

PRACTICAL CLASS DAY 2

We will divide the students into two groups.

Group 1

Will choose 3 technical actions and will create or plan 3 CLOSED tasks to work on these actions. Keeping in mind that the chosen technical action must appear during the task.

Group 2

Will choose 3 tactical actions and will create or plan 3 OPEN tasks to work on these tactical actions. Keeping in mind that the chosen tactical action must appear many times during the task. For this, they should add rules or regulations.

Teacher's note: If the group is very large, we can divide the students into 4 subgroups. It is ideal if there are more than 5 students in each group so that everyone can contribute ideas.

It is important that for the exercise they write: what space is needed, how many cones they need, how many bibs, how many balls, and how many players.

Once the exercises are planned, we will go down to the field and follow the exercise creation model, which we remember is: planning (done in class), preparation of the playing field, explanation, execution, and feedback.

We alternate an open exercise and a closed one. In this way, if we run out of time, we have involved both groups.

Final talk:

Gather all the students after the practical demonstration and summarize the class. Ideally, the students should recall what we have discussed.

The most important points or aspects are:

- Technique - What is it?
- Tactics - What is it?
- Remember some of the actions of the technique and tactics
- Remember some of the guidelines
- Remind them that knowing the guidelines for each action is what will allow us to improve the players.