

**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 SKILL:            RUNNING WITH AND STRIKING THE BALL**

**ASPECT:                CLOSE CONTROL AND KILLER PASS**

#### 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 – REACTION

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

**SET-UP:**

Within 30m x 25m area set up channel marked with cones 5 cones along each side. Make the channel 5m in width. Each player is given their own ball and gate to stand in – see diagram.

**EXERCISE:**

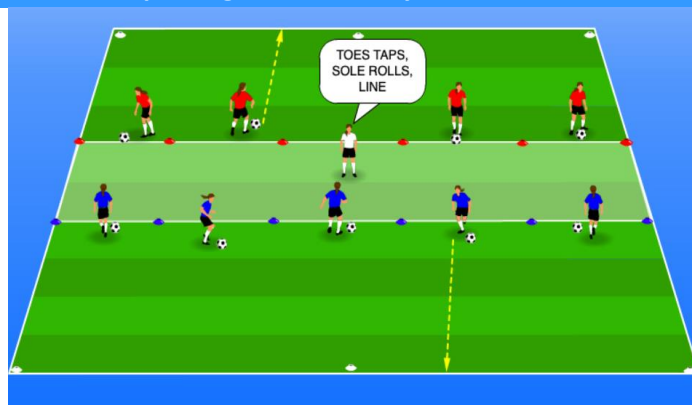
1. Players must try and stay in their individual skill gates performing ball mastery skills and listening to the coach's call.
3. Make it a competition e.g. who can do 10 toe taps the fastest and put their hand up when they have completed the skill. That player will get 5 points!

**BALL MASTERY SKILLS:**

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

**PROGRESSION:**

4. "L Turns, V – Turns, Line" - When the coach calls 'Line', all players need to turn and dribble to the line behind them and put their foot on the ball – First player there gets 5 points! Once complete, the coach calls 'middle' – all players dribble back to their gate.
5. Call 'Line then middle', all players need to turn and dribble to the line and back to their gate, then put their foot on the ball to win 5 points.
6. Introduce numbers on skills e.g. 1 = toe taps, 2 = side to sides



7. Make it a race – Each player races against the person opposite them!

8. Opposites – Line = Line then middle, Line then middle = Line.

**COACHING POINTS:**

-Head up - keep your eyes up and head forward, scanning around you to be aware of where other players are and to avoid collisions

- keep things flowing by calling out skills consecutively and having players perform skills once they return from the line.

**PHYSICAL LITERACY:**

**Physical –** Players running with the ball at speed with different techniques and parts of the foot; laces, side foot, outside of the foot

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

Can you **C . H . A . N . G . E . I . T ?**

#### SKILL PRACTICE – CROSS THE RIVER

**PURPOSE -** Conduct fun skill based football practices – 20 mins

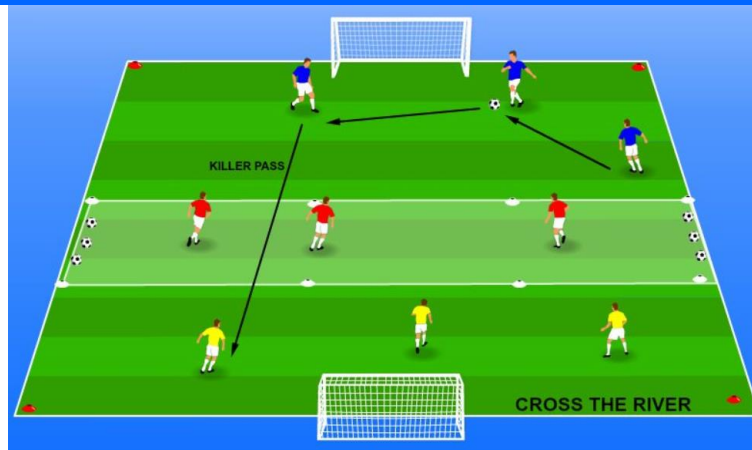
**SET-UP:** Area - 1/4 field, divided into THREE areas.  
Area 1 & 3 (Yellow and Blue) and Area 2 (Red area)  
Split players into three even teams. Allocate each team a section. (Area 1, 2 or 3). All players must stay in their area

#### EXERCISE:

1. The coach begins by playing the ball to yellow who must attempt to play the ball across the channel to the blue team. Each cross of the channel = 1 point, splitting defenders = 3 points.
2. Reds are the defenders who must stay in the channel, attempting to block or intercept the ball from splitting the opposition players from passing through the channel
3. If Red's block/intercept the ball, they receive 2 points
4. If Red's can block or intercept the ball, then score in the goal in front of them they receive 3 points – Red's cannot leave the channel when trying to score
5. Once plays stops, the ball goes back to the coach who plays the ball in each time

#### PROGRESSION:

6. Swap the defending team every 2 minutes. Can they get the least number of passes through them?
7. Limit amount of touches – 2 or 3 touches max
8. Challenge – 5 points if players can 'split the defenders' with a Killer Pass using a first-time pass!
9. Swap the defending team with the team they win the ball off every time to add more intensity, the practice will restart from the goal with the team that just shot into it



#### COACHING POINTS:

- Striking the ball technique - plant foot pointing in direction of where ball is going, strike with inside of foot
- Head up before playing killer pass to see where players are
- Movement off ball - encourage the team out of possession to move around in their square to make it easier for the team with the ball to pass to them
- Patience - encourage teams move the ball around in their square and wait for gaps to open up

#### PHYSICAL LITERACY:

**Social** – Get the players to keep score and see which team can get the most points after 6 mins! Restart points for round 2.

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

**Cognitive** - Encourage players to move into gaps to receive the ball to help players understand when to play 'killer pass' and when to keep possession

#### 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 individuals leave immediately

#### 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?