



Agility Training Session 1 Tic - Tac - Toe

Category: Physical: Agility
Difficulty: Beginner

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Screen 1

Set Up: Hoops, cones, hurdles as shown, 4 teams with 2 at each station as shown.

Format: Coach shouts go and both teams race to put 3 pinnies in a line to win the game

Players must move over hurdles around cone & place a color pinnie in a hoop

1st team to get 3 in a line wins

Key Points: Speed & agility, awareness, tactical understanding, teamwork



Screen 2

Set Up: 3 hurdle facing a small goal, 1 large goal at side. Players positioned as shown, with BCD all with balls.

A moves over SAQ & receives pass from B to finish target goal, they turn then towards C

C plays pass to A to finish into large goal & move towards D.

D plays pass to A who finishes into large goal.

Players move A-B-C-D & D joins back of line.

Progressions: Make it a time limit goal competition

Key Points: SAQ movement, quality of passing, timing & angles of runs to meet pass, finishing.



Screen 3

3v3 (round robin play) (5 mins)

Organization:

- 15 x 25 yard grid, larger if space permits.
- divide the group into 2 equal teams of 4 players each - NO GK
- unlimited touches to all players to start.
- players look to score on small pug net.
- each game is 4mins - each team plays each other once. Winner with most games won

Progressions:

- must score via one-touch or strike with non-dominant foot

Coaching Points:

- speed of play = fast
- shape = TRIANGLES at all times
- decision making - keep head up
- creativity / attacking mentality

