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KONSPEKTY
PIŁKA NOŻNA

TRAINING PLANS FOR 5-6 YEAR OLD

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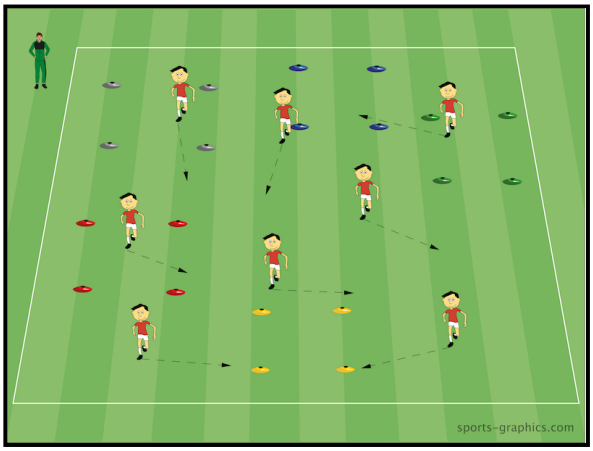
OBJECTIVE	Reaction time, perception

INTRODUCTORY PART I

Craze Phase

In a limited field of play, a transition to the craze phase takes place, in which players move around the way indicated by the coach. On the coach's command:- bathroom - blue,- basement - red,- bedroom - white,- living room - yellow,- garden - green, players stop in a given room. In each room, the players perform the tasks specified by the trainer: - bathroom - arm swings,- basement - raising knees up in place,- bedroom - the players lie down and pretend to be asleep,- living room - players imitate watching a football match on television,- garden - running in place*



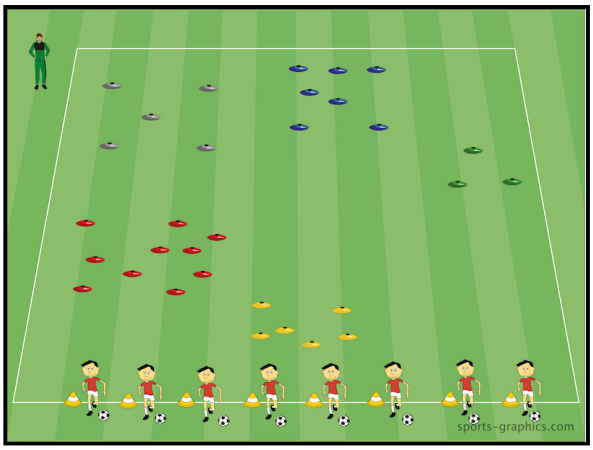
MAIN PART I

Improvement of the ball leading skills

Players line up on the side of the playfield. Each of them stands next to a traffic cone. The coach evokes the name of one of the rooms in the house represented by the playfield. The players lead balls to the area marked with disc cones of the corresponding color. Their task is to take one cone of a given color and put it on their traffic cone. Each room has a different number of cones. We inform players that not every player will be able to take a cone from a given room.**

Modifications:

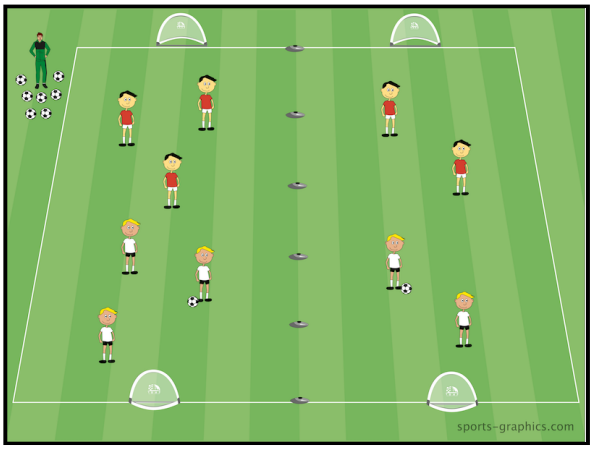
- The players run to the final room through other rooms, e.g., the players run to the garden (green zone) and only then to the living room (yellow zone).- Cones are loosely set up around the playfield. The players, while leading the ball, collect the cones of the indicated color and put them on their own cones.



MAIN PART II

2x2 or 3x3 game

Depending on the number and skills of players, the coach assigns individual people to the respective teams.



NOTES

*Due to many elements of this part of the training, it is recommended that the demonstration of it would be carried out gradually. First, the coach moves with the players from one room to the next. At the same time, the trainer asks the players what color is associated with a given room, e.g., bathroom - blue, etc. Finally, The coach introduces different fitness elements in particular rooms.

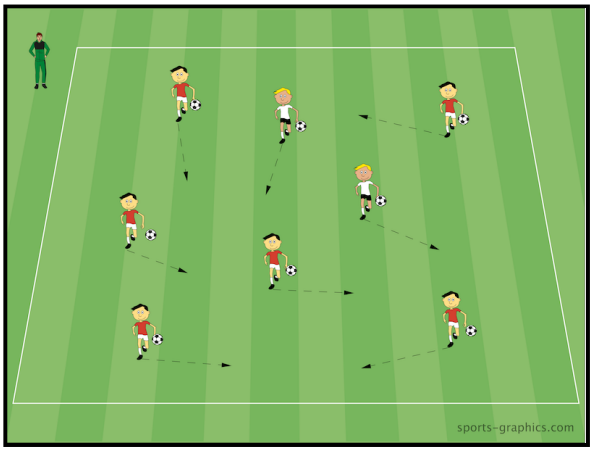
**The author of this exercise is trainer Marcin Celejewski

SUBJECT	Training Plan 76: DISAPPEARING GOAL - 1x1 Game
OBJECTIVE	Reaction time, perception, decision making, leading a ball under pressure from an opponent

INTRODUCTORY PART I

Playing `Tag` with Balls

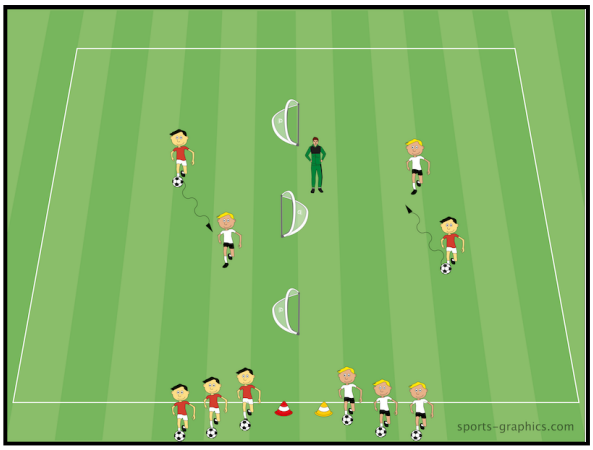
All players lead balls. Each time the Tag catches someone, he scores a point. At the same time, the points scored by the Tag and the negative points received by the captured players are counted. For each negative point, the player must do one jumping jack.



MAIN PART I

1x1 Game

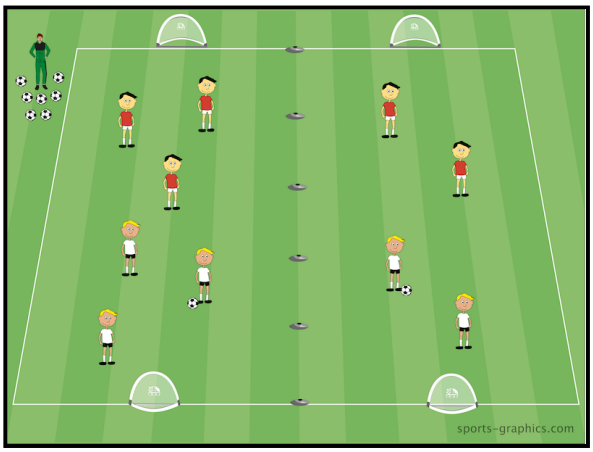
The playfield is divided into two halves on which two games on keeping possession of the ball take place simultaneously. Players play until the coach gives a signal allowing them to shoot at a goal, e.g., a whistle. They play on the goal which is set up facing their playfield. The coach turns around the goals so that they face different playfields in turns. Players must be alert all the time and react to the changing situation on the pitch*.



MAIN PART II

2x2 or 3x3 game

Depending on the number and skills of players, the coach assigns individual people to the respective teams.



NOTES

* In order to turn the goals smoothly, it is recommended to use lightweight goals, e.g., pop-up goals.