



# Problem Solving & Pattern Spotting



**AIMS & OBJECTIVES:**

Problem solving & pattern spotting in match play

**ACTIVITY CONTENT (Including Progression)**

**COACHING POINTS**

**PREPARATION AND WARM-UP**

**INTRODUCTION: ATHLETES V GAMES PLAYERS**

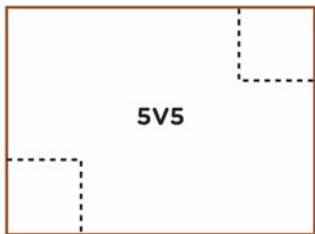
On each end of the scale exists two extreme stereotypical players.

Historically preference has changed from a super fit athlete to a fantastic games player who is good at strategizing. It is now clear that a combination make the most effective squads. The most amazing players have a blend of fitness and games brain. This session will develop your ability to analyse individual and group skills and tactics in order to find a solution.

**PRACTICE AND PROGRESSION**

**5V5**

Working in a third. Ten passes to score a point. Bonus point if 'catch 10' is caught in the bonus boxes/zones (three sets in total for each team).



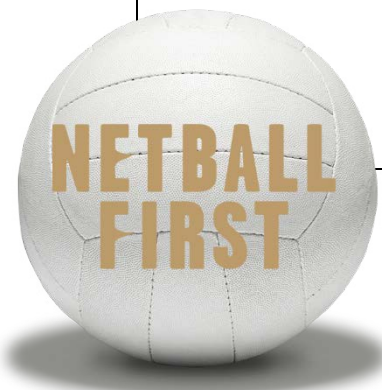
After the first attempt the team have 30 seconds to evaluate and work out possible solutions for defence and a focus point to improve attack.

Use questioning to draw out solutions or key points but players must decide. Repeat game two more times for each team and review at end to discuss if the teams were more effective or not.

**PROGRESSION**

- A defender already positioned in the bonus box.
- Smaller area to work in (half a third).
- Overload defence (6v4).

- Move onto the ball at speed and use strong angles
- Catch release with the hand behind the ball
- Proactive in defence, restrict and deny space by meeting opponent early



### 5V5

In a third (3x 5 mins)

Each team to be allocated a secret condition they must use (depending on the content of sessions to date).

- Use a reverse pivot
- Use a give and go
- Flat passing
- Fast passing (1-2seconds)
- Forcing wide when defending
- Use one hand release

The opposition have to recognise and state the condition and suggest ways that they did or could combat the condition.

### PROGRESSION

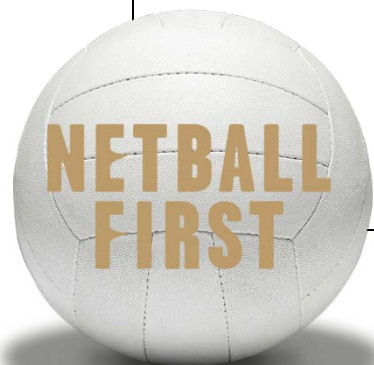
Nominate the more able players to lead discussions and review and then feedback. Use half a third to make attacking harder.

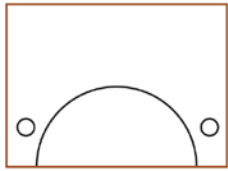
Use half a court to make defending harder.

### CONDITIONED GAME

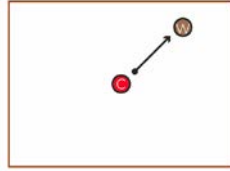
#### 4 X 10 MIN GAMES WITH CONDITIONS

- Balls fed into circle from corners only (a)
- Centre pass to be received by WA only (b)
- Shooting in the inner circle only (c)
- Use a triangle before shooting (d)
- Positional switch between GD and GK when the ball is in the end third
- Ball fed into the circle from the top only (e)
- Give and go from any dead ball situation
- Rotating circle
- Holding shooter
- Jumping to mark the shot





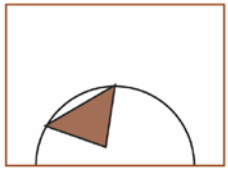
(a)



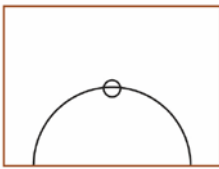
(b)



(c)



(d)



(e)

Teams to spot pattern and implement a possible solution during the game. Three bonus points awarded for identifying strategy and solution at the end of the 10 minute game.

**SUMMARISED POINTS**

Review playing and thinking process. Ask questions:

- Who was responsible for this process?
- What were the benefits of this process?
- What were the challenges of this process?

