

**SAFETY- NO MORE THAN 9 PLAYERS PER GROUP, SPLIT TEAM INTO TWO GROUPS IF REQUIRED**

**AREA: Minimum of 30m x 25m, set up TWO areas if you have more than 9 players.**

**CONES: 10x colour, 10x colour      BALLS: 1 x players**

**CORE SKILL:                    STRIKING THE BALL + FIRST TOUCH**

**ASPECT:                        COMBINATION PLAY**

## FUNCTIONAL MOVEMENT

Time – 10 minutes

### SET-UP:

Create 10m x 6m grids for each player within your area.

### EXERCISE:

1. Begin with each player moving around their grid without a ball.
2. Select a player to call out a movement / action for everyone to complete. Start slowly for players to warm up. E.g.

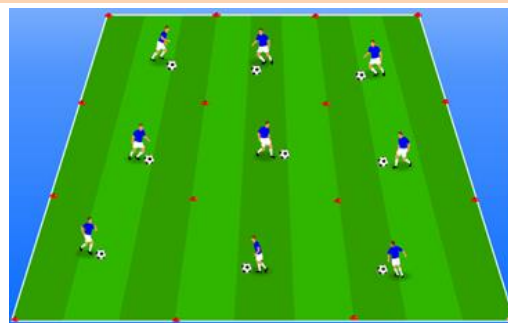
Balance on right leg	Balance on left leg
Jog on the spot	Sprint on the spot
Hop on right leg	Hop on left leg
Heels up	High Knees

3. The player then chooses someone else in the team to call out the next movement / action.

### 4. Conditioning Circuits

#### Circuit 1:

10 Squats, 10 push-ups, 10 sole touches, 2 x dribble Sprints (with the ball) – one end of your grid to the other.



#### Circuit 2:

10 sit ups, 10 toe taps, 10 Mountain Climbers, 4 x dribble Sprints (with the ball) - one end of your grid to the other.

5. Repeat Circuit 1 and 2.

6. Get players to come up with circuit exercises

### PHYSICAL LITERACY:

**Physical** - Being able to use lots of different body movements in a safe area and manipulate the ball.  
**Psychological** – Creating leaders in team through players calling out actions.

## BALL MASTERY – COLOURS

### EXERCISE:

Each player has a ball and is freely dribbling around in defined area. Introduce & complete the following actions.

**Ball mastery exercises** – Encourage players to keep head up

- L-Turn
- V – Turn

**Feints** – Encourage a change of pace and direction

- Step over

Time – 10 minutes

- Side Rolls (use sole of feet to roll the ball across your body)
- Ronaldo Chop
- Players choose their own skill!

**Colours** – Coach walks around holding different coloured cones in the air. Players MUST call them out as quick as possible, testing their perception. Head up!!

## SKILL PRACTICE – ANTICIPATION

Time – 20 minutes

### SET-UP:

Define the 35m x 20m area

Split players into two even teams.

Number each player (#1-4) per team.

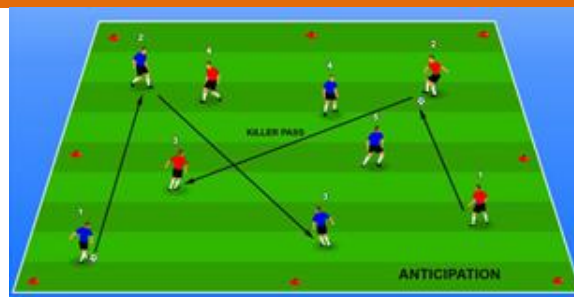
### EXERCISE:

1. Players must pass in the numbered sequence (i.e. #1 > 2 > 3 > 4 > 1 > 2....)
2. Both groups must execute at the same time, in the same field.
3. After each pass, the player must touch a cone that defines the area

*This aims to create movement, as we want both teams moving in and out of each other!*

**CONTINUED ON NEXT PAGE →**

### PROGRESSION:



### COACHING POINTS

Ensure players maintain distance from each other.

### PHYSICAL LITERACY:

**Physical** – Players to sprint to touch cone after playing a pass!  
**Social** – Encourage players to communicate to each other on & off the ball!

- Reverse the direction (i.e. 4>3>2 etc..)
- Passes must be made between two opposition players *splitting the defenders with a Killer Pass*
- Place a touch limit on players – 2 - 3 touch max

**Cognitive** – Challenge players to be in a position to receive the ball in front of their teammate!  
Can players play a killer pass through two opposition players?

### SKILL TRAINING – CROSS THE CHANNEL

Time – 20 minutes

**SET-UP:** Define a 30m x 20m area, divided into THREE areas.  
25m x 15m – Area 1 & 3 (Yellow and Blue)  
25m x 5m – Area 2 (Red area)

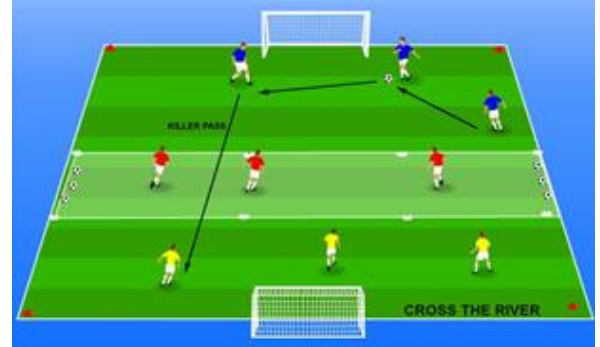
Split players into three even teams. Allocate each team a section (Area 1, 2 or 3). All players must stay in their area.

#### EXERCISE:

- The coach begins by playing the ball to yellow who must attempt to play the ball across the channel to the blue team. Each cross of the channel = 1 point, splitting defenders = 3 points.
- Red's are the defenders who must stay in the channel, attempting to block/intercept the ball from splitting them / passing through the channel
- If Red's block/intercept the ball, they receive 2 points.
- If Red's can block/intercept the ball, then score in the goal in front of them they receive 3 points – Red's cannot leave the channel when trying to score.
- Once play stops, the ball goes back to the coach who plays the ball in each time.

#### PROGRESSION:

- Swap the defending team every 2 minutes. Can they get the least amount of passes through them?
- Limit amount of touches – 2 or 3 touches Max.
- Challenge – 5 points if players can 'split the defenders' with a Killer Pass using a first time pass!*



#### PHYSICAL LITERACY:

**Social** – Get the players to keep score and see which team can get the most points after 6 mins! Restart points for round 2. Encourage players to communicate to each other when gaps emerge in the defenders

**Cognitive** - Encourage players to move into gaps to receive the ball.

Help players understand when to play 'killer pass' and when to keep possession.

**Psychological** – Motivate players to get the most points!

#### CHANGE IT

Make width of area smaller if it's too easy for attacking teams.

### END OF SESSION

#### WRAP UP:

At the end of the session ask the players what they have enjoyed and learnt from the session.

#### SAFETY:

NO physical contact during sessions and maintain 1.5 metres distance.

NO touching footballs with hands.

NO sharing of bibs and drink bottles.

Ensure everyone uses hand sanitiser/washes their hands.

Disinfect gear that has been used.

No loitering – all players and coaches to leave the ground straight after their session.

### KEY COACHING POINTS

#### Individual Technical

Scan the field before receiving the ball (awareness)  
Ensure players have an open body position, seeing the full field  
Players must learn to take their first touch:

- Into free space
- To set up their next action (pass/dribble)

#### Striking the ball

Firm and accurate passing using both feet.  
Lock ankle when striking the ball.

#### Individual / Team Tactical

##### Movement

- Move off the ball to support ball carrier
- Move into 'passing lanes/gaps' to receive killer passes

##### Positioning

- Ensure there is width & depth when in possession of the ball
- Make the playing area big!

### COACH REFLECTION

What worked/did not work?

What would you do differently next time?