

GCSE PE Practical Coursework

Section A

In this section I must analyse the skills that make a top performer in football. To therefore do this accurate and fairly I must break the sport into components and write about what a top performer should be doing. The three main components are:

- 1) **Skill:** I need to show skills needed by a top player and how a top performer would do them in the chosen position, e.g.) passing and shooting (if a striker).
- 2) **Tactics and Strategies:** I should include the various approaches to the game of Football and how the top performer would use them. I will also include the tactics that would apply to a specific player, and also include knowledge of the rules.
- 3) **Physical Attributes:** This part is which components of the physical fitness are most important for the game.

Now that I have listed the three main components of what I shall be analysing in my coursework I am now going to break down each component into small parts and sections, what this does is make the analysis of a top performer easier and clearer to understand.

Football Skills

Passing

- Select the correct pass.
- Able to pass accurately over different distances.
- Be able to pass quickly.
- Be able to pass first time if required.
- Able to pass with parts of both feet.

Control

- Able to place the ball where you want, quickly and with least touches as possible.
- Do the above with all parts of the body.

Turning

- Turn with the ball quickly with as least touches.

Running With The Ball (Dribbling)

- Get the ball away from your feet, whilst being in control.
- Ability to use both feet.
- Can run at various speeds.

- Beat players, whilst having the ball under control.
- Have set strategies for beating an opponents (tricks).

Heading

- Can use the head to defend, pass, control, and attack.
- Can defensively clear the ball at long distances.
- Can head the ball powerfully, downwards when attacking.
- Can pass accurate with the head.
- Can control the ball with the head.

Tackling

- Can tackle an opponent cleanly, whilst winning the ball.
- Can use the slide, block, and side tackle.

Shooting

- Can shoot accurately from various angles and distances with the correct power, and with both feet.
- Can improvise and shoot when not expected (volleys).

Set Pieces

- Can hit a dead ball accurately and with correct power.

Football Tactics and Strategies

Strategies are the plans for how to do well in a competition or match. Tactics are the ways that strategies are put into practice. For most sport activities, advanced tactics, strategies and team skills centre on positions and the roles in defence and attack and how to apply them in the right way and at the right time. It is important to note that I am analysing a striker. Therefore I will be researching tactics and strategies on the striking position as well as one or two others.

There are four basic aspects in the game of football. Here are the four aspects of tactic football and what individual players should be doing in their positions. Here is a basic diagram/chart to explain what players should be doing with or without the ball in the state of play.

	On ball	Off ball	
Attack	-Finishing	-Finishing runs	Finishing
	-Possession	-Support	Build-up
	-Pressure	-Backup	Regaining possession
Defence	-Clearing	-Marking	Limiting the opponent

Finishing (trying to score against opponent)

Attempts on goal are the main reason why goals are scored; therefore, effective finishing decides the outcome of games. Without successful finishing, matches cannot be won. Ideally in attacking situations get as many players to get involved in your attacks, to increase the chance of scoring. Although engaging too many players in the frontline may leave holes in your defence.

Preserving possession (build-up)

If your opponent doesn't have the ball he can't score against you. Skillful teams use possession to control the outcome of games. It is essential that you know what to do with ball possession.

Regaining possession (pressure)

Regaining possession is useful because it immediately stops the attack of an opponent and provides the opportunity to counter.

Delaying the opposition

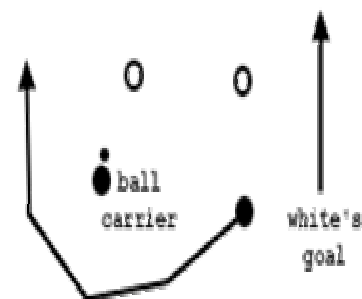
Why waste energy and try to get possession of the ball if your team is winning comfortably? Defensively, it is not always suitable to confront the opposing side and try to take the ball from them. In some cases, it may be smarter to simply delay the opposing side's game or close their options.

Strategy for Attacking Soccer

This couple of pages presents the basic methods used in football attacking. Both attacking and defensively oriented players must learn these methods. As long as your team has the ball, you are a participant in the attack. Remember that attacking in football requires improvisation and creativity. The methods below are examples and should be modified according to the situation.

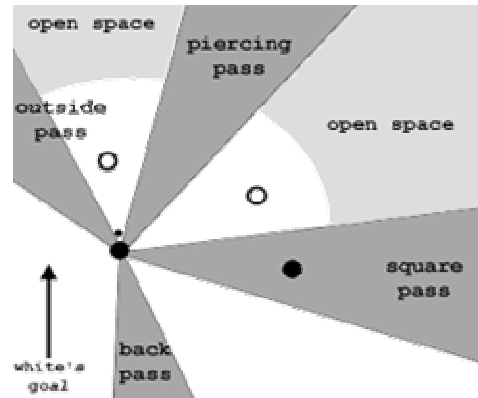
The Overlap

If there is open room on the wing aside of the ball carrier, the overlap could be exploited as a dangerous attack. When used down the wing, the overlap is very difficult to cover by the other side's defenders. The only downside is that it leaves open space behind you. When executed in the middle of the field, the overlap usually spreads the opponent's defence.



Distributing the ball

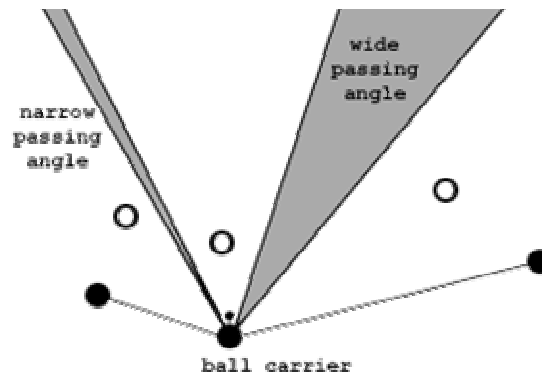
There are different types of passes according to the direction of where the ball is headed. The player with the ball should try passing the ball in the open angles. The "open space" is the room behind the apposing defenders. It is of great advantage to play the ball in the open space, because it makes it unusually hard for the defenders to recover. The open space can be exploited with a chip or with a few short passes. The best way to use the outside angle is by making an overlap run in it. Square passes are good for changing the point of attack and opening new passing angles. Using the piercing pass can be very dangerous, but it is rarely available, considering that most defenders stay between the ball carrier and their own goal.



Creating Passing Angles

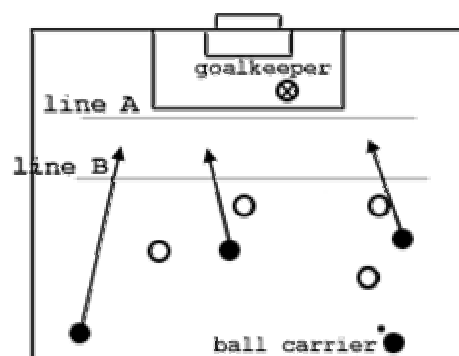
On attack, the closer you are to your teammates, the quicker the ball has to be distributed, dribbled, controlled and so on. Playing in this manner requires great skill and quickness from the players. It is also easier to defend against teams who are compact when attacking.

As this diagram shows, the further away your teammates are when supporting you, the more open angles or options are created. That also makes it more difficult for the apposing defence, who have to work harder by covering more space.



Chipping Over the Defence

If the last line of enemy defenders is marking the attackers from your team, there are two alternatives. One option is for them to pass back the ball, and find another means of getting through the defence or the more direct approach is for them to carry on attacking forward. Due to the offside, they cannot simply run forward; the ball has to be played over them first. The attacking players should



start running toward the area behind the line of defenders (between line A and B) slightly before the ball leaves the feet of the passer. The attackers usually have an advantage, because the apposing fullbacks would have to turn 180 degrees to regain their ground.

Football Positioning Of An Attacking Player

Striker

The main ability of this player must be his strength and heading. His job is simple: to stay in front of the other side's goal, attract apposing defenders and possibly score. Unlike the typical forward, the striker doesn't shift to the sides as much. He stays in the middle as a target man and will typically be marked by at least one player. On attacks, he may try holding up the ball and shielding/laying it off or would simply stay with the last opponent defender. From a defensive point, the striker pressures the apposing defenders while they are initiating an attack. The use of a striker is typically characteristic of defensive or counter-attacking teams. Skillful clubs avoid designating a striker because it usually does not fit with their style of knocking the ball around.



Forward

The job of the forward is not merely to head for goal every time he receives the ball. He must also make runs towards his own goal and support the midfield rather than simply rushing forward. This can best be observed by watching top-level games, where forwards are often playing with their backs turned to the other side's goal.

Whenever a team is playing with two forwards, they must both move in conjunction. If the ball is on the left wing for example, they must shift towards it so that one of them is in the centre and the other near the sideline. By keeping the distance between each other constant, forwards can work the ball effectively while pulling apart the opponents defence. Working as a partnership is how the best forwards are known.



Soccer Formations

4-4-2

Very popular and versatile formations, which permits the use of a sweeper and wingers. Many teams use their own version of this system. The main strength of

the system is the midfield-midfield interaction. The weakness is the two forwards who have to be constantly supported by the midfield.

4-3-3

Used because of its simplicity. It permits the use of a sweeper and a designated striker. The two outside attackers can be withdrawn back to the position of wingers thus packing in defensively.

4-5-1

This formation crowds nearly all parts of midfield slowing down enemy attacks. From an attacking point of view, the system relies on wing attacks supported by the midfield. The downside is that the lone striker is left on his own up front and may become isolated.

3-5-2

Relatively modern formation that developed after the popularisation of 4-4-2. It utilizes more efficiently the fourth fullback who frequently had little to do when defending against only two attackers.

3-4-3

Classic and attacking formation that balances all players evenly across the field. A typical centre striker must be utilized with this formation. In defence, the three fullbacks have to be permanently supported by the midfield with at least one defensive halfback.

Football Physical Attributes

As a footballer it is important to show a range of the compounds of physical attributes. These attributes make up the greatest players in the world. Some players may excel in other components more than other, but having a range of these attributes makes the ultimate player. Below are what attributes make an exceptional performer.

- **Cardiovascular Endurance:** *it depends on the capacity of the heart and circulatory system to meet the demands of the body for a sustained period of activity*
- **Muscular Endurance:** *is a measure of the capacity of the muscles to perform repeated contractions at, or near maximum level for an extended period of time without becoming fatigued.*
- **Speed:** *is the ability to travel distances in a short time. Speed can also be referred to as how quickly a player thinks, according to a game situation.*

- **Strength:** *is the maximum force that can be developed within a muscle group of muscles during a single maximal contraction.*

- **Agility:** *this involves the performer's ability to move in a controlled way and to change direction, turn, and stop and start quickly. Expressions like 'nible' and 'quick feet' are used to mean 'agile'.*
- **Balance:** *a sense of balance implies a sense of control. If you need to stretch to reach or catch a ball, the position of your feet is automatically adjusted in order to avoid the body mass getting outside the base of support, also know as overbalancing.*
- **Co-ordination:** *it enables the various parts of the body to combine in producing a desired movement of sequence of movements. Co -ordination enables us to combine body movements.*
- **Timing:** *in many cases this is simply about performing a skill at the right time or in the right way so that it is effective. It is the skilled component that enables moves to be executed with the greatest of ease.*

Section B

Observation Analysis

I have chosen to analysis a player who regularly plays as a striker. I will analysis this player with heavy reference to the points in section A. I will analysis the player by looking at his strengths and weaknesses in each component. I must make the analysis as detailed as possible and look at all the available components of the sport. I will also analyse my player ability to use tactics and strategies in the game and also show my players physical attributes.

Football Skills	Strengths	Weaknesses
Passing	<ul style="list-style-type: none"> • Passes the ball accurately and receives the ball well. • Can pass first time if required. • Can pass the ball in a variety of different ways, with different parts of the feet. 	<ul style="list-style-type: none"> • Only uses the left foot • Often uses the incorrect strength of the pass.
Control	<ul style="list-style-type: none"> • Controls the ball quickly. • Controls the ball with minimal touches. • Controls with all types of the body. 	<ul style="list-style-type: none"> • Controlling a ball played high in the air is occasionally a problem. • Rushes controlling the ball, leading to the ball running astray from him.

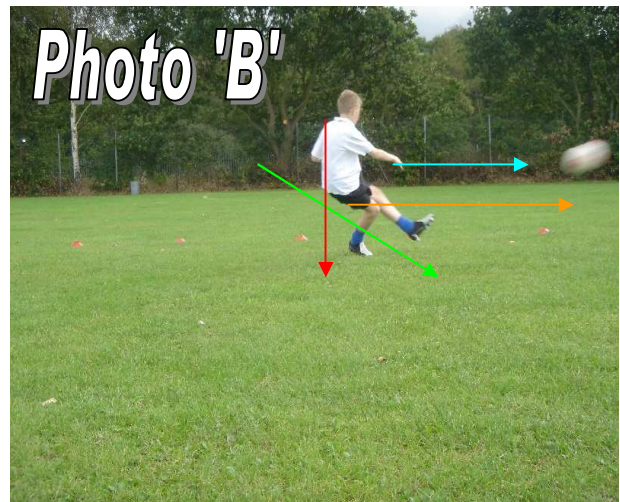
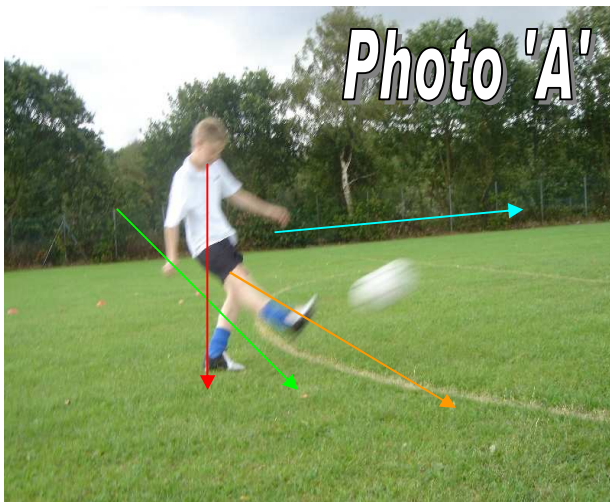
Dribbling	<ul style="list-style-type: none"> • Has quick feet, to enable various skills and the opportunities to break away from defenders. • Keeps the ball close to feet. • Has acceptable balance over the ball. • Has the ability to use both feet when dribbling. • Can adequately run with the ball at some speeds. 	<ul style="list-style-type: none"> • Has minimal agility on the ball. • Have predictable tricks. • Has a small variety. • When beating a player he tends to knock the ball away from, his feet to far. • Slow to move once beaten a player. • Doesn't keep himself and the ball moving, making it an easier tackling target. • Finds it hard to keep the ball under complete control at fast speeds.
Tackling	<ul style="list-style-type: none"> • Has the ability to win the ball. • Chases the opponent into danger. • Can use the block tackle adequately to stop his opponent. • Show the ability to close down an opponent early. 	<ul style="list-style-type: none"> • Tends to tackle unfairly. • Will get the ball away from the opponent, but will not win the ball himself. • Cannot use the slide or side tackle effectively. • Doesn't time the tackles well enough. • Not enough strength on the ball. • Stands to square on, enabling himself to be beaten easily.
Shooting	<ul style="list-style-type: none"> • Can place the ball in the desired location in the goal. • Can shoot in a variety of ways. • Can kick with different strengths. • Can use his other foot to shoot acceptable. • Can occasionally shoot when not expected. • Disguises shoots well. 	<ul style="list-style-type: none"> • Can't shoot accurately from tight angles. • Can't shoot over large distances. • Can't shoot with a large power. • Can use his right foot, but not to the same extent as his left. • Has poor shape over the ball when striking. • Tends to shoot the ball square on, giving

		<p>minimal or no spin.</p> <ul style="list-style-type: none"> • Doesn't follow his foot through the shoot, causing less power. • Don't have particularly good balance of the ball when striking. • Has minor agility when striking the ball.
Heading	<ul style="list-style-type: none"> • Can use the head to pass and score adequately. • Can pass the ball with some level of accuracy. 	<ul style="list-style-type: none"> • Can't use the head to attack powerfully. • Has minimal ability to challenge the ball in the air. • Can't control the ball with the head adequately. • Can't head the ball long enough defensively.
Turning	<ul style="list-style-type: none"> • Can use some turning ability. • Will turn into available space. 	<ul style="list-style-type: none"> • Seems to turn into defenders too often. • Turn off the ball too slowly. • Will not take full control of the turn.
Tactics and Strategies	Strengths	Weaknesses
Overlap	<ul style="list-style-type: none"> • Can play the overlap attack well, sometimes. • Controls the ball well on the receive. 	<ul style="list-style-type: none"> • Doesn't always hit the penetrating pass for the receiver. • Is too slow to look for the return of the ball. • Tends to turn back, once the overlap has been produced.
Distributing the ball	<ul style="list-style-type: none"> • Can accurately pass the 'square pass' through defenders. 	<ul style="list-style-type: none"> • Has trouble with lobbing defenders with the 'open space' pass. • Has huge trouble with accuracy, when looking at the piercing pass
Creating passing angles	<ul style="list-style-type: none"> • Can move to make space. 	<ul style="list-style-type: none"> • Often slow to find the available space.

		<ul style="list-style-type: none"> • Can find space that is accompanied by an opponent's defender.
Chipping over defence	<ul style="list-style-type: none"> • Can receive the ball when played over defence. 	<ul style="list-style-type: none"> • Doesn't select right player to receive the ball with the 'chip'. • Often chips the ball to short or long. • Doesn't know the correct time to use the pass.
Playing as a striker	<ul style="list-style-type: none"> • Can play this position, with some effect. 	<ul style="list-style-type: none"> • Doesn't have the pace to be the last line of attack. • Finds it hard to make his own openings on an attack.
Playing as a forward	<ul style="list-style-type: none"> • Plays this position to relative effect, well, and often. • Receives the ball well of the other player. 	<ul style="list-style-type: none"> • Cannot play as a target man, as he is hassled of the ball too much. • At times seems not to link up well with other forward. • Doesn't work along side the player, tends to drift away.
Physical Attributes	Strengths	Weaknesses
Cardiovascular endurance	<ul style="list-style-type: none"> • Can last a game of football. 	<ul style="list-style-type: none"> • Can play a game, but his performance due to cardiovascular endurance decreases his performance. • Can improve his cardiovascular endurance.
Muscular endurance	<ul style="list-style-type: none"> • Muscles can withstand a certain amount of use 	<ul style="list-style-type: none"> • Muscles don't take enough force, therefore poor muscular endurance.
Speed		<ul style="list-style-type: none"> • Has poor speed, with causes his play to be normally slow.
Strength	<ul style="list-style-type: none"> • Can use strength on the ball, to his advantage. 	<ul style="list-style-type: none"> • Has minimal strength • Doesn't use the strength that he may posses.
Agility	<ul style="list-style-type: none"> • Has good agility on the ball. 	<ul style="list-style-type: none"> • Could be greatly

		improved with more practice, and drills.
Balance	<ul style="list-style-type: none"> Has good balance. 	<ul style="list-style-type: none"> Can lose balance when running, or producing quick trick.
Co-ordination	<ul style="list-style-type: none"> Has very good co-ordination 	<ul style="list-style-type: none"> Can sometimes produce a skill to early.
Timing	<ul style="list-style-type: none"> Can time the ball, sometimes. 	<ul style="list-style-type: none"> Needs to time tackles, and the control of the ball better. Tends to run for the receive of the ball to early.

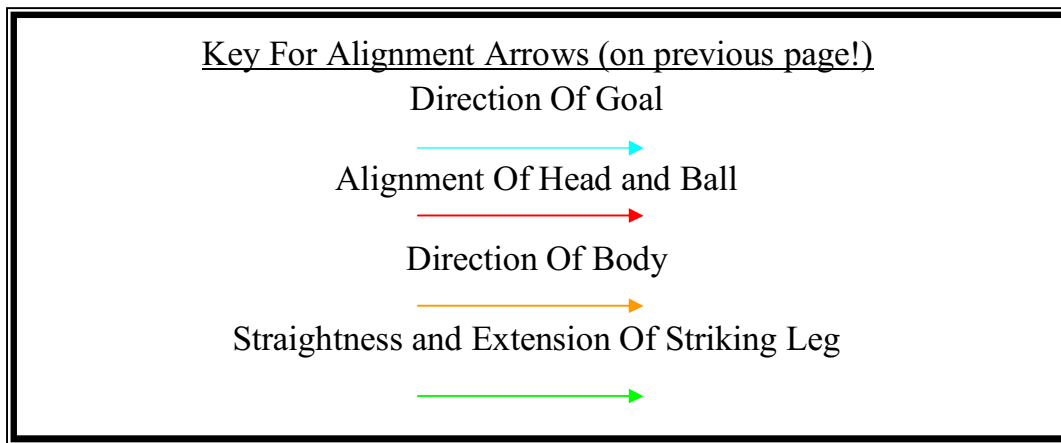
Analysing My Player Striking Stance



Firstly it is important to note that the player I am analysing prefers to strike the ball with his left foot, this foot is present in photo 'A'.

In photo 'A' we see straightness of the striking leg is nice and the alignment of the head and where the ball was is nice to. What you notice in photo 'A' is the blue line indicates the direction of the goal, and the player I'm analysing doesn't direct his body to the direction of the goal. Also the body weight over the ball is not present which means loss of accuracy and elevation of the ball.

In photo 'B' the striking foot and head and ball alignment are directly the same as in photo, 'A' which shows the player can use both his legs to kick the ball in the same way. Also the body position over the ball is poor, but his body is directed to the angle of the goal, which is very good, for a natural left footed player. The player in this photo also shows poor balance, as there is a lot of pressure on one leg, due to him crouching. Basically this player has some ability to strike the ball with his un-preferred foot as well as his preferred.



Section C

In this section I will produce a 6-week plan to improve the performance of the player I'm analysing. I will come up with a selection of drills and fitness programmes that will progressively become harder throughout the 6 weeks. I will also discuss the factors that affected my player's performance.

Below is the legend I will use in my diagrams. Also the three skill weaknesses, and 2 physical attributes weaknesses I have decided to focus on and draw an improvement programme too:

- ✓ Dribbling (skill weakness)
- ✓ Shooting (skill weakness)
- ✓ Tackling (skill weakness)
- ✓ Speed (physical attribute weakness)
- ✓ Strength (physical attribute weakness)



I will now explain and show all the drills and fitness programmes I will use in my training programme. These programmes will be in alternative levels of difficulty. Therefore as the weeks go on, the more challenging and enduring the drill and fitness schemes will become. Once I have listed all the drills and schemes I will be using, I will then draw up my finalised 6-week training programme to improve the overall performance of the player I'm analysing.

Shooting Drills

Simple Shooting Drill:

Task: finish from outside the box

Purpose: technique, composure

Complexity: simple



This is a good drill to start off a shooting practice. The "finisher" passes the ball over to a distributor who sets it up for a finish. The ball must be struck outside of the penalty box. In the beginning of the drill, the player taking the shot must be required to control the ball before finishing. When the players get comfortable enough, make it a requirement to finish with a single touch. This

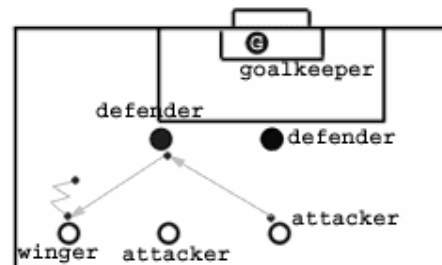
provides a smooth progression from technical execution to increase difficulty and performance.

Counter '3 Vs 2' with a Wing:

Task: for the attackers - finish using less than three touches per player; for the defenders - to clear the ball

Purpose: composure, direct attacks

Complexity: medium



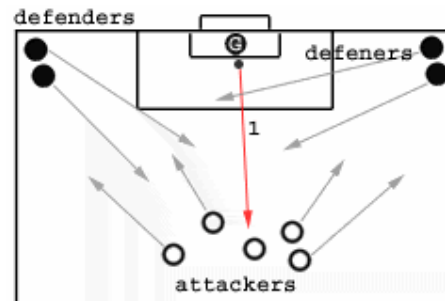
The attackers begin in line, at three different points: on the wing, 20 yards inward and in the middle of the pitch. Two opponent centre backs are initially located at the edge and corner of the penalty box. The ball starts from the player in the centre. He gives it to the left opponent defender who immediately lays it to the outside attacker. From that point, the centre backs begin attempt to clear the ball to the opposite half of the pitch. The attackers are required to score using not more than three consecutive touches per single player. The initial pass between attackers and centre backs is important from a psychological point of view. This interaction promotes a composed type of play rather than kick and rush football. Having a winger out wide stimulates a more complex tactical movement such as plays involving crossing.

Standard '5 Vs 4' Attack:

Task: for the attackers - finish before executing 7-10 passes; for the defenders - gain possession and make 7-10 passes

Purpose: direct attacks, group play

Complexity: complex



The keeper boots the ball at a "pack" of attackers gathered close to each other. The attackers are allowed to break up immediately after the punted ball lands. Simultaneously, four defenders (starting by twos at the corner flags) enter the pitch trying to gain possession and complete 7-10 passes. Inversely, the attackers are required to score before making 7-10 passes. This drill provides a good introduction to the overall concepts of defence and attack. The attackers are required to spread out whereas the defenders must maintain a compact shape.

Tackling Drills

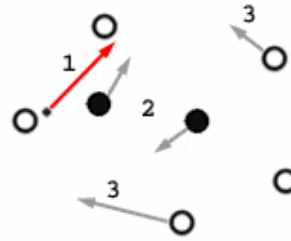
Man in the Middle:

Task: keep the ball away from the two defenders; for increased difficulty, the attackers must try to play the ball between the defenders

Purpose: warm up drill, tackling, quick passing

Complexity: simple

Five attackers, arranged in a circle, must keep the ball away from two pressuring defenders, who are staying inside the circle. If an attacker gives up the ball or kicks it out of circle he becomes a defender. The defender who caused him to lose possession takes his role. When a pass is made, the defenders have to adjust (Step 2) to prevent a through ball whereas the attackers have to give support (Step 3.) At first, it may seem that the drill is only for kids, but in fact many professional teams use it. The drill is a great warm up for passing and tackling skill.



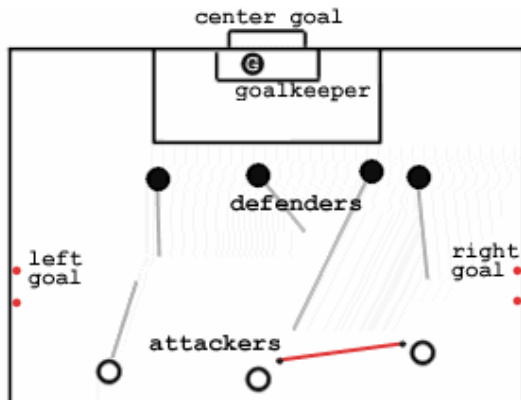
Turnovers:

Task: for the attackers - to score in the centre goal; for the defenders - to finish in one of the smaller goals; whoever gets scored on first leaves the pitch

Purpose: turnover counter attacks, group defence

Complexity: medium

This is a relatively simple (and fun) defensive drill. Three attackers challenge four defenders and a goalkeeper. The attackers start with the ball. Their goal is to score in the central goal. The defenders' job is to regain possession of the ball from the attackers and finish in either one of the two smaller goals. The team,



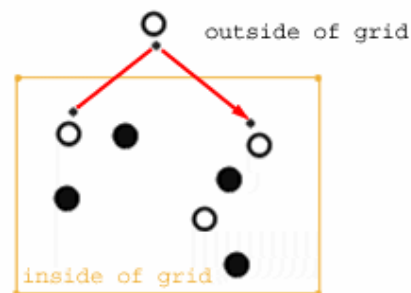
which gets scored on first, must leave (and be replaced by another round of players.) The goalkeeper works in conjunction with the defence. If the ball ends up in his hands, he must quickly initiate a counter attack towards one of the smaller goals. The main focus of this drill is on the defenders and the way in which they organize a counter attack. Defenders must practice the transitional process of regaining possession and exploiting it so that they know their positions and tasks in dynamically unfolding situations.

Group Defending:

Task: keep possession of the ball by knocking it in and out of the grid; the team without the ball must stay inside of the box; players outside of the grid can only play it back in with one touch (or two, one for controlling and one for passing)

Purpose: compact group defending

Complexity: complex



Two squads of players start in a confined rectangular area or grid. Basically, both teams are playing keep away with the exception that the team in possession of the ball is allowed to leave the predefined zone. To keep things even, if an attacker receives the ball outside of the box, he must play it back into the zone with one touch (two touches for younger players.) This drill encompasses many features of real match situations and forces the players to work in conjunction. Compactness is the major principle of playing group defence. In the drill, the defending team is required to compress inside the box (forcing the opposition out.) The attackers have no choice but to spread outside of the grid. My player may have trouble understanding the importance of spreading out in attack. To stimulate to him, I can enforce an additional rule demanding that at least one attacker has to stay outside of the box at all times.

Dribbling Drills

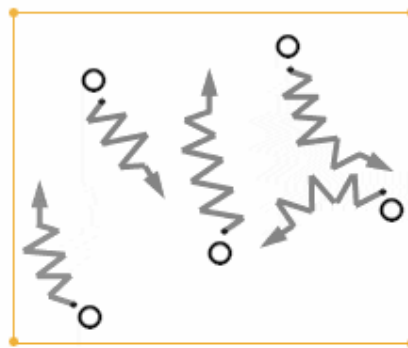
Dribbling into space:

Task: each player has a ball and must dribble with it, in a confined area.

Dribblers have to look for open spaces, rather than bunching up

Purpose: dribbling, basic field vision

Complexity: simple



A number of players, each with his own ball, are confined in a grid. They have to keep moving with the ball for a given amount of time. Encourage the players to constantly look for open space and dribble in it. They must watch where they are dribbling and avoid crashing into each other. This is a great youth drill that is sometimes used by adult teams for warming up. If conducted properly, the drill will help my player understand the importance of keeping your head up when dribbling.

Dribbling through cones:

Task: player has to dribble in between placed cones as quickly as possible, whilst keeping the ball under control.

Purpose: dribbling at speed, control

Complexity: medium



The cones are separated, in a straight line about 5 feet apart. The player has to then dribble the ball, whilst under control, through all the cones and back again in the shortest possible time. Once one player has completed the drill, the next player will follow. This drill will improve speed and sharpness on the ball, and also provide a sense of control on the ball.

Dribbling through zigzag cones:

Task: Player has to dribble through a selection of zigzagging cones, whilst being confronted by another player.

Purpose: control, dribbling at speed

Complexity: complex



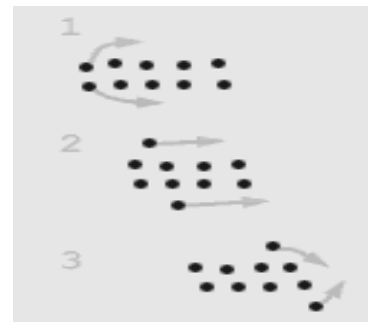
This drill is similar to the one that involves going through cones in a straight line, but there are differences. One is that the cones are set in a zigzag, which makes moving more difficult. And also there is another player trying to complete the drill from the other end of the cones. This decision to have two at the same time makes the player bring their heads up and be more aware of the situation. It also put pressure on both players to keep the ball under control.

Speed Drills**Sprinting chain:**

Task: two lines of players jog together; last pair of players sprints to the front

Purpose: improves muscle endurance, pace

Complexity: simple



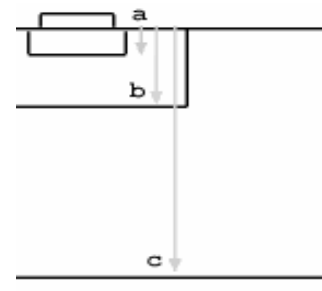
Two lines of players are jogging perpendicularly to one another. The last pair of players' sprints to the top of the line. As soon as they both reach the front, another pair takes off from the back. Notice that the entire pack is continuously jogging even while the pair of two players is sprinting. The best feature of this drill is that it puts players in competition as they sprint to the front of the line. Players who reach the front of the line should give a signal so that the last two can have an equal start. The manager can monitor the rest interval by altering the total number of players involved or the average speed of jogging.

Interval Sprints:

Task: players sprint to the top of the 6-yard box (a) then back to the goal line; after resting a given amount of time, they repeat this with (b) and (c)

Purpose: improves muscle endurance, pace

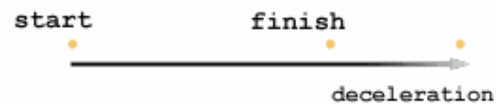
Complexity: simple



A group of players lines up along the goal line. On a given signal, the players sprint up to the 6-yard line (a) and back. After resting for a few seconds the players sprint to the 18-yard line (b) and back. After a second brake, the players sprint to midfield (c) line and return to the goal line. When the players are at the goal line, the manager is to monitor their resting interval. In the course of a season, as the team's fitness improves, this resting time should get shorter and shorter.

Maximum speed:

Set up a line of three cones. The first two will be the actual distance you are sprinting. The last one exists for practical reasons. Usually, when sprinting from one cone to the other people tend to slow down for the last few meters. By predefining the actual path for deceleration you can get preserve the quality of your sprint. Fatigue is not acceptable when working on this drill. If you are not sprinting at maximum speed you will not achieve the desired improvement. Work on sprinting drills, such as this one, early in your practice.



Acceleration:

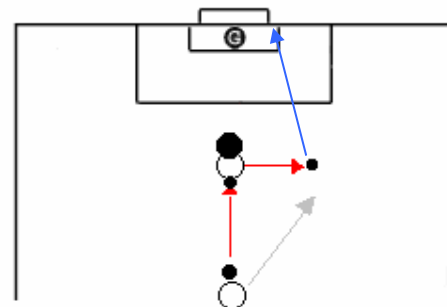
Put four cones in a line so that they split your path in three equal sections. Start from the first and gradually increase your pace until you reach the third cone. From that point on, sprint at top speed until the last cone. With each repetition, try to remain consistent when accelerating.



Strength Drills

Holding up the ball:

In this exercise the method is very simple. The player is hassled for the ball by a defender, who marks him very tight. Whilst doing this, another player gives to ball to the marked player and looks to receive it. Then a shot is taken against a goalkeeper. This drill should take place just in front of the penalty box. Using this method of strength enhancement on the ball not only improves one player's ability to play as target man and hold up the ball, but also gives the other player the chance to touch and move then shoot.



Holding ball whilst attacking:

In this exercise a defender just outside the penalty spot marks a player. The player being marked has to gradually drag the ball back whilst pushing the defender marking him from behind as well. The eventually once reaching the penalty spot turn and shoot at goal. This exercise is brilliant to build confidence with the ball, whilst including the skill of turning and shooting, great for strikers.

The 6-Week Training Programme

Now that I have listed the drills and training schemes that I will use, I can now plot my 6-week training programme. It is important to realise that the exercises and drills will get progressively harder and that the same drill may be used. This is because this particular attribute may be weak and will therefore need more work on and focus. The weekly training sessions are once a week on a Monday, therefore they will be quick laborious, as I will try to fill the training session with as much of the drills as possible.

	Week: 1	Week: 2	Week: 3	Week: 4	Week: 5	Week: 6
Shooting Drills	Simple Shooting	Simple Shooting	Counter '3 vs 2'	Counter '3 vs 2'	Standard '5 vs 4'	Standard '5 vs 4'
Dribbling Drills	Dribbling into Space	Dribbling into Space	Dribbling through Cones	Dribbling through Cones	Zigzag cones	Zigzag cones
Tackling Drills	Man in the Middle	Man in the Middle	Turnovers	Turnovers	Group Defending	Group Defending
Speed Drills	Sprinting Chain	Interval Sprints	Interval Sprints	Maximum Speed	Acceleration Speed	Acceleration Speed
Strength Drills	Holding Up The Ball	Holding Up The Ball	Holding Up The Ball	Holding Up The Ball and Attacking	Holding Up The Ball and Attacking	Holding Up The Ball and Attacking