

PRACTICAL CLASS DAY 3

We will divide the students into two groups.

Group 1

Prepare a RETENTION drill which can be a rondo or possession. They will choose a technical or tactical action and create the retention drill, always detailing the number of players, the necessary field, the number of bibs, cones, balls...

Group 2

Prepare a WAVE drill where a technical or tactical action will be worked on. Always detailing the number of players, the necessary field, the number of bibs, cones, balls, goals...

Group 3

Prepare a MATCH drill where a technical or tactical action will be worked on. Always detailing the number of players, the necessary field, the number of bibs, cones, balls, goals...

For each exercise, the groups must write how many moments or phases of the game occur in each exercise. For each of the teams involved in the exercise.

We recall: Moment with the ball, defensive transition, moment without the ball, offensive transition.

Example: In a wave of competition unit duration. We recall: A competition unit is the amount of time that passes between when a team has possession of the ball, loses it, and regains it.

In this case:

The team that starts defending goes through the game phases: Moment without the ball, offensive transition, moment with the ball (but never defensive transition because at that moment the wave ends).

The team that starts attacking goes through the game phases: Moment with the ball, defensive transition, moment without the ball (but never offensive transition because if they recover, the wave ends).

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 will start from simple to complex. Retention, wave, and match.

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:

- Analytical vs global methodologies (very similar to open vs closed tasks)
- Types of exercises
 - Possession games
 - Waves
 - Matches
- Essential elements or description of each of them.