

SAFETY - REMEMBER NO CONTACT

AREA: Minimum of 30x25m

CONES: 10x colour, 10x colour

BALLS: 1 x players

FUNCTIONAL MOVEMENT – MIND THE MOLES

Purpose - Warm up for session ahead. With/without balls
PRACTICE TIME - 10 minutes

SET-UP: Define the 30m x 20m area

Use as many cones that you have and put them in the middle of your area

EXERCISE:

1. Each player moving around the area attempting to not stand on the 'mole hills'
2. When the coach says 'visit a mole' the players must stand next to a mole hill as quick as possible.
3. Award 5 points to the player that does this the quickest!
4. If players stand / hits a 'mole hill' or runs into a teammate they lose 5 points.
5. After a few rounds, add in a ball for each player to dribble around with.
6. Players must now dribble around and avoid running into their teammates and the mole hills.
7. See which player gets the most points in 90 seconds!



PROGRESSIONS:

8. When the coach calls 'visit a mole', players must stand next to a mole hill with their foot on top of the ball.
9. Introduce – Drag Turn, dribble up to mole hill and use the sole of your foot to drag the ball back and turn away
10. Players can only dribble using the inside of their feet.
11. Players can only dribble using their left / right foot

COACHING POINTS:

Take small touches when dribbling
Physical - Encourage players to dribble at speed.
Check and challenge the players' understanding

HAVE HIGH ENERGY AND MAKE IT FUN!

BALL MASTERY – DRIBBLE GATES

Purpose - Improving players comfortability on the ball – 15 minutes

SET-UP:

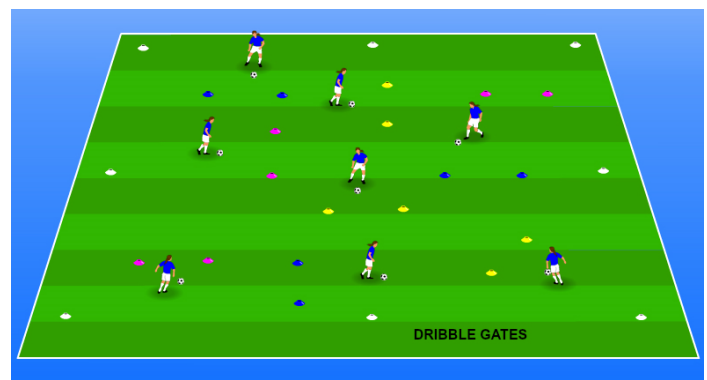
Set up different coloured gates within your 30m x 25m area (Blue + Yellow + Pink in diagram)
Each player has a ball

EXERCISE:

1. Players must dribble through as many gates as possible in 90 seconds.
2. Challenge the players and see who can get through the most gates!

PROGRESSIONS:

3. Players must complete a ball mastery skill each time they dribble through a gate. Yellow gate = 5 toe taps, Blue gate = 5 Sole touches.
4. Must dribble through a different coloured gate each time
5. Change the ball mastery skills – Slap downs, side roll, drag turn, step over
6. Left Foot / Right Foot Dribbling Only.



COACHING POINTS:

Lots of small touches to keep the ball under control.
Cognitive - Keep your head up to see which gate(s) are free
Physical - Accelerate after you have gone through a gate or completed a skill!!

Maintain the competition element throughout the practice!

Check out our Youtube channel for videos of ball mastery skills!

Link – [Skill Videos](#)

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

SKILL PRACTICE – BATTLESHIPS

Purpose - Conduct fun football exercises – 15 minutes

SET-UP:

Set up as per diagram with 2-3 players facing each other with three cones with 3 balls on top each at each end.

The distance from one end to the other should be 7 metres.

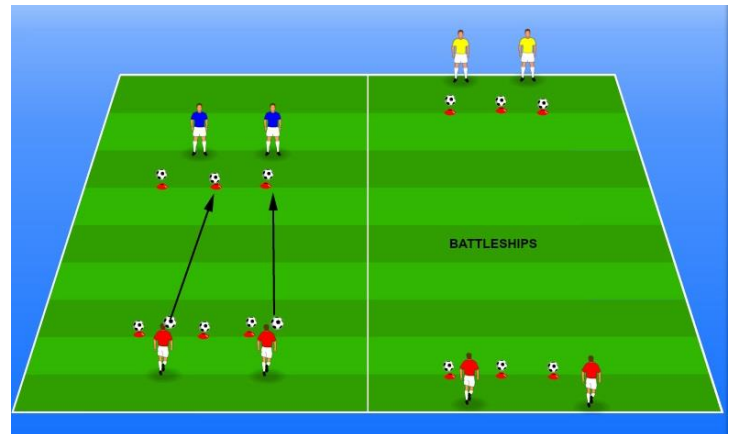
If you do not have enough balls use drink bottles

EXERCISE:

1. One team attempts to hit the ball off the cone of the opposition.
2. After each shot the next person takes a turn.
3. The winner is the team that knocks off all three of the opposition's balls!

PROGRESSION:

4. Swap teams members
5. Use weaker / dominant foot
6. Increase / Decrease distance
7. Place the cone/ball at different distances
8. Players only have 5 seconds to shoot a ball at the cones.
9. Keep score, make it fun, challenging, and noisy!



COACHING POINTS:

Focus on the accuracy of the pass

Increase/decrease weight of the pass depending on the distance the cone/ball is away

Use correct passing technique – see below.

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?