

Every good Trainer needs their.....

Bibs, Balls & Cones

DD Fitness Publication

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Functional Competence

Why do Functional Competence Screening and Fitness Capacity Testing?

The purpose of the testing is to determine the functional competence of a player. It is better to test than guess. You can also find any inhibiting factors that will prevent a player from performing to their full capabilities. The Over Head Squat Test, could be used as a overall screening test. The Overhead Squat is an excellent test to determine if the player has good normal mobility, stability and balance about the joints of the body. If the player completes a full dept overhead then they have good capabilities in:

- Full Range of Movement in flexion of the ankle
- Full Range of Movement in flexion of the knees and hips
- Full Extension of the upper back area
- Full Flexion and abduction (moving away from the body) of the shoulders

The player who completes a full depth in the Overhead Squat is ready to advance and complete most progressions in terms of capacity training. Any imbalance in tight and weak muscles will also be picked up. The purpose of the Fitness Capacity Testing is to determine the levels of speed, strength and endurance. Players also gain further benefits from being tested and can be motivated when targets can be set, with confidence gained by showing improvements achieved.

David Dunning
Strength and Conditioning Coach

Welcome to the third issue of Bibs, Balls & Cones. We would like to thank everyone who gave us kind and encouraging comments. Also, welcome to all our new readers.

Thanks also to Aedan Malony, Mark McGuire, John Dumecz and Brian Flannery for their contributions to issue 2. We had a good response from the players with the drills from issue 2, and found them easy to implement them. For future issues we hope to expand by between two to four pages, so send in any drill or ideas that you have. Send the submissions to publications@dd-fitness.com or fax to 0469732304.

As always we would be grateful if you can send on the E-Zine to like minded friends or individuals, please do so. The next issue is due out towards the end of May, so please send in your ideas as soon as possible. We hope to publish as many drills as possible, but don't be disappointed if we hold your drill/ideas over for future issues.

Thanks for your time and interest and we hope to hear from you in the near future.

David Dunning & Marc Lennon
Editorial Team



*Mark McGuire
Arrow Park FC
Under 14 Coach*

Drill – Possession Football

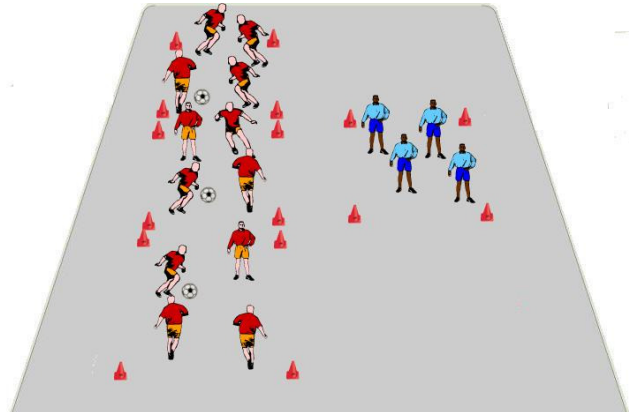
“A simple drill to teach players to keep possession of the ball under varying game situations.”

Equipment

For 16 Players
16 Cones
4-6 Footballs for
Continuity
12 Bibs
(12 of one red
And 4 of blue

Organisation

The game is set up
with four teams three
teams keep possession
with the fourth an
attacking team.



The green players stay in each box in groups of four and keep possession of the ball. Start the game with simple pass and move. On the instruction of the coach the blue players run into each box and try to rob the ball. Once they get the ball they then have to dribble the ball back to their own box. The green players can not go outside their own box. The team who holds on to the ball the longest wins

Key Points

- Can also be used with 6+2 / 9+3 players
- Great for Passing
- Good for Defenders
- Can be used for building fitness and improving various skills

Progression

Condition the teams in possession of the ball to use two touch then one touch.

Drill – ‘Ghostbusters’

“A drill for dribbling perfect from 7s to 10s.”



*Peter Sutcliffe
St Patricks Athletic U7s
Manager*



Equipment

4 Cones
4-6 Footballs for
continuity

Organisation

Give 2 players a
bib each these are
the "ghosts" and
the rest of the squad
a ball each.

Start the players with
the balls dribbling
around the grid. After
around 30 seconds
release the "ghosts"
if a ghost catches
one of the players

with a ball then the player must freeze , hold the ball above his head with feet shoulder width apart. Essentially this is a game of chasing so the players with balls must change direction while keeping the ball close to feet while avoiding all other players and ghosts. If an unfrozen player dribbles the ball between a frozen players legs then the frozen player becomes active again this encourages players to keep their heads up while dribbling game ends when the ghosts have caught all the players

Drill - 4v2 transfer to 4v2

"This drill should develop passing, receiving and control in a 4 v 2 situation."



Equipment

8 Cones
12 Bibs (4 x 3 colours)
4-6 Footballs for continuity

Organisation

4v2 Possession Drill

3 10 x 10m grids

Approx 12 Players

1 Team is acting as defenders and the other two teams are keeping possession. Two red players pass ball into yellow square. The yellow team must then keep possession for 5—10 passes. When they do this successfully they transfer/pass the ball into the blue square. Once the ball arrives into the blue square two red players enter the blue square to take up the defensive role.

Key Points

- Quality of Pass—Accuracy, weight, timing
- Body Position—side on, open up the square
- Quality of 1st Touch
- Movement to receive—when, how, why
- Use of fakes and disguise and decision making when to transfer the ball

Conditioned Game - 5 v 5

"A conditioned game to develop quick transition and attacking play

Equipment

8+ Cones
2 sets of Bibs
3-4 balls for continuity

Organisation

Divide the pitch into 3 Areas. The centre area is designed for



the midfielder to start the attack, nobody is allowed to mark in the centre area.

The shape of the teams is 2-2-1, the forwards are not allowed to leave the attacking area.

Key Points

1. Attacking mentality and aggressiveness
2. Message on the pass
3. Quickness of the attack
4. Combination plays
5. Body position

Progression

Allow centre players to challenge for the ball



Luke Hardy
IT Carlow BA Sport & Exercise
Course Assistant



Tomas Glynn
Edenderry Town FC
Under 10 Premier Manager

Who are we.....

DD Fitness was formed in 2010 by Dave Dunning and Marc Lennon to meet the growing demand for specialist fitness, strength and conditioning coaching .

The core objective of *DD Fitness* has been to introduce professional coaching structures to clubs, groups and individuals to ensure that they can reach their maximum potential regardless of their chosen sport.

Using proven coaching methods, *DD Fitness* assist our clients in improving core muscle strength, incorporating overall fitness and conditioning. The benefits of incorporating a balanced fitness and conditioning regime within a training schedule cannot be understated.

At *DD Fitness* we will ensure that from your initial consultation meeting throughout your training programme that our method of introducing a personalised training regime to each client will guarantee maximum success.



DD Fitness Strength & Conditioning Coaching

'Ard Ri'
Killanagh Lower
Robertstown
Naas
Co Kildare

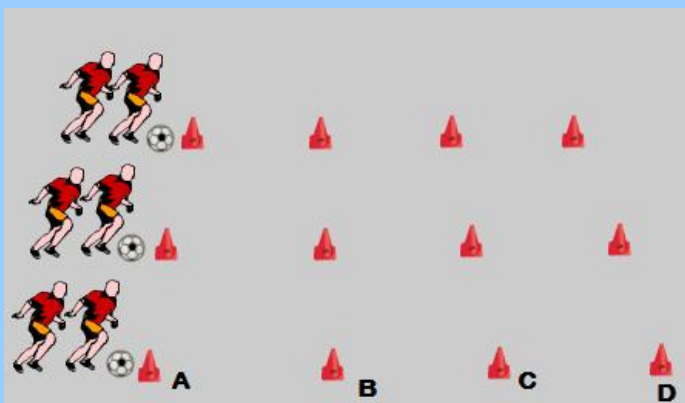
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Fitness is our Business



Training Tips – Multi Sprint Running

Players need to be able to constantly repeat bursts of speed for the whole duration of a game.



Set cones out 15 metres apart, position A, B, C and D.

Set four rows of each.

Player 1 in each group runs out from cone A to cone B with a football at his feet, goes round the cone and passes the ball back to player 2, who dribbles with the ball to cone B. Player 1 meanwhile sprints back to cone A.

Once all the players go round cone A, the whole group goes to cone B, where player 1 starts again and dribbles the ball out cone C and so on. Do the same to cone D. Players will cover a distance of 90 metres in a set. Depending on the time of season you could cover up to 5 sets with 1 minute rest between sets.

This drill should be done at the end of a training session, before the cool down and stretches. Players must sprint after passing the ball to the next players, at full intensity.