

## SAFETY - REMEMBER NO CONTACT

AREA: 1/3 – 1/2 field

CONES: 10x colour, 10x colour

BALLS: 1 x players

**CORE SKILL:**

**STRIKING THE BALL + FIRST TOUCH**

**ASPECT:**

**PENETRATION AND COMBINING TO CREATE SCORING OPPORTUNITIES**

**FUNCTIONAL MOVEMENT – RONDO/PIGGY IN THE MIDDLE**

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

**SET-UP:**

Set up TWO 6m x 6m boxes.

Split players into two even groups and run the same practice.

**EXERCISE:**

1. Have 4-5 players standing around the outside of the box, with 2 players in the middle.
2. The outside players must try and get 5 passes without the middle players (defenders) intercepting the ball.

**BALL MASTERY – PASS & MOVE!**

Purpose - Improving players comfortability on the ball – 10 mins

**SET-UP:**

Set up a 5m x 5m square in the middle of your area.

Position half the players on the outside with the ball (Blue players)

The other half in the middle square without a ball. (Red players)

**EXERCISE:**

1. The Red Players (inside) must approach a blue player (outside) receive a pass and pass back.
2. The red players must then run through the middle square and approach a different Blue player.
4. **Competition** – Which player can complete the most passes in 60 seconds!
5. After 60 seconds swap the inside/outside players

**PROGRESSIONS:**

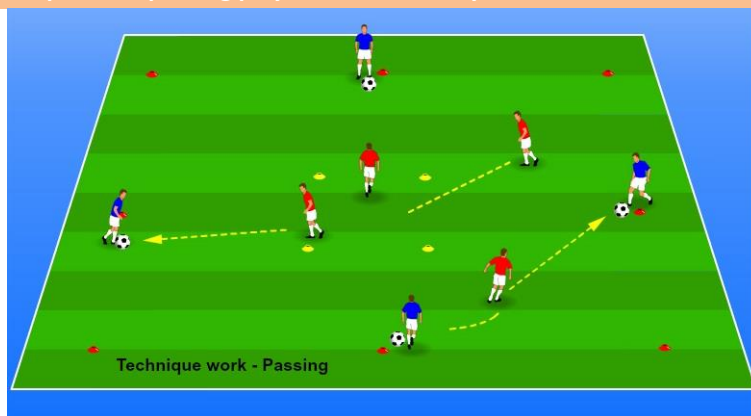
6. Players must use their RIGHT / LEFT foot only
7. Two Touch Only
8. One Touch Only
9. Players in the middle start with the ball. They must pass and receive back from the outside player, dribbling through the middle square before passing to another outside player

**EXERCISE CONT:**

3. If a middle player intercepts the ball, they swap with the player that played the pass.
4. If a pass goes outside of the box, the player who played it out is in the middle.

**PROGRESSIONS:**

5. Outside players must complete 10 passes to receive a point
6. Outside players only allowed two touch.
7. Include fun punishment for defending players if 10 passes are completed



**COACHING POINTS:**

Passing technique – Ankle locked, striking inside of foot  
Focus on ACCURACY first  
Focus on the WEIGHT of the pass  
Only pass to a free outside player – creating a passing channel  
Encourage players to communicate to each other  
**Maintain competition element throughout.**

**SKILL PRACTICE – COMBINE, PENETRATE, SCORE!**

Purpose - Repetition of Skill in engaging environment – 20 mins

**SET-UP:**

Define 4 horizontal zones, 7m in length, 15m in width.

Split players up as per diagram.

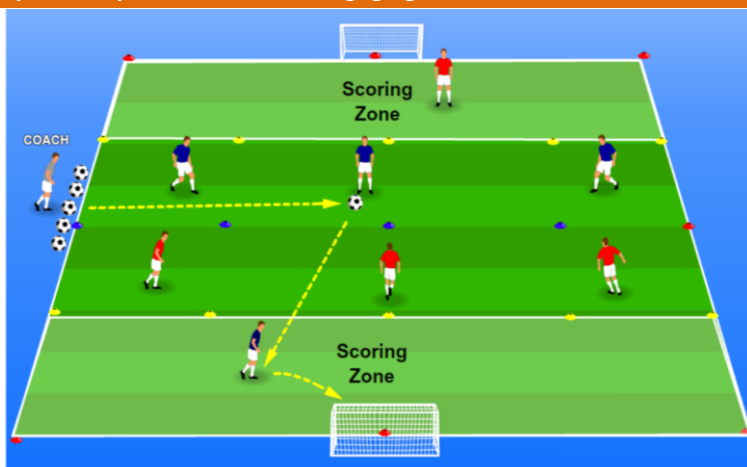
One Red in scoring zone, 3 blues in middle zone-one, 3 reds in middle zone-two, one blue in scoring zone.

All players must stay in their zone.

*If you have 14 – 16 players, set up another playing area so you have TWO groups of 8 players.*

**EXERCISE:**

1. Coach passes a ball to the blue team, who must play minimum of 3 passes in their zone, before trying to play a penetrating pass to their teammate in the scoring zone.



- The attacking player must quickly try and score in the goal to receive 2 points.
- The red team must try to block / intercept the ball from passing through.
- Once the ball is played into the scoring zone, the defending players must sprint to stand on one of the red cones in the corner. If they do so before the attacker scores, they receive 3 points for their team.
- Repeat, playing to the Red team first.
- 6.Competition – See which team gains the most points in 3 minutes.**
- Swap the attacking player(s) after 3 minutes

### PROGRESSIONS:

- Attacker can only take two touches.
- Minimum of 5 passes in the middle zones before passing to the attacker(s).

### COACHING POINTS:

- Wait for the correct moment to penetrate with passes
- Add disguise when playing penetrating pass by deceiving with your body position and eyes
- Players to move the ball quickly with quick passes.
- Striker in position to take first touch forward towards goal
- Physical* – Players to move into space after passing the ball.
- Social* – Players to communicate by saying teammates names before receiving the ball
- Too Hard? – Make the area wider

### SKILL TRAINING – COMBINE, PENETRATE, SHOOT!

Purpose - Repetition of Skill in engaging environment – 20 mins

#### SET-UP:

Same set up as previous, however make the field 5metres wider.

#### EXERCISE:

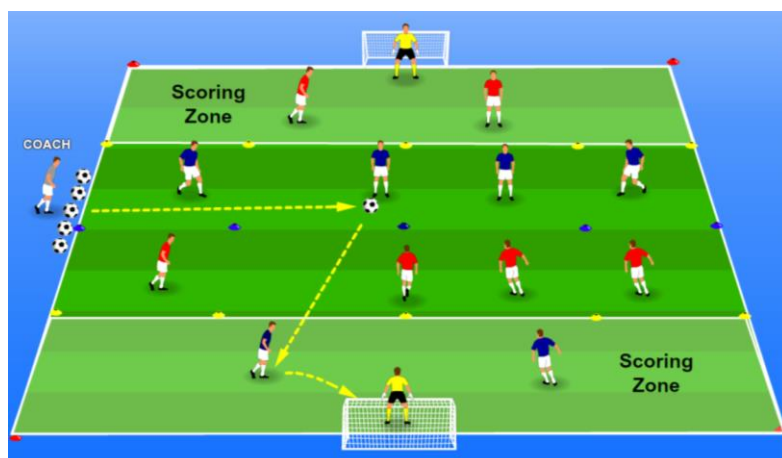
- The exercise is similar as above, with the addition of goalkeepers in a larger game-based environment. Still no defending, contact or tackling.
- Coach plays ball to one team, who must play a penetrating pass to their teammates who try to score past the goalkeeper.
- Maintain competition element throughout practice and see which team can score the most goals!
- Rotate attacking players every 2-3minutes.

#### PROGRESSIONS:

- Maximum of three touches throughout the practice
- First time finish for the attackers
- If the keeper saves it, they get a goal knocked off

#### PHYSICAL LITERACY:

**Psychological** – Give one team the ball to start a number of times in a row to see how the other team react to 'unfair refereeing'.



#### COACHING POINTS:

- Striker on the move and looking to receive through lines of space in between players
  - Positive reaction from defenders when ball breaks through by tracking back
  - Defenders anticipating passes
  - Communication between defenders to ensure stay compact
- See below for technical 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
- Use open-ended questions to collect answers
- Give individual players feedback on the coaching points

#### 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

### KEY COACHING POINTS

#### **Individual Technical**

- Firm passes and finishing with the inside of the foot.
- Look to take positive first touch into space or forwards.

#### **Penetration**

- Ensure the players have flexibility to make their own decisions and when/how they pass to break lines

#### **Individual / Team Tactical**

##### **Movement**

- Move off the ball to support ball carrier to player without the ball

##### **Positioning**

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

### COACH REFLECTION

What worked/did not work?

What would you do differently next time?