

SAFETY- REMEMBER NO CONTACT

AREA: Minimum of 30m x 25m

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

CORE SKILL: Striking the Ball

ASPECT: Combination Play to create goal scoring opportunities

FUNCTIONAL MOVEMENT – JUGGLING

PURPOSE - Warm up with/without balls – 10 mins

SET-UP:

Define a 30m x 25m area.
Each player has a ball.

EXERCISE:

1. Have each individual player juggling with a ball.
2. When the coach calls a number players must perform the action, then continue juggling.
3. The first player to complete the action and perform 5 – 10 juggles gets 3 points!

ACTIONS

- 1) 10 star jumps
- 2) Run around a cone and back to their ball.
- 3) 5 push ups
- 4) 5 sit ups
- 5) 5 burpees

COACHING POINTS:

Too hard? – The ball is allowed to bounce in between each juggle.
Too easy – Encourage players to use their knees.
Encourage players to lock ankle when juggling and use the laces of their foot to juggle the ball at knee height.

Maintain competition element throughout practice.

BALL MASTERY – DRIBBLE GATES

PURPOSE - Improving comfortability on the ball – 15 mins

SET-UP:

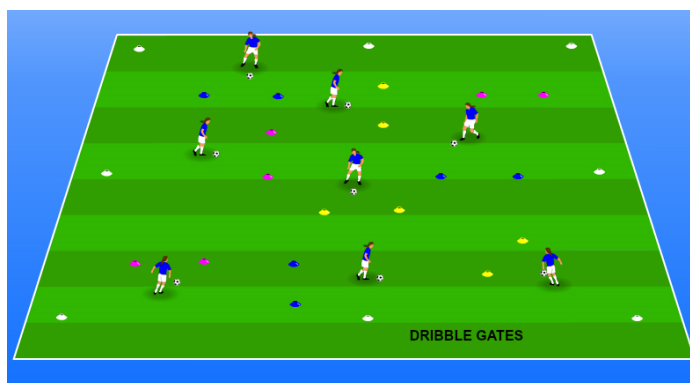
Set up different coloured gates within your 30m x 25m area (Blue + Yellow + Pink in diagram)
Each player has a ball.

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, chop.
6. If the coach calls “Change” player must quickly swap balls with another player 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!

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

SKILL PRACTICE – COMBINATION SHOOTING

PURPOSE - Conduct fun skill based football practices – 20 mins

SET-UP:

Within 30m x 25m area, place a goal (or two) on one baseline.

Mark out 8m Scoring Zone from baseline (see diagram).

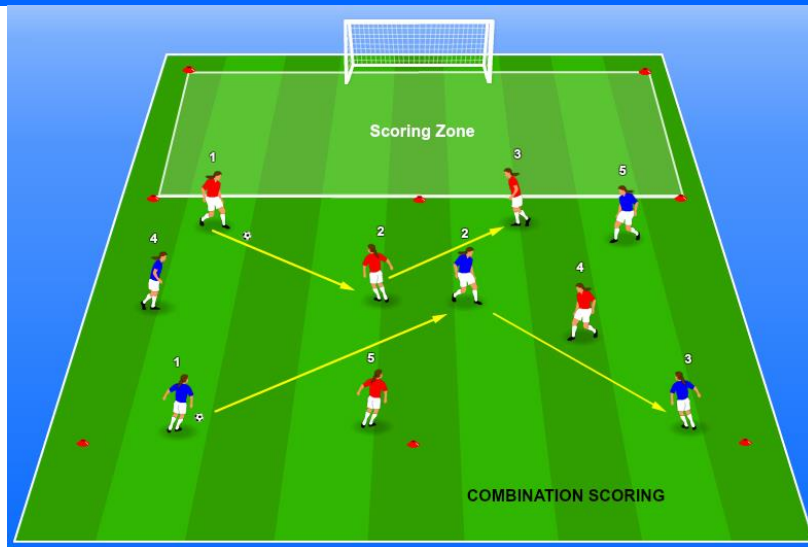
Have all balls placed near the top of the playing area.

EXERCISE:

1. Split players into two even teams and give them a number from 1 – 5.
2. Each team has one ball and the players must pass in sequence, 1 > 2 > 3 > 4 > 5 > 1
3. Both groups must execute at the same time.
4. When the coach calls a number, "3", the team must pass to the number 3 player who attempts to score in the goal from inside the scoring zone.
5. Red vs Blue – which ever team scores first get 3 points!
6. Players are to quickly get a new ball from the top of the playing area and continue passing in sequence.
7. Play for 3-minute rounds and see which team can score the most goals!

PROGRESSIONS:

8. *Physical* - To spread players out, after they pass to their teammate they must sprint around an outside cone. It must be a different outside cone each time.
9. *Cognitive* - Reverse the sequence, 5 > 4 > 3 > 2 > 1
10. Players cannot dribble into the scoring zone; they must receive the ball inside the scoring zone.
11. Players are only allowed to take max. two touch.
12. Change the players' numbers.
13. Add another ball in – Two balls per team!



COACHING POINTS:

- Encourage players to 'find a new space after playing a pass'.
- Players to adopt a position so that their teammate can see them, and easily pass to them.
- Motivate players to pass the ball quickly.
- Challenge players to shoot as soon as they enter the scoring the zone!
- Encourage players to communicate to each other.
- See below for technical coaching points.

Maintain competition element throughout practice.

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, lock ankle when striking the ball, standing foot facing towards target, 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?