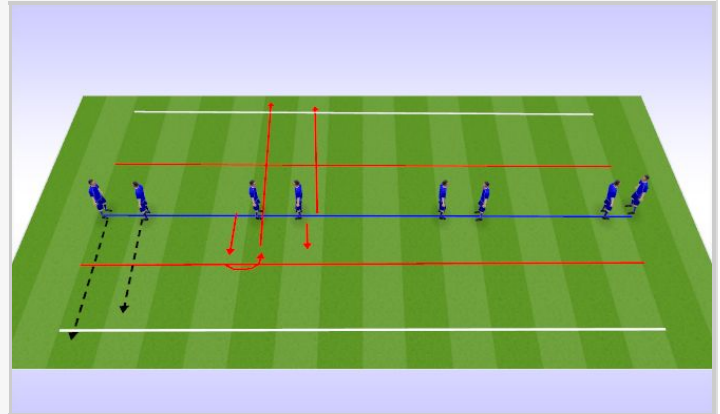
The winner returns to the center blue line and faces a new opponent, a loser!

repeat three times

The 4th and final round players must sprint to the edge of the pitch, either side, all players must continue to sprint (even if they have lost) if someone doesn't, everybody does it again

All winners in the final run will become group 1 and all losers will become group 2

Coaching point, encourage friendly competition, this will create a team bond, some camaraderie, that can be taken into match days.



Relay game (20 mins)

Relay Game - 2 teams.

The players make a tunnel with their legs.

The player at the back of the line plays the ball through their legs to the front player who collects the ball, and dribbles around the cones, they then stop the ball in the square, run around the furthest cone, collects the ball from the box, and dribble to the back of the line where the process starts again.

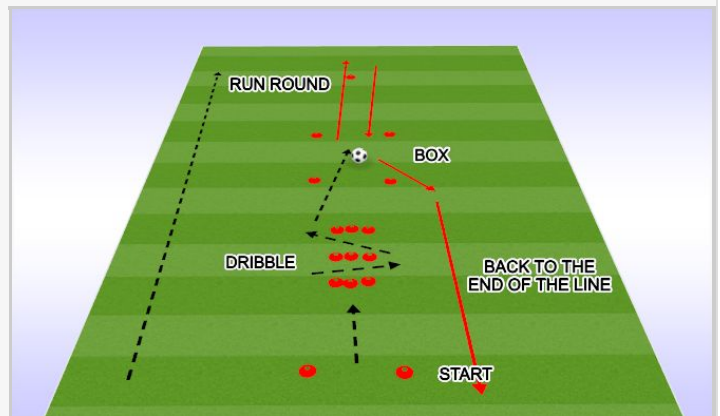
The game is won when all members have completed the task.

The last place team do 5 sit ups as a penalty.

Run through once, then do it for real. Ask if the losing team want their revenge!

Coaching points

This game has everything you would find in a match, dribbling passing etc, encourage competition, vocal support, cheering etc. Create a competitive atmosphere within the group using sit-ups as penalties.



Passing and possession square.(ideal for a pre-match warm up game)

Divide the players into two groups, it doesn't matter if its uneven numbers.

Give each group a ball

The ball must remain in the square, if the ball leaves the square, do not give them another ball, make them recover their 'lost' ball, let them pass amongst their team.

Tell them, no two players from the same team can occupy any 1/4 at the same time.

Ask the players to check in with a yellow cone on the outside of the square when they have made a pass.

Coaching points:

Make eye contact with the player with the ball, even if they aren't looking at you, always face the ball, never turn your back.

What body shape is needed to continue being able to see the ball,

What footwork is needed, (running backwards or side on) why must we always face the ball and maintain eye contact.

Remove one of the balls. can any team make 5 or 10 successful passes?

In possession, can we retain the ball.

What is needed to be successful? (body shape, eye contact, a clear line of sight to the ball carrier, movement, communication, deception?)

Out of possession, can we successfully win the ball whilst retaining possession i.e. not going out of play, and make 5 successful passes?

Progression, possession game. (9 players needed, coaches can be used outside the square if required)

4 players stand on the outside of the box, in the middle of the box we have 3 blue players and 2 red players.

The 3 blue players have the ball and the red players attempt to win the ball back, once they win the ball their reward is that they can now use the players on the outside of the box, (they must remain on the outside of the box, and the other players on the inside of the box,) creating 6reds vs 3blues.

The blue team must attempt to win the ball back. 10-15 mins

Coaching points

in possession- can we retain the ball with good passing and good movement? Can we support the player with the ball, can I communicate where I am? support and encourage

(if a team, blue or red, is dominating at any point, intervene and coach the out of possession team, help them to see how they can win the ball back)

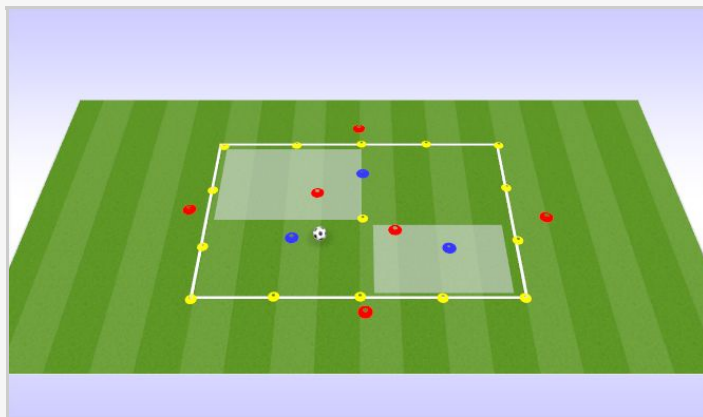
out of possession- **how** and **when** can we win the ball back? can I cover more than one player?

Can we communicate and work as a unit to put pressure on the opposition.

If we win the ball how quickly can we **transition** from a defensive to an attacking mindset

(Look out for the 'Hollywood ball' the one that goes across, this is the one in a game that splits the defense, praise the attempt but reinforce to the defending team that this is the no1 ball to stop, what we are trying to do is push the opposition away and to the side, and defend the middle (the quickest route to goal)

If you see something you really, or close to what you want, like shout freeze and highlight it. not too often, keep the practice flowing.



Counter attack transition game (20 mins)

Counter attack transition game

The game is played on a reduced size pitch with no goalkeepers, throw ins, and corners as normal, no off side, (3 touch maximum.)

The objective is to score in the opponents goal, however if you miss the goal completely the entire team must run back and hold their own goal posts (until all members of the team have done so.)

The other team then can mount a counter attack (after retrieving a ball from their own goal) on the opposition.

The ball must get across the half way line as quickly as possible, you can only shoot from the opponents half.

All the attacking team must be in the opponents half for the goal to stand, the game is continuous.

Defending team

Balance and cover, delay, deflect, deny, defend.

After transition can you get into a defensive shape?

who is responsible for delaying the attack to allow the rest of the team to get into shape?

Attacking team

Can you move the ball quickly to take advantage of the defending team in transition?

Can you make the pitch 'big' (what do we mean by big?) to make it harder for the defending team?

what shape does our counter attack look like?

Objectives 1.

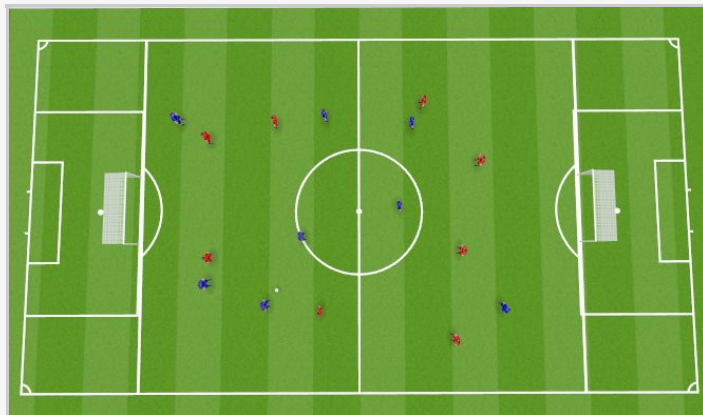
To encourage possession, to manipulate the opposition by quick passing to exploit any errors. Team work, communication. Speed of play is encouraged along with accuracy of pass and shot. To play without fear of failure.

Objective 2.

Speed of transition, organization and communication, knowing the whole team will be supporting you in transition.

Objective 3

To build trust and cooperation, stamina and fitness,(to give an indication of the speed of play at the JPL level.)



Traditional positional numbering relating to formation

Traditional positional numbering relating to the current formation.

Out of possession formation

Your starting line up is your out of possession formation, this is the shape you want the team to be in when defending, it provides good layers of cover across your end of the pitch.

This formation can easily 'shift across to achieve superior numbers in any quarter of the pitch (start thinking that the pitch is in 1/4 (and thirds,) this will help players visualize things better)

I have noticed grassroots teams like to leave at least 3 or 4 on the halfway line, this gives you an opportunity to create a defensive overload, a good opportunity to win the ball back with superior numbers, its then about using your numerical advantage to possess the ball and work your way into the opposition half (as in don't just kick it away, find a teammate)



Shift

Shift

The side with the ball on is the strong side of the pitch, without = weak

The ambition is to overwhelm the opposition with superior numbers. win the ball and transition into attack

Keeping 2 players on the weak side will allow you to switch out into a less densely populated area of the pitch for either defensive or attacking purposes



In Possession

IN possession formation

what does you want your in possession formation look like?

Pick one and stick to it (we play 2-4-1-3 in possession, this is what it looks like with the 'shift') get the players to recognize their shape in and out of possession. Remember this is in an ideal situation, it wont look exactly like it but players should recognize the basic principle and try to recreate it.

2-4-1-3, 2-4-3-1, 4-5-1, 4-3-3

Try to maintain layers and keep players distant from each other but work in 1/4 of the pitch.

