

**SAFETY- REMEMBER NO CONTACT**

**AREA: Minimum of 30m x 25m**

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

**FUNCTIONAL MOVEMENT – MR WOLF**

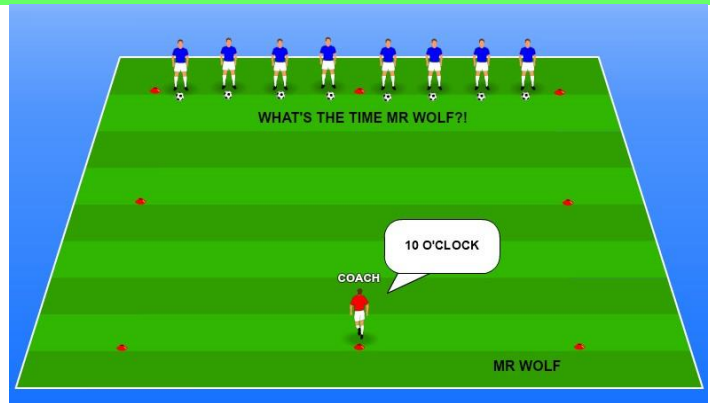
**Purpose - Warm up with/without balls - 10 mins**

**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 – DRIBBLE GATES**

**Purpose - Improving comfortability on the ball – 15 mins**

**SET-UP:**

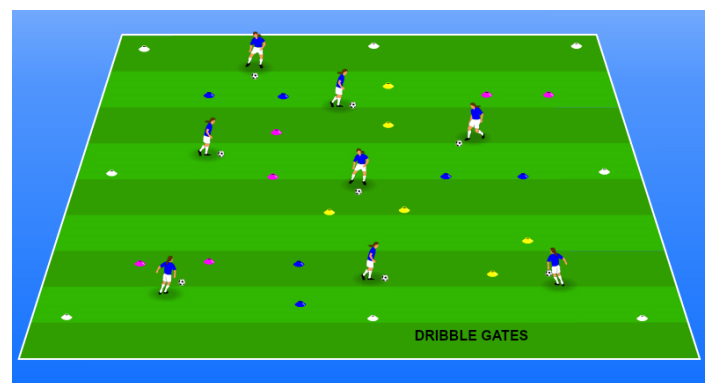
Set up different coloured gates within your 30m x 25m area (Blue + Yellow + Pink in diagram)  
Each player has a ball

**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. If the coach calls **“Change”** player must swap balls with each other and continue dribbling.
7. 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!**

### SKILL PRACTICE – CHASE

Purpose - Conduct fun football exercises – 20 mins

#### SET-UP:

Set up a 35m x 20m area, with goals at each end of field as shown

Split the group into two even teams.

Have each team line up on the end line, facing a goal.

Set up two playing areas if you have more 8 players.

#### EXERCISE:

##### Part 1

1. First player in each line runs with the ball (RWB) down the field and shoots in the goal as they arrive within the end zone (cones)

2. Race red vs blue to see which team scores first per round.

##### Part 2

4. Blue will begin by RWB and shooting once they have entered the 'end zone' or final line of cones

5. As soon as blue shoots, the red player can begin dribbling towards their goal.

6. The blue player will then CHASE the red player, applying pressure on them.

7. As soon as the red player shoots, the next blue player starts, with the red player now giving chase.

8. Continue this process!

9. See which team can score the most goals in 3 mins. Then player a few more rounds!

Note – The blue players should ALWAYS end up on their own side, retrieving the ball the red player shot.

#### PROGRESSIONS:

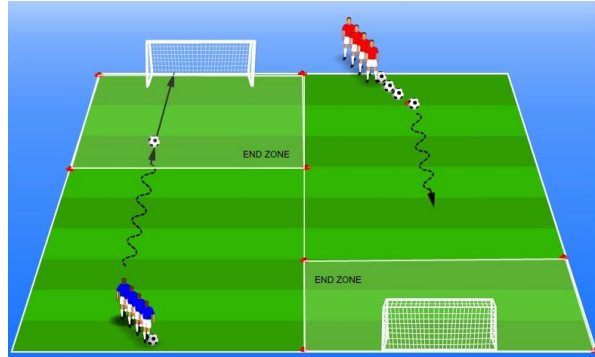
10. Mix up the partners

11. Swap the goals/lines around

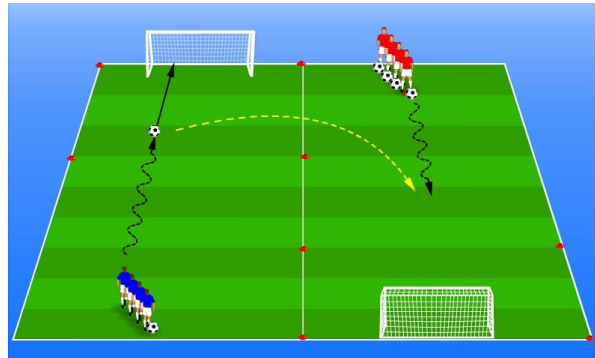
12. Players can only use left / right foot to shoot

*Challenge – Players to take THREE touches whilst they are running with the ball, pushing it in front three strides, at speed, in control.*

#### PART 1



#### Part 2



#### COACHING POINTS:

*Physical* - Encourage players to RWB with their head up and at speed

*Cognitive* - Encourage players to check their shoulder to see where the defender is whilst they are RWB

Encourage players to RWB across the path of the defender, forcing them to stop.

Dribble with the foot furthest from the defender.

### 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

**Running With the Ball** - Player must use the top of their toes/laces to touch the ball when running with ball at speed

Technique – Toes points down, ankle locked, body upright

**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.

### COACH REFLECTION

What worked/did not work?

What would you do differently next time?