

#### SAFETY – REMEMBER NO CONTACT

AREA: 1/4 Field

CONES: 10x colour, 10x colour

BALLS: 1 x players

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

ASPECT: **CREATING GOAL SCORING OPPORTUNITIES**

FUNCTIONAL MOVEMENT – FOLLOW THE LEADER

PURPOSE - Warm up with/without balls – 15 mins

#### SET-UP:

Define the 30m x 25m area.

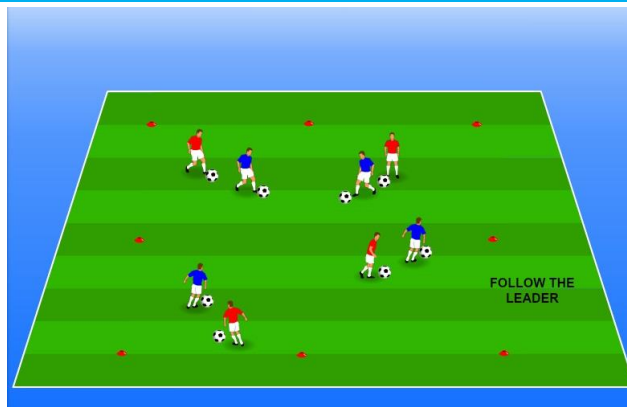
Each player has a ball each.

#### EXERCISE:

1. Have players dribbling around the area performing ball mastery skills (see skill videos).
2. Challenge their ability to perform the skills at pace, accelerating away once they perform a skill.
3. Follow the leader – Split players into pairs.
4. One the leader, the other the follower. Both players have a ball each.
5. The leader must dribble around the area performing ball mastery skills, whilst the follower must copy *exactly* what the leader does.
6. If the follower runs into someone else or loses control of their ball, the leader gets 2 points!
7. If the follower can stay with the leader for the whole 60 seconds, they get 10 points!

#### PROGRESSIONS:

8. Swap the leader/follow
9. Swap partners



#### COACHING POINTS:

Encourage the players to use different skills and feints to challenge their skill.  
Encourage players to change direction and accelerate!

Check out our Youtube channel for videos of ball mastery skills!

Link – [Skill Videos](#)

BALL MASTERY – PASS & MOVE!

PURPOSE - Improving comfortability on the ball – 15 mins

#### SET-UP:

Set up a 5m x 5m square in the middle of your area.  
Position half the players on the outside with the ball (Blue players)

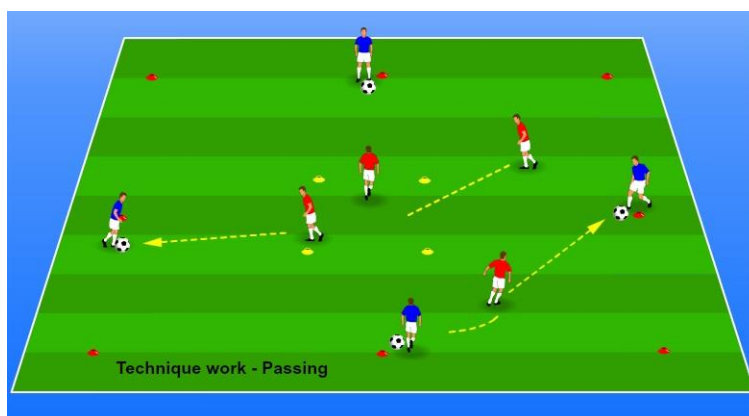
The other half in the middle square without a ball. (Red players)

#### EXERCISE:

1. The Red Players (inside) must approach a blue player (outside) receive a pass and pass back.
2. The red players must then run through the middle square and approach a different Blue player.
4. **Competition** – Which player can complete the most passes in 60 seconds!
5. After 60 seconds swap the inside/outside players

#### PROGRESSIONS:

6. Players must use their RIGHT / LEFT foot only
7. Two Touch Only
8. One Touch Only
9. Players in the middle start with the ball. They must pass and receive back from the outside player, dribbling through the middle square before passing to another outside player



#### COACHING POINTS:

Passing technique – Ankle locked, striking inside of foot  
Focus on ACCURACY first  
Focus on the WEIGHT of the pass  
Only pass to a free outside player – creating a passing channel  
Encourage players to communicate to each other

**Maintain competition element throughout.**

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

#### SKILL PRACTICE – COMBINE, PENETRATE, SCORE!

PURPOSE - Conduct fun skill based football practices – 20 mins

#### SET-UP:

Define 4 horizontal zones, 7m in length, 15m in width.

Split players up as per diagram.

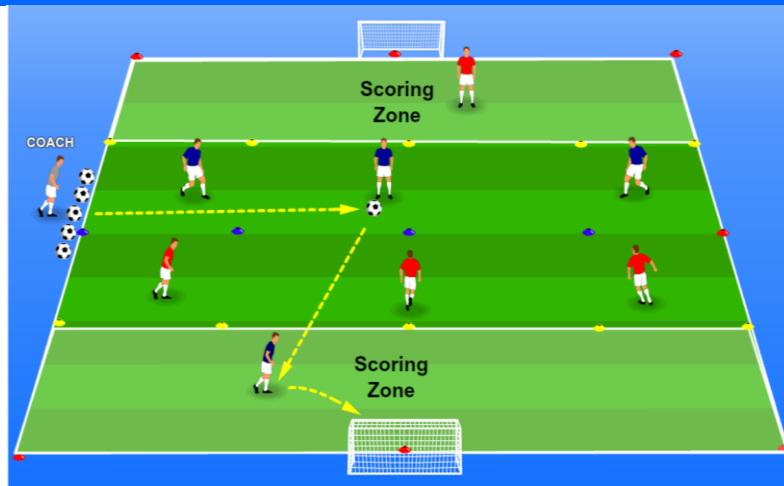
One Red in scoring zone, 3 blues in middle zone-one, 3 reds in middle zone-two, one blue in scoring zone.

All players must stay in their zone.

*If you have more than 8 players, add another player in each of the scoring zones and players in the middle zones.*

#### EXERCISE:

1. Coach passes a ball to the blue team, who must play minimum of 3 passes in their zone, before trying to play a penetrating pass to their teammate in the scoring zone.
2. The attacking player must quickly try and score in the goal to receive 2 points.
3. The red team must try to block / intercept the ball from passing through.
4. Once the ball is played into the scoring zone, the defending players must sprint to stand on one of the red cones in the corner. If they do so before the attacker scores, they receive 3 points for their team.
5. Repeat, playing to the Red team first.
6. **Competition – See which team gains the most points in 3 minutes.**
7. Swap the attacking player(s) after 3 minutes



#### PROGRESSIONS:

8. Attacker can only take two touches.
9. If you have 2 attackers in the scoring zones, they must play one pass to each other before scoring
10. Minimum of 5 passes in the middle zones before passing to the attacker(s).

#### COACHING POINTS:

Wait for the correct moment to penetrate with passes  
Add disguise when playing penetrating pass by deceiving with your body position and eyes  
Players to move the ball quickly with quick passes.  
Striker in position to take first touch forward towards goal  
*Physical* – Players to move into space after passing the ball.  
*Social* – Players to communicate by saying teammates names before receiving the ball

Too Hard? – Make the area wider

#### 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?