

SAFETY- REMEMBER NO CONTACT

AREA: Minimum of 30m x 25m

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

CORE SKILL: STRIKING THE BALL

ASPECT: Combination play to create goal scoring opportunities

FUNCTIONAL MOVEMENT – FOOTBALL TENNIS

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

SET-UP:

1 set up per six players
Create two, 10m x 10m squares sharing a boundary
Split the group of 6 into two teams

EXERCISE:

1. Have one team serve/drop kick pass to the other
2. Teams have three touches to keep the ball in the air, before returning it to the opposition.

EXERCISE: Continued....

3. Teams win a point if the opposition strikes the ball out of bounds, or if the ball bounces 2+ times in their half
4. Repeat - similar to tennis
5. First to 11 points wins

CHANGE IT:

Easier – Allow each team to have 1 or 2 bounces before returning to the opposition.

BALL MASTERY – PASSING GATES

Purpose - Improving players comfortability on the ball – 15 mins

SET-UP:

Within your area, set up a series of gates, as per diagram.
Set up each gate using coloured cones – Red Gate, Blue Gate, Yellow Gate

EXERCISE:

1. Split players into pairs, one ball each pair
2. Challenge – Players must now move around as a pair, earning 1 point for each gate they pass between.
4. After 90 seconds stop them and see who wins
5. Challenge players to beat their first-round score!

PROGRESSIONS:

6. Change partners
7. Instruct which foot they can pass with.
8. *Cognitive* - Cannot go through the same coloured gate consecutively
9. Three touch maximum only.

Maintain competition element throughout practice.



COACHING POINTS:

Challenge players to take their touch towards the next gate.
Physical - Quick movement off the ball to the next gate
Cognitive – Encourage players to have their head up whilst moving around to see which gates are free.

SKILL PRACTICE – COMBINATION SHOOTING

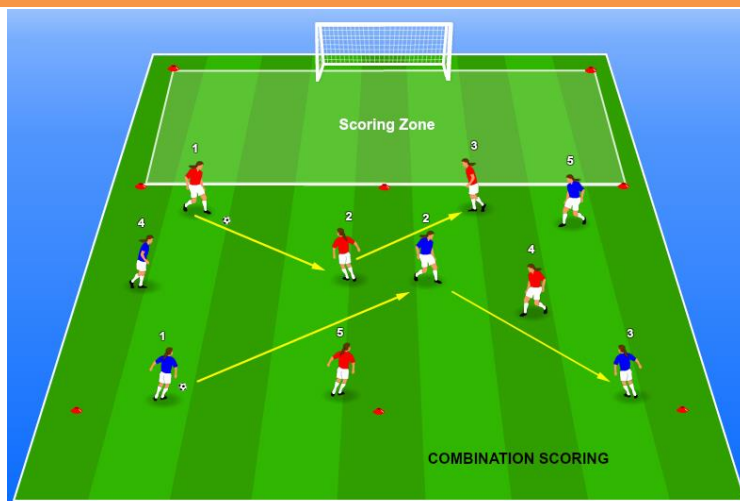
Purpose - Repetition of Skill in engaging environment – 20 mins

SET-UP:

Within 30m x 25m area, place a goal (or two) on one baseline.
Mark out 8m Scoring Zone from baseline (see) diagram.
Have all balls placed near the top of the playing area.

EXERCISE:

1. Split players into two even teams and give them a number from 1 – 6 (or how many players you have on each team).
2. Each team has one ball and the players must pass in sequence, 1 > 2 > 3 > 4 > 5 > 6 > 1
3. Both groups must execute at the same time.
4. When the coach calls a number, “3”, the team must pass to the number 3 player who attempts to score in the goal from inside the scoring zone.
5. Red vs Blue – whichever team scores first get 3 points!
6. Players are to quickly get a new ball from the top of the playing area and continue passing in sequence.
7. Play for 3-minute rounds and see which team can score the most goals!



PROGRESSIONS:

8. *Physical* - To spread players out, after they pass to their teammate they must sprint around an outside cone. It must be a different outside cone each time.
9. Add another ball in – Each team has two balls!
10. *Cognitive* - Reverse the sequence, 5 > 4 > 3 > 2 > 1
11. Players cannot dribble into the scoring zone; they must receive the ball inside the scoring zone and not be in the zone before the ball is played (off-side).
12. Players are only allowed to take max. two touch.
13. Change the players' numbers.

COACHING POINTS:

- Use Goalkeeper if they have Gloves
- Encourage players to 'find a new space after playing a pass'.
- Players to adopt a position so that their teammate can see them, and easily pass to them.
- Challenge players to shoot as soon as they enter the scoring zone!
- Encourage players to communicate to each other.

Maintain competition element throughout practice.

SKILL TRAINING – RONDO & SCORE

SET-UP:

- Set up TWO 25m x 20m playing areas.
- Within each area set up a 7m x 7m box in the middle.
- Place a goal at the baseline.
- Split players into two even teams. Red Vs Blue.
- Use goalkeepers, if they have Gloves.

EXERCISE:

1. In one playing area, have 4-5 Red players on the outside (attackers), and two Blue players in the middle box (defenders).
 2. Have the opposite in the other playing area, 4-5 Blue players on the outside (attackers), and two Red players in the middle box (defenders).
 3. The attacking players must try and play 3 successful passes through the middle box, whilst the defending players (middle players) must try and intercept the ball.
 4. Once three successful passes through the box are made, the attacking players must try and score in the goal. If they score award them 2 points!
 5. The middle defending players can only stay in the box.
 6. If they intercept the ball they receive 1 point!
 7. See which team can receive the most points in 3 minutes!
 8. Change defending players – Have two red players and two blue players swap with each other.
 9. Play more rounds and see which team gets the most points!
- Maintain competition element throughout practice.**

Purpose - Repetition of Skill in engaging environment – 20 mins



PROGRESSIONS:

10. Attackers are only allowed two touch max. If they take more, their team loses a point.
11. Attackers must make 5 successful passes through the box before scoring.
12. Allow one defending player to leave the box and apply pressure on attacking players – NO TACKLE ALLOWED.

COACHING POINTS:

- Encourage attackers to 'find new space after playing a pass'.
- Motivate players to pass the ball quickly.
- See below for more coaching points.

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 use of bibs or sharing of and drink bottles
- Ensure everyone uses hand sanitiser/washes their hands
- No loitering – all players and coaches to leave the ground straight after their session

KEY COACHING POINTS

Individual Technical

- Firm passes with the inside of the foot in front of you teammate 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.

Individual / Team Tactical

Movement

- Move off the ball to support ball carrier.

Positioning

- Ensure there is width & depth when in possession of the ball

COACH REFLECTION

What worked/did not work?

What would you do differently next time?