

SHADOW PARTNERS

CORE SKILLS | DECISION MAKING AND SUPPORT



5 - WARM UP CARD

AIM

To raise the heart rate and prepare the body and mind for exercise. To practice support running and communication

ORGANISATION

Set up a 20m x 20m grid

EQUIPMENT

Balls and cones

CORE SKILLS

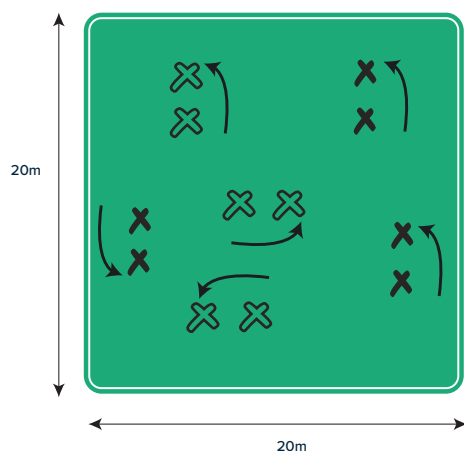
Decision making and support

EXPLANATION

- Players are placed into pairs
- One person in each group is number 1 the other is number 2
- Number 1's run around the grid performing different types of shapes. Number 2s must copy the shape made by number 1s
- While in pairs, a ball is introduced and the coach calls whether the player is going to pass or kick it. The coach can also tell the player which way they are going to pass or kick and their partner reacts to the call

VARIATIONS

- Increase or decrease the size of the grid
- The coach calls out the shape to be made (perhaps rugby related)
- Groups can be made into threes or fours
- When the ball is introduced, the player with the ball tells their partner whether they are going to pass it or kick it. They also tell them which way they are going to pass or kick and their partner reacts to the call



5 - WARM UP
SHADOW PARTNERS
10 minutes

ACTIVITY OVERVIEW	
	SUGGESTED TIME 10 minutes
	EQUIPMENT Balls and cones
	SET UP 20m x 20m grid
	CORE SKILL Decision making and support

COACHING POINTS - SKILL DEVELOPMENT
<ul style="list-style-type: none"> • Communication — is it clear and concise? • Decision making — does the player pass or kick into space? • Support — does the player react to the call effectively?

COACHING OBSERVATIONS
<ul style="list-style-type: none"> • Passing — as for gripping, carrying, catching and passing • Kicking — as for grubber and punt kick

KEY



CONE



TEAM A LEADER



TEAM B LEADER



BALL



BALL TRAVEL



PLAYER DIRECTION OF TRAVEL



NO-GO AREA



GATE



ZONE

DECISION MAKING AND SUPPORT

CORE SKILLS | DECISION MAKING AND SUPPORT



5 - TECHNICAL CARD

AIM

To develop effective lines of running and support play, including timing and weight of pass

COACHING POINTS

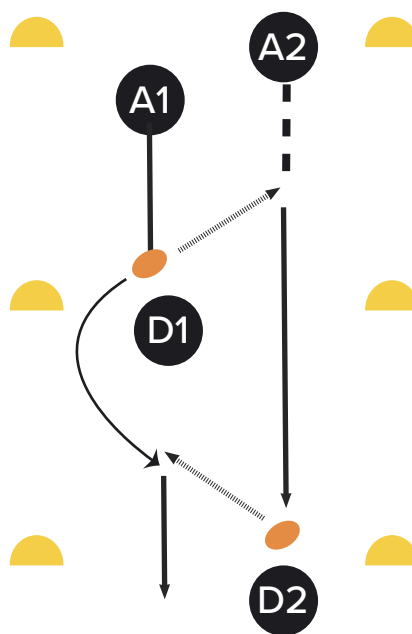
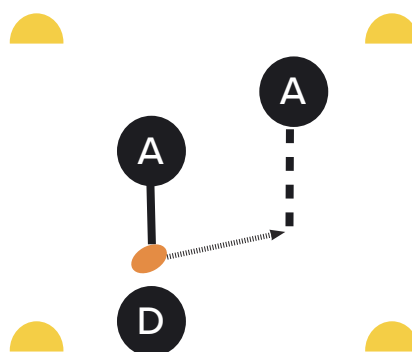
- All coaching points for gripping, carrying, catching and passing apply
- The ball carrier runs towards the defender and engages the defender (using eye contact)
- The ball carrier steps from outside shoulder to inside shoulder and passes just before the defender
- Ensure it is a well-timed, correctly
- Remember:
- Not to pass too late or too early
- Support runner to match the run of the ball carrier
- Support runner to call for the ball
- Ensure the pass is performed from right to left and left to right
- All players to rotate positions

PROGRESSIONS

- Two v one static defence
- Two v one semi active defence
- Two v one active defence
- Two v Two static defence

ACTIVITY 2

- A1 and A2 'play what they see'
- Timing and lines of run are important
- Communication between A1 and A2
- Timing and weight of pass just before D1
- Ensure a quality pass
- Adjust depth and line after the pass in order to receive the ball



KEY

BALL DIRECTION OF TRAVEL

CONE

PLAYER

BALL

PLAYER DIRECTION OF TRAVEL

FIND THE SPACE

CORE SKILLS | DECISION MAKING AND SUPPORT



5 - GAME CARD

AIM

To develop decision making and support

ORGANISATION

Set up a 40m x 20m grid

EQUIPMENT

Balls and cones

CORE SKILLS

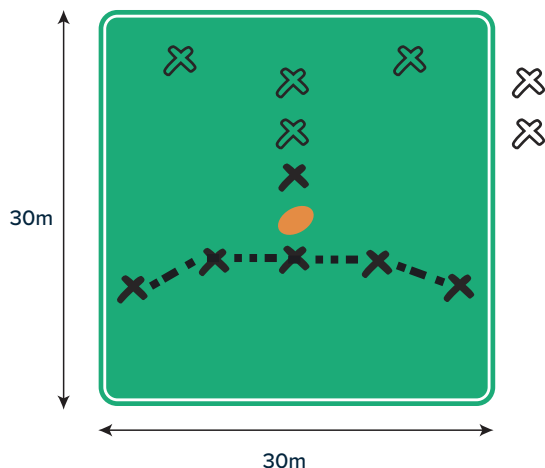
Evasion

EXPLANATION

- Six attackers v four defenders
- Attack has four plays to score
- Two-handed touch
- The attack restart on their try line for any infringement (ie a knock on, forward pass, or if the ball touches the ground)
- Allow players to play and try to create space without mentioning hold/drag. When these movements occur, highlight with the players and introduce points
- Play for a set time period
- Two players are observing to identify tactics and to implement them when rotated in

VARIATIONS

- Reduce or increase the number of plays (ie three or six plays to score)
- Amend the width and length of the grid
- Reward the defence for forcing the attack to make errors
- Play contact
- Vary the time period



5 - GAME CARD
FIND THE SPACE
20 minutes

ACTIVITY OVERVIEW

SUGGESTED TIME
20 minutes

EQUIPMENT
Balls and cones

SET UP
40m x 20m grid

CORE SKILL
Evasion

COACHING POINTS - SKILL DEVELOPMENT

- Ball carrier - position of both support and defender. Run at centre of defender's body before stepping to their inside shoulder to commit the player. Commit with eyes and fix player. Stay alive after the pass
- Support player - moves late into best space (away from defender). Awareness of defender's action, timing of run

QUESTIONS

- How did that attack create space?
- What did the support players do?

KEY										
	CONE	TEAM A LEADER	TEAM B LEADER	BALL	BALL TRAVEL	PLAYER DIRECTION OF TRAVEL	NO-GO AREA	GATE	ZONE	SHIELD

DECISION MAKING AND SUPPORT

CORE SKILLS | DECISION MAKING AND SUPPORT



5 - MOVEMENT CARD

CORE | DECISION MAKING AND SUPPORT SKILLS

SYMPTOM

Player is unable to evade the defender as he/she attacks at a constant pace.

SOLUTION

Work on acceleration

PRACTICE FALL AND FAST

- Player leans forwards until he/she overbalances and uses short fast driving steps to accelerate
- Practise running over 30m with 10m sprint, 10m cruise and 10m sprint

SOLUTION

Work on maximum speed

PRACTISE WALL DRILL

from Locomotion 1

PRACTISE SPRINT PULL-THROUGH

from Locomotion 7

SOLUTION

Work on deceleration

PRACTISE RUNNING AND STOPPING

- Sprint at full speed to a line at 15m then stop as quickly as possible after the line, partner

places cone where player manages to stop. Repeat and try to shorten stopping distance

PROGRESSION 2

- As before, but after stopping accelerate away

PROGRESSION 3

- Player runs at optimal speed; on whistle, stop as quickly as possible, then accelerate to either right or left as called by the coach
- Shorten stride length, lower the centre of mass, flat foot contact to aid braking

FALL AND FAST



RUNNING AND STOPPING

