

CONNECTION BEFORE CONTENT

AREA: ¼ - ½ Field

CONES: 10x colour, 10x colour

BALLS: 1 x players

BIBS: ½ number of players

CORE SKILL:

STRIKING THE BALL

ASPECT:

Combination play to create goal scoring opportunities

FUNCTIONAL MOVEMENT – FOOTBALL TENNIS

Purpose - Warm up for session ahead. With/without balls- 10 mins

SET-UP:

1 set up per six players
Create two, 10m x 10m squares sharing a boundary
Split the group of 6 into two teams

EXERCISE:

1. Have one team serve/drop kick pass to the other
2. Teams have three touches to keep the ball in the air, before returning it to the opposition.

EXERCISE: *Continued...*

3. Teams win a point if the opposition strikes the ball out of bounds, or if the ball bounces 2+ times in their half
4. Repeat - similar to tennis
5. First to 11 points wins

CHANGE IT:

Easier – Allow each team to have 1 or 2 bounces before returning to the opposition.

WHOLE – CONDITIONED GAME

Purpose - Improving players comfortability on the ball – 20mins

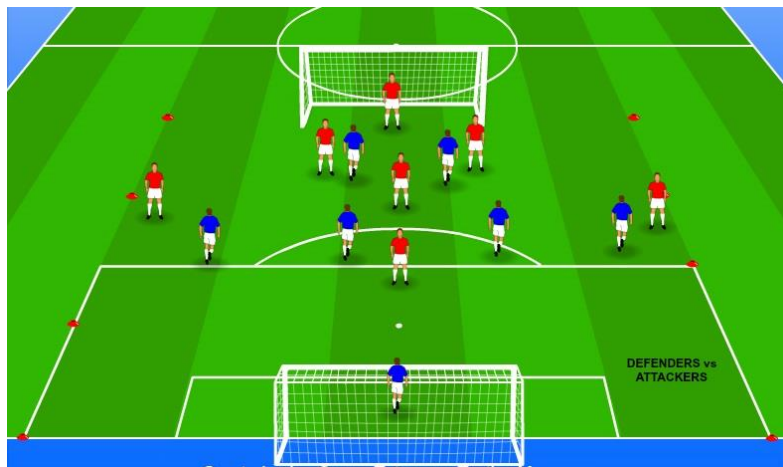
SET-UP:

Set up a goal on the edge of the centre circle
Place a line of cones continuing from the penalty box, to in-line with the goal
Split the team into defenders and attackers (red)

EXERCISE:

1. Red shoot towards main goal. Blue defend the main goal.
2. Rule – If the ball enters either wide channel, only one defender is allowed to enter
3. Allow the players to play for 15 – 20 minutes. The role of the coach is to observe the following:

*Can your team create scoring chances?
How can you guide them to be better?*



PART – MINI MATCHES

PURPOSE – Break down the game to work on a core skill – 20mins

SET-UP:

Define two mini-fields within your half of the field or area.

Each roughly 30m x 20m

Mini Game #1 – One goal on each side

Mini Game #2 – Define a line to run over

Split each team into two, equalling four teams

EXERCISE:

1. Once players are on their field, allow them to play three x 6 minutes games (*more if time allows*)

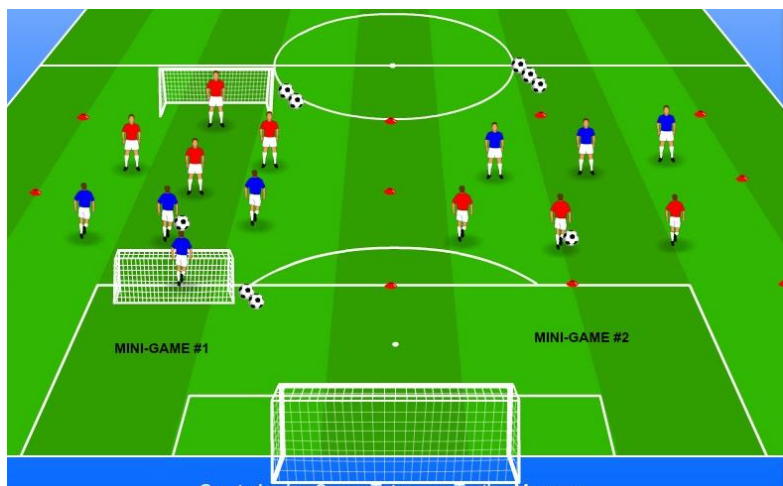
2.

Mini Game #1 –

Teams play against each other, attempting to score in the goal.

Mini Game #2 –

Teams play against each other, attempting to dribble across the end line



PROGRESSIONS:

3. Mini Game #1 –

Enforce a touch limit. I.e. 3 touch maximum

Must pass 'x' times before scoring

WHOLE _ MATCH

PURPOSE – Place the players back into a game! - 20 mins

SET-UP:

Same set up as the initial game

Set up a goal on the edge of the centre circle

Place a line of cones continuing from the penalty box, to in-line with the goal

Split the team into defenders and attackers (red)

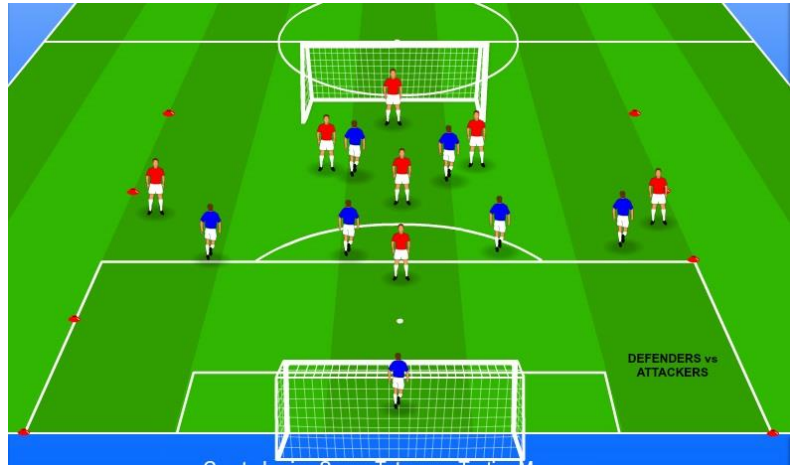
EXERCISE:

1. Red shoot towards main goal. Blue defend the main goal.
2. No condition or specific rule
3. Allow the players to play for 15 – 20 minutes. The role of the coach is to observe the following:

Can your team create scoring chances?

Has there been an improvement?

Which player(s) do you need to work with?



END OF SESSION

WRAP UP:

At the end of the session ask the players what they have enjoyed and learnt from the session

KEY COACHING POINTS

Individual Technical

Firm passes with the inside of the foot in front of you team mate to allow their next action to become easier

Look to take positive first touch into space, forwards or away from other players.

Striking the ball – Lock ankle when shooting, use arms for balance and keep head still.

Individual / Team Tactical

Movement

Move off the ball to support ball carrier.

Positioning

Ensure there is width & depth when in possession of the ball

COACH REFLECTION

Have the players been engaged for the whole session?

What worked/did not work?

What would you do differently next time?

Were players able to create more scoring chances in the end of training match?

Were players more confident to use short passing? (Practiced during the progression of mini game #1)

Were players more confident at beating a defender? (Practiced during mini game #2)

Which players do you need to work more closely with?