

SAFETY- REMEMBER NO CONTACT

AREA: Minimum of 30m x 25m

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

FUNCTIONAL MOVEMENT – MR WOLF

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

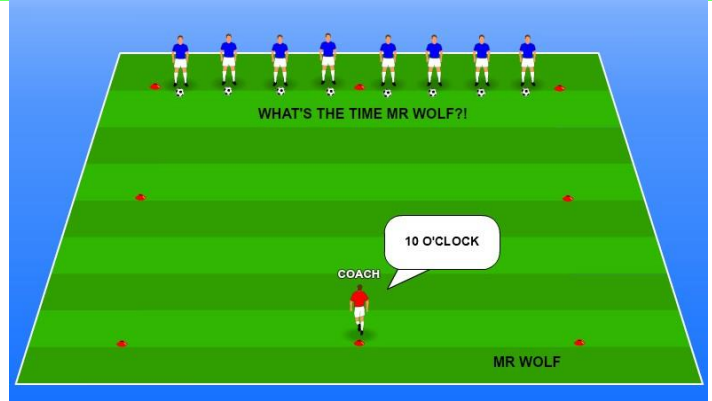
PRACTICE TIME - 10 minutes

SET-UP:

Define the 30m x 25m area.

EXERCISE:

1. Players line up on one end line with the coach opposite them on the other end line.
2. Players yell **"WHAT'S THE TIME MR WOLF?!"**
3. The coach responds with a time, e.g. **"10 O'CLOCK"**
4. Players must jog forward taking *only 10 steps*. Time = number of steps!
5. Repeat with different times until the players get close to the coach.
6. To end the round the coach yells **"DINNER TIME"**, the players must quickly run back to the start line without letting the coach get near them!
7. After a few rounds, add a ball in! The players must now dribble forward **and put their foot on top of the ball**. Time = number of ball touches allowed!



PROGRESSIONS:

8. Dribble with right foot or left foot only
9. Dribble with Inside or sole of feet only
10. *Cognitive* – Instead of calling the number, use your hands to signal the number

COACHING POINTS:

Keep the ball close by taking small touches!
Use sole of the foot to turn away and dribble back to the line
Physical – Encourage players to dribble at a good pace.

BALL MASTERY – ROB THE NEST

Purpose - Improving players comfortability on the ball – 15 minutes

SET-UP:

Set up a small triangle in each corner for each 2-3 players at angles from a centre square (see diagram). All balls start in the middle square.

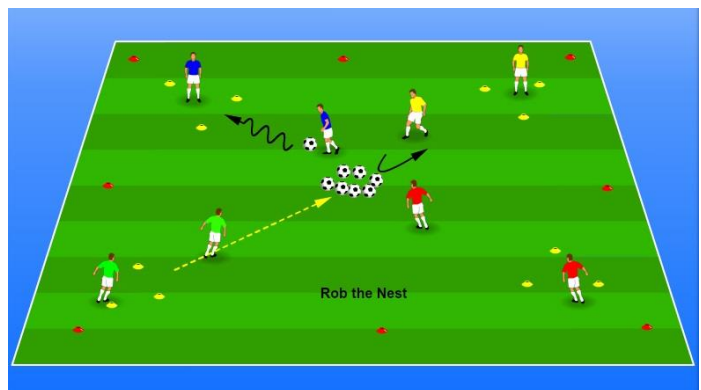
EXERCISE:

GO!

1. One player at a time from each group must run out and dribble a ball back to their base (triangle).
2. Once they are back, the next player in their team goes.
2. The team with the most balls in their base wins!!
3. Play a few times, awarding a point to the team that wins after each round
4. There is NO DEFENDING in this exercise.

PROGRESSION:

5. This time once the balls are gone from the middle players can move to other groups nest's and take balls back to their nest.
6. Golden Ball – Make one of the balls worth 3 points
7. Ensure only one player from each team goes at a time.



8. After 2-3 minutes see which team has the most balls!

COACHING POINTS:

Ensure there are no more than 3 players per team.
Make more bases if required to keep the teams at 2 – 3 players.
Small Touches when dribbling to keep the ball close.
Use the sole of the foot to turn when stealing the balls!
Physical – Encourage players to sprint to get the balls

SKILL PRACTICE – HIT THE NEST

Purpose - Conduct fun football exercises – 20 minutes

SET-UP:

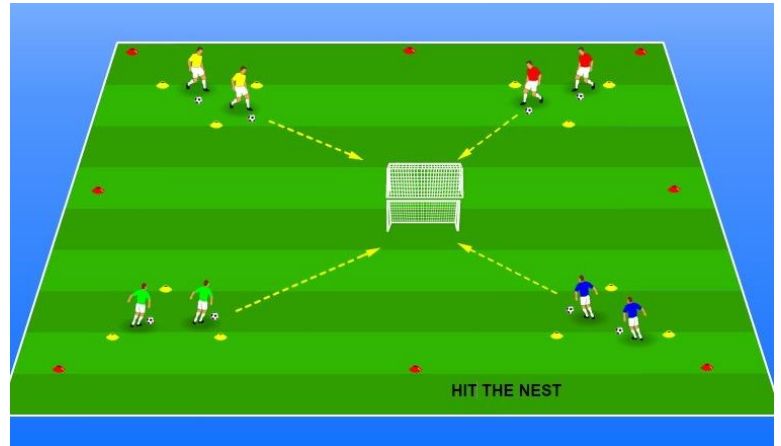
Same set up as previous activity.
Add two goals back to back in the middle of the field.
Each player with a ball in their 'base'.

EXERCISE:

1. Each player is given a number. Either Number "1" or "2".
2. Coach calls out Number "1", the player from each team must dribble up to the goal and try and score!
3. If they score, they receive a point for their team.
4. Call the next number once the players have cleared out of the way.
5. Keep count to see which team scores the most goals!

PROGRESSION:

7. Players must perform 10 sole touches in their base, then dribble and try and score.
8. Players can only use their right / left foot to shoot.
9. Swap player bases / teams around.



COACHING POINTS:

Ensure there are no more than 3 people per team.
Call numbers quickly so that players get lots of repetitions.
Maintain the competition element of the practice!
Physical / Cognitive – Encourage players to dribble and shoot quickly

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

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?