

ACADEMY

Small Sided Games

Homework Sessions

Week 2 Session 1



**SHAMROCK
ROVERS
ACADEMY**

PASSION • RESPECT • UNITY

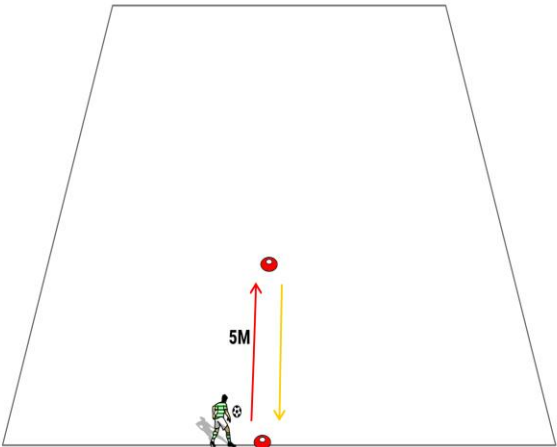
| DAY | VIDEO | WARM UP | AGILITY | SPEED | ENDURANCE | SKILL | TIME | DID YOU TRAIN WELL? |
|--|--------------------------------|--------------------------------------|---|-------|-----------|-----------------------------------|---------|--|
| Monday 23 rd March | | | | | | | |  OR  |
| Tuesday 24 th March PASSING | Jack Byrne (10 mins) | Keepy Ups Moving (10 mins) | Change Of Direction (10 mins) | | | Passing 11-20 (20 mins) | 50 mins |  OR  |
| Wednesday 25 th March | | | | | | | |  OR  |
| Thursday 26 th March | | | | | | | |  OR  |
| Friday 27 th March | | | | | | | |  OR  |
| Saturday 28 th March | | | | | | | |  OR  |
| Sunday 29 th March | | | | | | | |  OR  |



SHAMROCK ROVERS ACADEMY SESSION PLAN 1

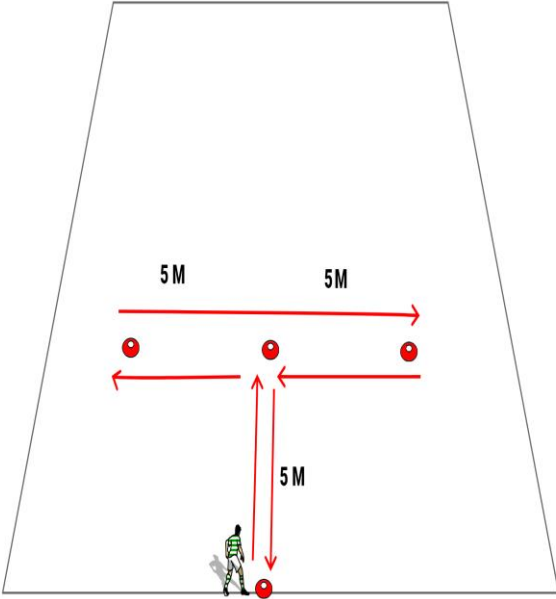


| | | | |
|-----------------------------------|-------------------|----------------|---------------|
| Date: 24 th March 2020 | Phase: Foundation | Team: U8 – U12 | Time: 50 mins |
| Coach 1: | | Coach 2: | |
| Theme: Passing | | | |

| Session Part 1 | Coach | Session Part 2 | Coach |
|---|--|--|---|
| Technical Theme: Passing | Video: Jack Byrne (Shamrock Rovers) | Technical Theme: Ball Control | Drill Type: Warm Up |
| http://www.hudl.com/notifications-tracking/tracker/BulkDownloadReady-5e78c49e066b2f12e0b76c4d-21e1d82b-e81a-4d9b-bdb8-d5dd4cc21877-8811181/email/landing?forward=https%3A%2F%2Ftemp30d-euw1-hudlvid.s3.amazonaws.com%2F81176%2F258478%2F120%2F5e78c1325ef6e708c0543120%2F5e78c1325ef6e708c0543120.mp4 | <p align="center">NOTES</p> <p>Set up : Watch Video and answer the 4 questions below Timings : 5 mins & 5 mins Total Time : 10 mins Questions :</p> <ol style="list-style-type: none"> Does Jack look to pass forwards or backwards? What is Jack's body position like when he gets the ball? Does Jack look up for his next pass and where defender is? Is Jack a good passer? And why? |  <p align="center">Powered by asccloud.com ©Copyright Academy Sports Coach 2020</p> | <p align="center">NOTES</p> <p>Set up : A ball 2 markers 5m apart Timings : 5 x 1 mins (1 min each) Total Time : 5 mins Coaching Points : Count number of times you get from marker A to B and back without ball dropping</p> <ol style="list-style-type: none"> Keep ball up with right foot only Keep ball up with left foot only Keep ball up with both feet only Keep ball up with knees only Keep ball up with any part of the body |



SHAMROCK ROVERS ACADEMY SESSION PLAN 1

| Session Part 3 | Coach | Session Part 4 | Coach |
|--|--|--|--|
| Technical Theme: Football Fitness | Drill Type: Change of Direction | Technical Theme: Passing | Drill Type: Wall Passing |
|  <p>Powered by asccloud.com</p> <p>©Copyright Academy Sports Coach 2020</p> | <p>Set up : Cones, tops or cans for markers Area : 5m between markers in a T shape (see diagram) Total Time : 10 mins Coaching Points : 16 runs in total</p> <ol style="list-style-type: none"> Do 4 runs without the ball go left first with 20 secs rest after each run Do 4 runs without the ball go right first with 20 secs rest after each run With the ball Do 4 runs go left first with 20 secs rest after each run With the ball Do 4 runs go right first with 20 secs rest after each run | <p>https://www.youtube.com/watch?v=0TVP9ultHb4</p> | <p>Set up : Ball, Wall and 2 cones Area: Distance 3 metres from wall increase if needed Timings : 90 secs per exercise Total Time : 20 mins Coaching Points : Do exercises 11-20 on video</p> <ol style="list-style-type: none"> Use both feet Weight of pass Accuracy Keep ball moving First touch |