

Box Movement

OBJECTIVE:

TEAM TACTICAL PRINCIPLES:

WHERE:

Zahra Lechak

AGE: / players

TEAM FUNCTION:

DURATION: min

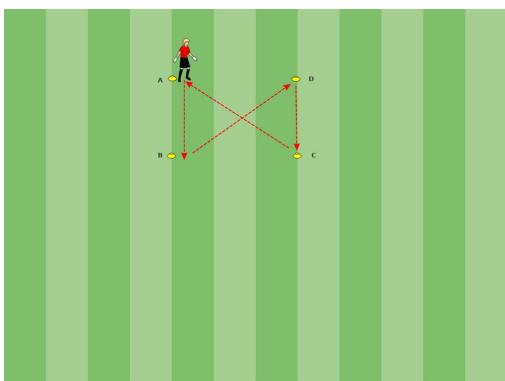


Box #1

EXERCISE RULES: Setup- 4 cones are placed 4 yards apart. Exercise- Start at cone A, jog to cone B, side shuffle to cone C and back pedal to cone D. Then reverse right away. That will complete one rep. Perform 8 reps- 15 sec rest between each rep

FOCUS TEAM OBJECTIVE:

NOTES:

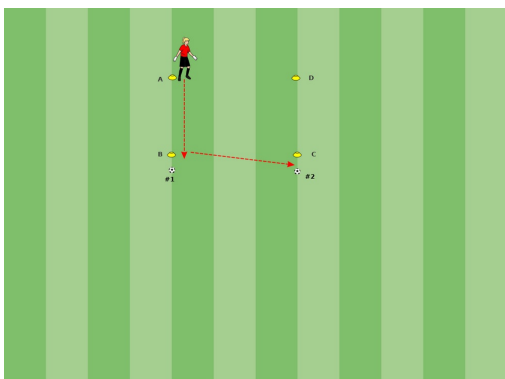


Box #2

EXERCISE RULES: Setup- 4 cones are placed 4 yards apart. Exercise- Start at cone A, jog to cone B, drop step to cone D. Then reverse right away. That will complete one rep. Perform 8 reps- 15 sec rest between each rep

FOCUS TEAM OBJECTIVE:

NOTES:

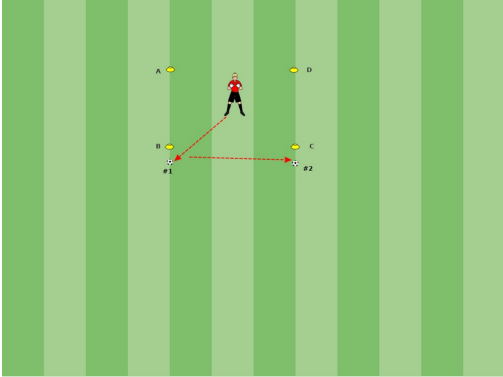


Box #3

EXERCISE RULES: Setup- 4 cones are placed 4 yards apart. Place a ball 2 yards in front of cone B and C. Exercise- Start at cone A, jog to cone B and scoop ball #1, side shuffle and dive towards ball #2. Then reverse right away starting at cone D. That will complete one rep. Perform 8 reps- 15 sec rest between each rep

FOCUS TEAM OBJECTIVE:

NOTES:



Box #4

EXERCISE RULES: Setup- 4 cones are placed 4 yards apart. Place a ball 2 yards in front of cone B and C. Exercise- Start in the middle of the box. Move feet and dive towards ball #1, get up quick and dive towards ball #2. Then reverse right away always starting in the middle of the box. That will complete one rep. Perform 8 reps- 15 sec rest between each rep
FOCUS TEAM OBJECTIVE:

NOTES:

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?