

SAFETY - REMEMBER NO CONTACT

AREA: Minimum of 30m x 25m

CONES: 10x colour, 10x colour

BALLS: 1 x players

FUNCTIONAL MOVEMENT – MIND THE MOLES

Purpose - Warm up with/without balls - 10 mins

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 stands / 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!

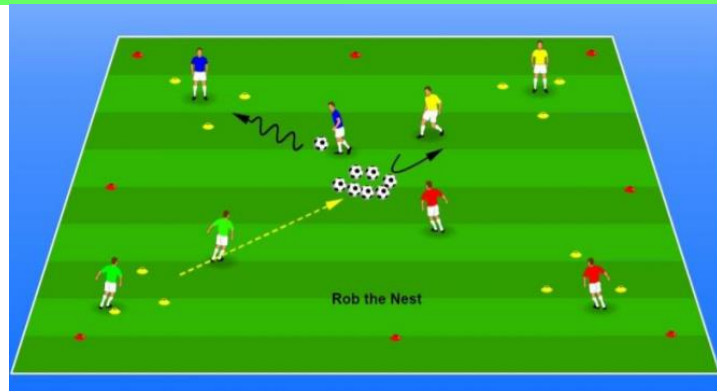
BALL MASTERY – ROB THE NEST

Purpose - Improving comfortability on the ball – 15 mins

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.



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!

PROGRESSIONS:

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

Physical – Encourage players to sprint to get the balls

SKILL PRACTICE – QUICK FIRE SHOOTING

Purpose - Conduct fun football exercises – 15 mins

SET-UP: Within the 1/4 field area; Divide the players into 4 teams, provide each player with a number of 1-3. Players line up next to their individual start cone at the side of each cone. Football's placed at each team 'start zone', in the middle of the square. Two teams scoring in one goal at any given time

EXERCISE:

1. When coach calls a number, those players must run around the corner cones at the halfway line before entering the playing area
2. The player then retrieves a football from their 'start zone' and scores in their team goal
3. If the players scores, they receive the following points: 1st = 5 points 2nd = 3 points 3rd = 2 points 4th = 1 point
4. To start with Red team v Blue Team
5. Green Team v Yellow Team
6. Teams to keep their own scores
7. Play until all the balls are finished and **see which team scored the most points!**



COACHING POINTS:

Physical – Encourage players to sprint when their number is called.

Make sure that players are getting a go every 10-20 seconds. Quick number calls!

Correct striking the ball technique – see below.

PROGRESSIONS:

8. Coach can call two numbers at one time (add more balls)
9. Coach introduces what foot to dribble or shoot with (left foot, right foot, laces, inside, outside)
10. Swap teams around
11. All teams battle off against each other

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?