

Box Progression

OBJECTIVE:

TEAM TACTICAL PRINCIPLES:

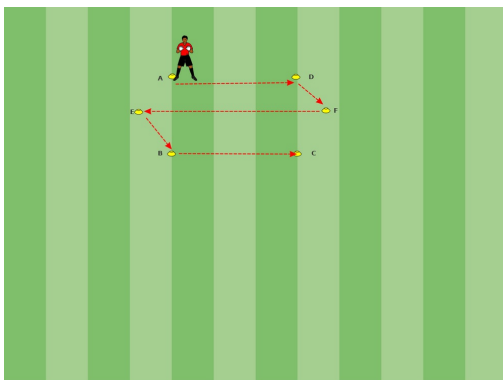
WHERE:

Zahra Lechak

AGE: / players

TEAM FUNCTION:

DURATION: min

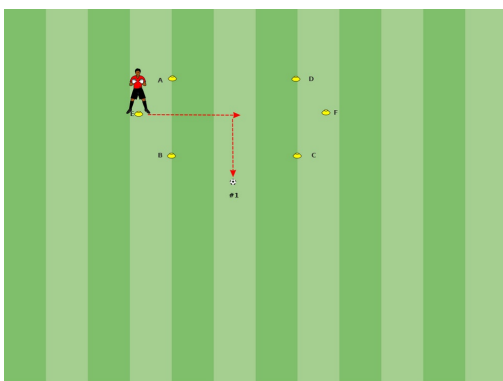


Box Progression #1

EXERCISE RULES: Setup- 4 cones are placed 4 yards apart in a box. Place 2 additional cones 2 yards outside the box centrally. Exercise- Start at cone A, side shuffle to cone D, jog to cone F, side shuffle to cone E, jog to cone B and shuffle to cone C. That will complete one rep. Perform 8 reps (4 starting at cone A and 4 starting at cone D)- 15 sec rest between

FOCUS TEAM OBJECTIVE:

NOTES:

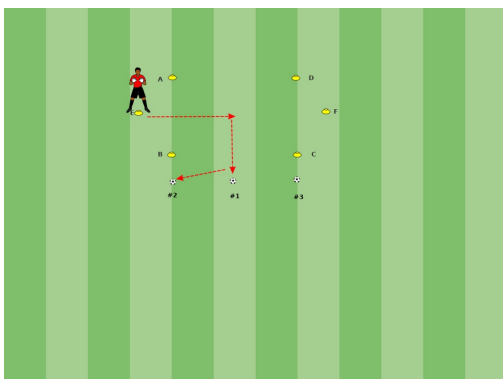


Box Progression #2

EXERCISE RULES: Setup- 4 cones are placed 4 yards apart in a box. Place 2 additional cones 2 yards outside the box centrally. Exercise- Start at cone E, side shuffle to center of box and move forward to scoop ball #1. Reverse right away starting at cone F. That will complete one rep. Perform 8 reps- 15 sec rest between each rep

FOCUS TEAM OBJECTIVE:

NOTES:



Box Progression #3

EXERCISE RULES: Setup- 4 cones are placed 4 yards apart in a box. Place 2 additional cones 2 yards outside the box centrally. Exercise- Start at cone E, side shuffle to center of box, move forward and front smother ball #1, get up quickly and dive towards ball #2. Reverse starting from cone F, that will complete one rep. Perform 8 reps - 15 sec rest between each

FOCUS TEAM OBJECTIVE:

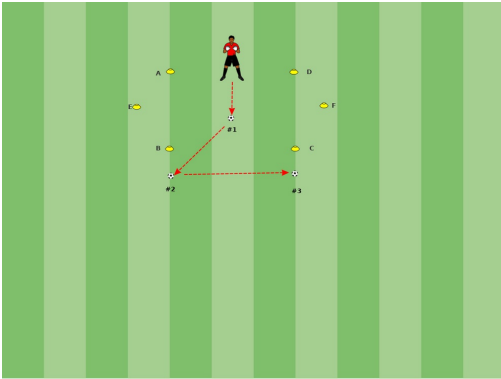
NOTES:

Box Progression #4

EXERCISE RULES: Setup- 4 cones are placed 4 yards apart in a box. Place 2 additional cones 2 yards outside the box centrally. Exercise- Start in between cone A and D. Move towards and front smother ball #1, dive towards ball #2 and dive towards ball #3. That will complete one rep. Perform 8 reps (alternate sides)- 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?