

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: PENETRATIVE PASSES AND DECISION MAKING

FUNCTIONAL MOVEMENT - FIFA 11+ /Conditioning

Purpose - Warm up for session ahead. With/without balls- 10 mins

SET-UP:

Define a 30m x 25m area (minimum).

EXERCISE:

1. Have each individual player juggling with a ball.
2. When the coach calls a number players must perform the action whilst moving around the area.

- ACTIONS** - 1) Jogging 2) Jockey forwards/backwards 3) High knees. 4) Skipping 5) Open/close the gate. 6) 10 metre sprint
7) 20 lunges 8) 20 sit ups 9) 20 squats



BALL MASTERY – COUNTRIES

Purpose - Improving players comfortability on the ball – 15 mins

SET UP: Set up gates along the border of your area. 5 gates on each sideline.

EXERCISE:

1. In pairs, each player has one ball between two dribbling around and passing the ball to each other, whilst performing ball mastery skills
2. Name each side of the square two different countries
3. On the coach's call ('AUSTRALIA') both players (1 with the ball and 1 without) must run to the same country but OPPOSITE ends of the area, run around then through a gate and back into the playing area.
4. The player with the ball will complete a pass to their partner – players then continue dribbling around the area, waiting for the coaches call.

SKILLS - Perform with both feet - Feints, Rolls, Scissors, Chops, L Turns, V Turns



PROGRESSION:

5. Swap partners
6. Play Opposites
7. Players must perform a skill before passing to their partner

SKILL PRACTICE – COMBINATION & PENETRATIVE PASSING

Purpose - Repetition of Skill in engaging environment – 20 mins

SET-UP:

Within defined area, mark out a vertical line and horizontal line.

EXERCISE:

1. Split 9 players into two even teams of 4v4 – with 1 player being the Joker playing for both teams.
2. Include 4 wall players who work with their own team (reds – horizontal & blues – vertical)
3. Both sets of players have one ball each and combine / pass the ball from one wall player to the other using the joker before doing so.
4. All players on each team must touch the ball before passing to the wall player.
5. Rotate Wall players after 2 minutes.

PROGRESSION:

7. Players to receive the ball in your own half from wall player - then to receive the ball on opposite side from teammate



COACHING POINTS:

1. Encourage players to receive the ball facing forward.
- See coaching points below.

PHYSICAL LITERACY:

Social – Players to communicate by saying players names before receiving the ball

8. Blue team v Red team - see how many times a team play from one wall player to the each other in two minutes!
9. Maximum of 3 touches per player
10. Final pass into end player is played off one touch only

SKILL TRAINING – FIND THE TARGETS

SET-UP:

- 30m x 25m area (minimum).
- Split players into two groups of 4 plus one joker.
- 3 outfield players & one GK per team.
- Balls placed next to each goalkeeper.

EXERCISE:

1. Ball starts from the goalkeeper who passes into one of their teammates.
2. Both teams play at the same time.
3. Teams must combine and pass to each other (including the joker) at least once before scoring a goal at the opposite end.
4. Before scoring, a player must receive a ball in a target box.
5. If a team scores, they receive 3 points.
6. Once the team has a shot at goal, they start again with a new ball from their GK.
7. Team that scores the most goals in 2 minutes is the winner!
8. If the team does not get a shot on target, they lose a point.

PROGRESSION:

4. Maximum of 2- 3 touches.
5. When a player receives the ball in the target box, the next pass must result in a shot on goal!
7. First time finish

END OF SESSION

WRAP UP:

- At the end of the session ask the players what they have enjoyed and learnt from the session
- Use open-ended questions to tease out their own perception
- Give individual players feedback on the coaching points
- Is there anything to continue to work on next week? If so, outline specifically to the players

KEY COACHING POINTS

Individual Technical

- Firm passes with the inside of the foot in front of you team mate to allow their next action to become easier
- Look to take positive first touch into space, forwards or away from other players.
- Striking the ball – Lock ankle when shooting, use arms for balance and keep head still.

COACH REFLECTION

- What worked/did not work?
- What would you do differently next time?

Purpose - Repetition of Skill in engaging environment – 20 mins



COACHING POINTS:

1. Positive first touch into space, forwards or away from any additional players, body position to receive and pass effectively
2. Scan and look over the shoulder both directions and for target areas before the ball comes into the players fee
3. Encourage players to play forward passes.

PHYSICAL LITERACY:

- Cognitive** – Players to scan where the target areas are, and must receive from within that area once per combination to increase perceptual awareness
- Psychological** – Motivate players to combine quickly and adopt goal scoring positions.

SAFETY:

- NO physical contact during sessions and maintain 1.5 metres distance
- NO use of bibs or sharing of 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

Individual / Team Tactical

Movement

- Move off the ball to support ball carrier
- Move into 'target areas' to improve scanning and decision making

Positioning

- Ensure there is width & depth when in possession of the ball
- External players offer angles to support the players in the middle