

**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 with/without balls - 10 mins

**SET-UP:**

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

**EXERCISE:**

1. Players are using all the space in the area.
2. 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 – SKILL GATES

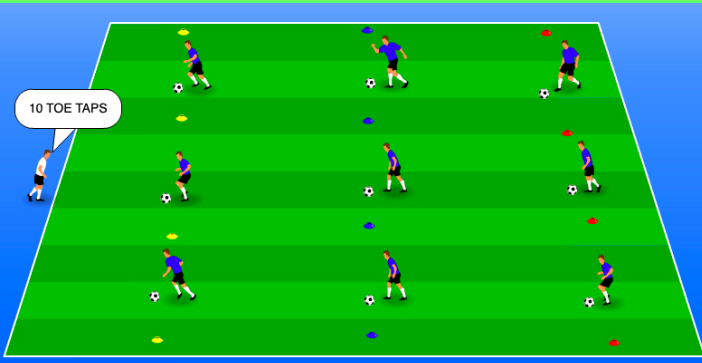
Purpose - Improving comfortability on the ball – 15 mins

**SET-UP:** 1 area – 1/4 field

Divide the area and group of 9 players into 9 separate gates equal distance apart.

**EXERCISE:**

2. Players must stay in their individual gates and perform skills based on the coach's instructions.
3. Make it a competition e.g. who can do 10 toe taps the fastest and put their hand up when they've completed the skill. That player will get 5 points.



**BALL MASTERY SKILLS:**

- |          |              |            |      |
|----------|--------------|------------|------|
| Toe taps | Sole Touches | Sole Roles | Pull |
| Push     |              |            |      |
| V turns  | L            |            |      |
| Turns    | Step Overs   | Scissors   |      |

**PROGRESSION:**

4. Coach can assign a number to the ball skills and then call out a number e.g. 1 = toe taps, 2 = side to sides
5. Players are dribbling around their area listening whilst the coach is calling out skills / numbers.
6. If coach calls "Home", players must dribble back to their skill gate, the first player back gets 5 points.
7. If coach calls "Gate", players must dribble through an empty gate, then dribble back to their original gate – progress to dribbling through 1, 2, 3, or 4 gates before returning to original gate.

**COACHING POINTS:**

1. Stay within our skill gate when performing the skills
2. How can we keep the ball in the skill gate? Using small touches, keeping our heads up to see the edges of the skill square.
3. When we are dribbling around the area can we keep our heads up to see the space around us and maintain distance from other players.

**PHYSICAL LITERACY:**

**Psychological -**

1. Having the confidence to perform the ball mastery skills within the gate and then progressing to using them in the numbers game
2. Being motivated to be the first player back to their square to win points.

**Cognitive -**

3. Listening for when coach calls numbers, "Home" and performing the correct action.

### SKILL PRACTICE – SPEEDY SNIPERS

Purpose - Conduct fun football exercises – 20 mins

#### SET-UP:

Set up two boxes that are 20m x 20m.

Place one cone directly in the middle with a ball on it.

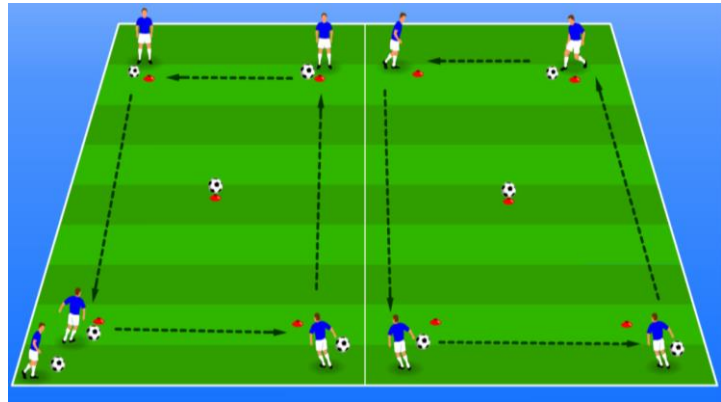
Each player is allocated to their own cone and given a ball.

#### EXERCISE:

1. When the coach says "GO", each player must dribble around their box clockwise until they get back to their starting cone.
2. Once they get back to their cone, players must and try knock the ball in the middle off the cone by passing firmly.
3. Award 3 points to the player who knocks the ball off!
4. If nobody knocks the ball off, no points.
5. Play 5 rounds and see which player receives the most points!
6. Swap players around and play more rounds.

#### PROGRESSION:

6. Players must perform a ball mastery skill at each cone when dribbling – Stop-Start, Scissor, Feint, L Turn.
7. Change direction to anti – clockwise.
8. Dribble with weaker foot only.
9. Passing with non-dominant foot only.
10. Players choose skill to perform!



#### COACHING POINTS:

- **Scanning** - Encourage players to constantly scan when dribbling and keeping their head lifted.
- **Running with the ball** - Running the ball with both feet and multiple parts of the foot where applicable (inside, laces and outside)
- **Striking the ball with intent** - Asking players to aim for certain areas of when passing the ball.

#### PHYSICAL LITERACY:

**Physical** – Encourage players to dribble at speed

**Psychological** – Give a few players a head start to see how others react and challenge them!

### 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 the ground straight after training

### 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?