

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 – NUMBERS

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. Coach stands in a position to be able to see all players and give clear coach says instructions.
2. Players are using all the space in the area.
3. Coach says a number and the players must perform the action.

NUMBERS:

- 1) Jogging around the area
- 2) Skipping around the area
- 3) Sprint around the area
- 4) Hopping around the area
- 5) Touch your toes
- 6) Sit on the ground

COMPETITION:

Once you have been through all the numbers, start saying numbers at random to challenge the players memory and to add variety!

If players remember and complete the movement correctly, they will win a point. First to 10 points wins.



COACHING POINTS:

1. Clear verbal communication and demonstrate the correct technique for each movement
2. Ensure players maintain distance when performing movements

PHYSICAL LITERACY:

Physical -

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

Cognitive –

Test players memory by calling out numbers randomly and quickly!

BALL MASTERY – TRAFFIC LIGHTS

Purpose - Improving players comfortability on the ball – 15 minutes

SET-UP:

Use defined area from previous exercise.

EXERCISE:

1. Each player has a ball dribbling around the area performing ball mastery skills, listening for instructions from the coach. **BALL = CAR**
2. **Coach calls out-** What happens at a **RED light**? STOP (aka. Sole of foot on the ball), **GREEN light**? Go (aka. dribble)
3. **Practice these different coach instructions:**
4. **Windscreen wipers** – dribble with ball between the inside of both feet (make the sounds!)
5. **Traffic Jam** – Kids stop the ball with their foot and pretend to honk at the car in front (make noise!)
6. **Petrol** – Players must dribble to an outside cone and perform toe-taps – placing the sole of their foot on the top of their ball consecutively
7. **Race car** – Players must dribble like a race car (FAST) for 10 seconds
8. **U-turn** – Players must complete a turn i.e. Drag back
9. **Ask the players** to come up with their own



COACHING POINTS:

1. Stay within the area when performing the skills
2. When we are dribbling around the area can we keep our heads up to see the space around us

PHYSICAL LITERACY:

Psychological -

1. Having the confidence to perform the ball mastery skills that they come up with themselves
2. Being motivated to be the first player to complete the skills correctly

Cognitive –

3. Being aware of the coach changing traffic elements consistently

Can you **C . H . A . N . G . E . I . T ?**

SKILL PRACTICE – QUICK FIRE SHOOTING

Purpose - Conduct fun football exercises – 20 minutes

SET-UP: Within the 1/4 field area; Divide the players into 4 teams, provide each player with a number of 1-3 and allocate them to a corner – see diagram. Players line up next to their corner cone, maintaining distance between each other. The balls are placed within each teams' nest in the middle of the square.

EXERCISE:

1. When coach calls a number – "1", all number 1's must run up the sideline the around their halfway cone before entering the playing area.
2. The players then run to their nest, collect a ball, dribble towards the goal and shoot!
3. If the players scores, they receive the following points: 1st to score = 5 points 2nd to score = 3 points 3rd to score = 2 points 4th to score = 1 point
4. Start with Red team v Blue Team & Green Team v Yellow Team.
5. Keep count to see which team scores the most goals!

PROGRESSION:

7. Players must perform 10 sole touches in their nest before scoring.
8. Change the teams around.
9. All teams battle off against each other to see which team can score the most!



COACHING POINTS:

See below.

PHYSICAL LITERACY:

- Psychological** – Being motivated to beat the other area
- Cognitive** – Players being aware of their numbers – will they change halfway through?
- Social** – Award a point for the first player who praises another off their own back

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 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 immediately after training's complete

KEY COACHING POINTS

- Ball Mastery** - When running and dribbling take lots of small touches with the ball close to your foot
- Ball Mastery** - Use the RIGHT and LEFT foot when dribbling, alongside inside and outside of your foot
- 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** – Can players gain the ball, turn with the appropriate action whilst keeping control of the ball?
- 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?