
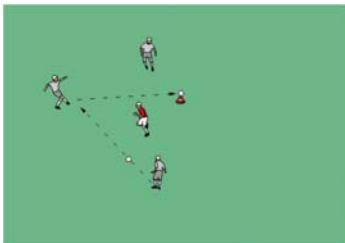



### Whole-Part-Whole Method

The whole-part-whole method is another way to conduct a training session. The usual progression starts with a warm-up and then progresses into several activities finally ending with the game. Using the whole-part-whole method allows a coach to get going in the match and then take a part of the game that they want to work on and then play another match at the end to see if learning has taken place. We need for our younger players to “play” freely more in training. This method allows more “free” play but then also gives the opportunity to teach using activities in the middle (isolation method) before going back to the game. One of the faults of using this method is that the coach will not have in their mind from the beginning of the training session an idea to work on. This method isn’t supposed to be used without a plan. A coach shouldn’t wait and see what happens in the first game before deciding what to work on in the isolation stage. All games and activities should be constructed to encourage specific problems seen in the last match. This method simply provides a varying way in which a coach can run a training session. Below is the session I will use:

Activity and Purpose	Description	Diagram
<p><b>Start with 3v3-4v4 game</b></p> <p><i>With some agility, dynamic stretching included.</i></p>	<p>Two teams to 2 goals.</p>	
<p><b>3v1 (two balls)</b></p>	<p>Groups of 4-Two balls Knock ball of cone. Player in middle tags player with ball.</p> <p>Purpose is to work on receiving and playing forward</p>	
<p><b>East-west Vs. North South</b></p>	<p>Two teams of 5-6. Each team has a target player on both ends. One team is going e-w, the other team is going n-s. A point is scored every time the ball gets to one target and then back to the middle.</p>	
<p><b>Game 4v4</b></p>	<p>Two teams to 2 goals</p>	