

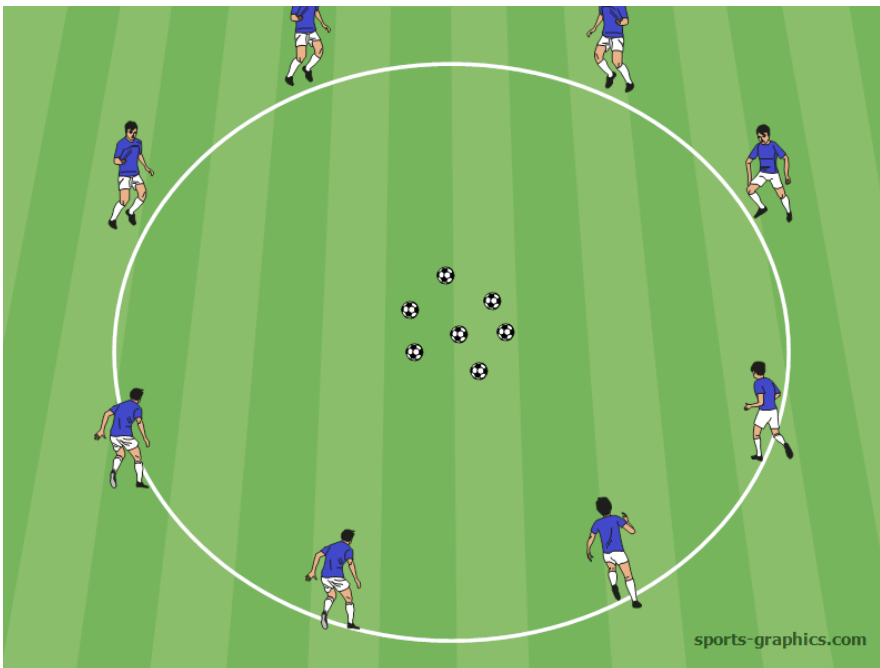
ODD ONE OUT

To develop agility, balance, coordination and quickness

PHYSICAL

Conditioning

Agility, Balance,
Coordination and Speed



Mark out a circle of 25yds in diameter and place balls in the centre - the number of balls to be at least one less than the number of players. On coach command, players run around the outside of the circle. On the second call the players collect a ball from the centre. The player who misses out is removed and practices a skill away from the group. Remove a ball. Repeat until there is a winner.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Ability to maintain short bursts of power or repeat high intensity movements in quick succession followed by periods of rest or low activity.
- Ability to maintain top speed for a longer period of time.
- Improve basic agility enabling players to accelerate, decelerate and change direction quickly while maintaining speed, body control and poise.
- Players develop and improve sharp movements and increased reaction speed.
- To maintain overall quality of performance while fatigued.

KEY FACTORS

- Explosive movements
- Increase arm speed when coming out of turns
- Keep head and eyes up
- Maintain correct running form
- Short explosive steps into the turn
- Stay light on feet
- Use running action with arms

FOCUS AREAS

- A player centred approach of the Four Corner Model – Technical, Tactical, Physical and Psychological.
- Actions should be performed at high speed with maximum intensity while maintaining good technique and high quality.
- All drills designed to improve speed and agility must be executed at maximum effort.
- As with all movement drills, ensure players stay relaxed and focused throughout.
- Build anaerobic (speed) endurance.
- Encourage rapid change of direction and acceleration.
- Ensure training is specific to football when possible.

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