

**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**

**CORE SKILLS:      1 vs 1 & Striking the Ball**

#### FUNCTIONAL MOVEMENT – “COACH SAYS”

**PURPOSE - Warm up to session ahead. With/without balls**

**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 – BREAKOUT!

**PURPOSE - Improving players comfortability on the ball**

**TIME – 15 minutes**

**SET-UP:**

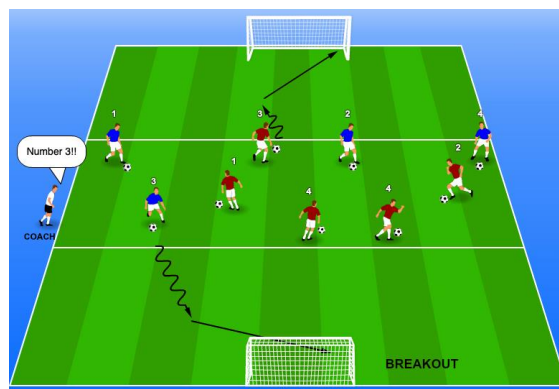
Define three areas (as shown): Central third - 20m x 25m.  
Two end zones – 5m x 25m. Set up ONE goal on each end.  
Each player with a ball.

**EXERCISE:**

1. Split players into pairs, giving each pair a number
2. All players must begin in the middle third, dribbling in the area completing ball mastery exercises.
3. When the coach calls a number (‘#1’), both players must complete a skill, before racing to shoot into the goal.
4. Partner vs Partner competition - Keep score of who scored first.

**PROGRESSION:**

5. Instruct a feint, the players then must complete (step over or Side Roll) before shooting
6. Call multiple numbers at once (chaos!)
7. Give each goal a colour (‘Green’ / ‘Blue’). When calling the number, also call a colour. Players must complete their feint and score in the correct goal. ‘Green #2’ or ‘#2 Green’



**COACHING POINTS:**

- Keep your head up to avoid other people.
- Use both feet when performing ball mastery skills

**PHYSICAL LITERACY:**

**Physical** - Change of direction after/during feint  
Change of speed after feint – **ACCELERATION**

**Cognitive** – Challenge players’ perception by using your hand to signal the number instead of calling it out.

#### SKILL PRACTICE – SPACE INVADERS

**PURPOSE** - Conduct fun skill based football practices

**TIME** – 15 – 20 minutes

#### SET UP:

Set up two lines of cones, 12 - 15m apart.

Split the team up as per diagram.

2 players in the middle (Aliens), 4 players on one line of cones and 3 players on the opposite line of cones.

Provide three players with a ball.

#### EXERCISE:

1. The Astronauts (blue players) must attempt to successfully pass to the opposite line of players, avoiding the aliens.

1 pass = 1 point

2. The Aliens (yellow players) must attempt to intercept the ball, earning themselves 3 points.

3. Play for 2 minutes and see how many points the Astronauts can get and how many points the Aliens can get.

4. Pass must be made along the ground.

5. Swap the Aliens with two new players and run the competition again!

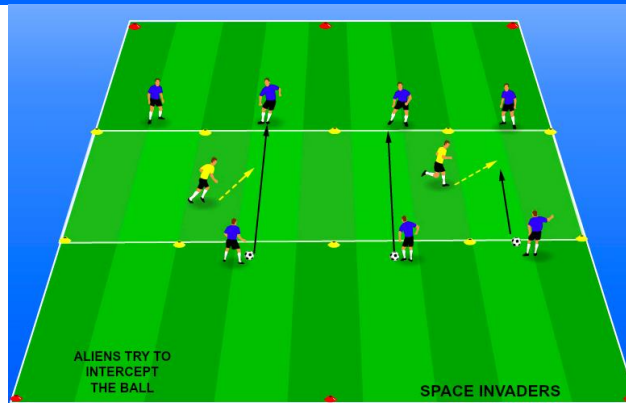
6. Ensure every player has a turn as being an Alien.

#### PROGRESSION:

5. Astronauts are only allowed a Maximum of 3 touches. Minus 1 point if they take more.

6. Instruct which foot the Astronauts can use to pass the ball

7. Increase / Decrease distance to make it harder/easier



#### COACHING POINTS:

Ensure players are striking the ball with the correct technique – see key coaching points below.

Avoid players making first time passes/kicks.

#### PHYSICAL LITERACY:

**Cognitive** - Are player's standing in a position to receive an easy pass? Ensure players can 'see' the ball and there is a clear path for teammates to pass to them.

Coach players to wait for a **GAP to open up** before passing to their teammate.

**Social** - Get the players to keep score and see which team can get the most points after 2 mins! Restart points for round 2.

Encourage players to descriptively communicate to each other when gaps emerge in the defenders

#### 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?