

**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 – TRAFFIC LIGHTS

Purpose - Improving players comfortability on the ball  
PRACTICE TIME - 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 the 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! Enjoy it!



**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.

**Physical Literacy Elements**

- Physical** – Encourage players to dribble at speed and accelerate into space.  
**Cognitive** – Challenge players perception by holding up a Red, Green or Yellow cone instead of calling out the colours.

### SKILL PRACTICE – PAIR GATES

Purpose - Conduct fun football exercises  
PRACTICE TIME - 15 – 20 minutes

#### SET-UP:

Within your area, set up a series of gates, as per diagram. Set up each gate using coloured cones – Red Gate, Blue Gate, Green Gate

#### EXERCISE:

1. Split players into pairs, one ball each pair
2. Have players stand between a gate and complete 10 passes on each foot.

*Technique – Inside of the foot strike, locked ankle, standing foot facing forward.*

3. Challenge – Players must now move around as a pair, earning 1 point for each gate they pass once between.
4. After 90 seconds stop them and see who wins
5. Challenge players to beat their first-round score!

#### PROGRESSIONS:

6. Change partners
7. Instruct which foot they can pass with
8. Cannot go through the same coloured gate consecutively



#### COACHING POINTS:

See 'Key Coaching Points' section at bottom of the page.

Challenge players to take their touch towards the next gate.

Quick movement off the ball to the next gate

#### Physical Literacy Elements

**Physical** – Challenge players to pass and move as quick as they can

**Cognitive** – Encourage players to have their head up whilst moving around to see which gates are free.

**Social** - Get players to communicate to each other when playing!

### 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?