

**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**

### FUNCTIONAL MOVEMENT – “COACH SAYS”

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

PRACTICE TIME - 10 minutes

**SET-UP:**

Define at minimum a 30m x 25m area for players.  
Spread players out within the area.

**EXERCISE:**

1. Players are spread out in the area and must replicate what the coach says.
3. Each player starts with 10 points. If the coach says an instruction without “Coach says” at the beginning and a player performs it, they lose a point!

**EXAMPLES FOR COACH SAYS:**

- |                      |                     |
|----------------------|---------------------|
| Balance on right leg | Balance on left leg |
| Jog on the spot      | Sprint on the spot  |
| Hop on right leg     | Hop on left leg     |
| Touch your toes      | Stretch to the sky  |

**PROGRESSION:**

4. Opposites! Players must perform opposite movement to what the coach says.
5. Add in a ball for players to use, players now perform Sole Touches or Rolls with the ball whilst waiting for the coach’s call.



**COACHING POINTS:**

1. Clear verbal communication and demonstrate the correct technique for each movement
2. Initiate practice with basic movements and balancing skills, raising players’ heart rate slowly
3. Ensure players maintain distance when performing movements

**PHYSICAL LITERACY:**

**Physical** - Being able to use lots of different body movements in a safe area

**Cognition** – Bonus points for players who react to the call the quickest!

### BALL MASTERY – COUNTRIES

Purpose - Improving players comfortability on the ball

PRACTICE TIME - 15 minutes

**SET-UP:**

Create 5 cone gates on each side of your defined area  
Preferably coloured coded as per diagram.

**EXERCISE:**

1. Each player has a ball dribbling around the area performing ball mastery skills.
2. Name opposite ends of the square a country – i.e. Australia & Canada.
3. On the coach’s call (**‘AUSTRALIA’**) players must dribble as quick as possible to the Australia sides, stopping their ball in between a gate.
4. One player per gate.

**PROGRESSIONS:**

4. Perform different ball mastery skills whilst playing
5. Remove a gate(s). Player(s) who do not get to a gate in time have to perform 10 Sole Touches / Toe Taps

**BALL MASTERY SKILL FOCUS:**

- |  |              |
|--|--------------|
| 1. Sole Touches                                  | 2. Toe Taps  |
| 3. Dribble with right foot only / left foot only |              |
| 4. Side rolls                                    | 5. Pull Push |



**COACHING POINTS:**

Ensure players have their head up and do not run into each other.

Players to maintain their distance from each other when dribbling.

Stop the ball using the sole of your foot.

**PHYSICAL LITERACY:**

**Physical** - Accelerate to the correct side!

**Psychological** – Motive players to be the first person to stop their ball on a correct ‘country gate’.

**Cognitive** – Challenge players by playing ‘opposites’ – go to the country on the opposite side!

### SKILL PRACTICE – TARGET BALL

Purpose - Conduct fun football exercises

PRACTICE TIME - 15 minutes

#### SET-UP:

Set up two lines of cones 5m apart and 12m in length. Position players along each line facing their partner with a gate (two cones) between each pair.

If odd number, create a group of 3 players – In a group of 3 players swap after each turn - as per diagram.

#### EXERCISE:

1. One player in the partnership must pass the ball at a time.
2. Their aim is to pass the ball through the middle of the gate.
3. Challenge the players! How many times can they pass the ball through the middle of the gate in 60 seconds?!
4. Make it a competition! Which pair can pass through the gate the most times in 60 seconds!

#### PROGRESSION:

5. Pass with Right foot only
6. Pass with Left foot only
7. Swap partners
8. Players have 5 seconds to control the ball then pass!
9. Players must control the ball, do 5 sole touches or toe taps then attempt to pass through the gate.
10. Make it harder by – making the gate smaller or moving the players further away.



#### COACHING POINTS:

See key coaching points below for passing technique.  
Accuracy over power!

#### Physical Literacy Elements

**Physical** – Challenge the players to control the ball and pass through the gate quickly!

**Psychological** – Challenge players to beat their previous scores!

**Social** - Get players to communicate to each other, giving praise when they pass through the gate!

### 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

**Ball Mastery** - When dribbling take lots of small touches.

**Ball Mastery** - Use the RIGHT and LEFT foot when dribbling.

**Striking the ball Technique** – 3-4 steps for run up, inside of the foot strike, lock ankle when striking the ball, standing foot facing towards target, swing leg back and follow through after contact with the ball.

**First Touch** – Cushion the ball when controlling it by slightly drawing your foot back upon contact.

**First Touch** - Can players take their first touch in the direction they want to go, into space and away from defenders?

### COACH REFLECTION

What worked/did not work?

What would you do differently next time?