

Premier Skills

Topic: Developing ABCS
Component: Warm-up

SMILES - The Premier Skills approach



This activity can be used as part of a session plan to develop technical, tactical and life skills that can be used on and off the pitch.

Always remember SMILES when coaching.

Safe Maximum participation Inclusive Learning Enjoyment Success

Setup



- All players put a bib in their own shorts, so that part of the bib is visible hanging to the side or back
- Before players start 'grabbing' bibs they move around the area doing football related dynamic movements
- Players are tasked with 'grabbing' bibs off other players with the aim of getting as many bibs as possible, starting at low intensity
- Players move around the area trying to avoid having their own bibs taken. Players cannot hide or protect their bib
- If a player loses their bib they continue trying to get another players bib
- If a player successfully grabs a bib, they then place this in their shorts and then try to avoid having this bib taken
- If there are not enough bibs for all players, then there is an option to start with some players without a bib tasked with 'grabbing' bibs off the players with bibs

Development - Warm-up

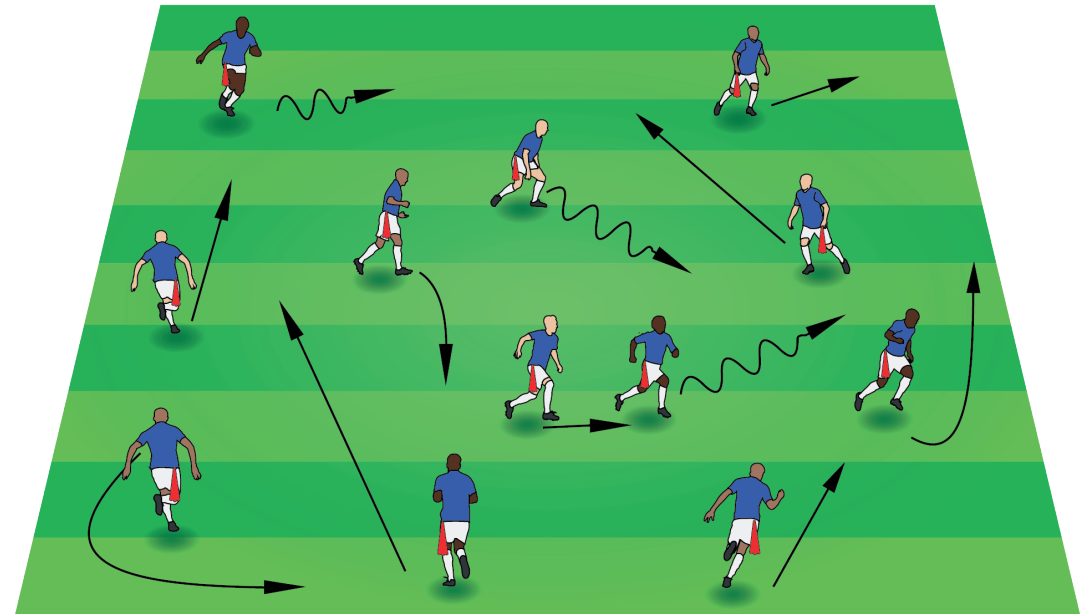


Progression 1

Use the activity to develop player's agility, balance, coordination and speed (ABCS) by encouraging players to travel and move in a variety of different ways. This can either be coach led such as instructing players to hop, skip, walk, moving backwards or player led where they are encouraged to be creative in coming up with different ways to travel. This can be done both with and without a ball.

Progression 2

Make the activity into a team game. Players are divided into 2 teams and all players have a bib. A time limit is set and the aim is for your team to end up with more bibs than the opposing team. This can be done both with a without a ball.



Key

bib

player movement



Coaching points and technical information

- Focus on low intensity to high intensity
- Emphasis on dynamic stretching through playing
- Ensure you are both mentally and physically warming up the players
- Support, challenge and improve players agility, balance, coordination and speed (ABCS)
- Introduce technical or skill coaching points from main session

Premier Skills

Topic: Developing ABCS
Component: Warm-up

STEPS

Use these ideas to progress and change the activity

S - Space

Adjust the size of the overall area – smaller area helps develop agility and awareness, a larger area helps develop acceleration
Create safe zones where players can rest for 3 secs

T - Task

Introduce movement challenges – you must play the game walking, jogging, sprinting, hopping, sideways, skipping, moving backwards

E - Equipment

Remove bibs to increase number of grabbers
Add a football(s) – player(s) with a/the ball cannot have their bib 'grabbed', encouraging players to pass

P - People

Change the number of grabbers
Play the activity in teams

S - Speed

Set time limits – challenge is to still have a bib at the end of a given period
Change the space size (s) to increase intensity

My thoughts

SMILES - *My thoughts*

S

M

I

L

E

S

NOTES / DIAGRAMS: