

CONNECTION BEFORE CONTENT

AREA: 30m x 25m

CONES: 10x colour, 10x colour

BALLS: 1 x players

BIBS: ½ number of players

WHOLE – MATCH

PURPOSE – Get players into a game as soon as they arrive– 15 mins

SET UP:

1. Within the area set up ONE goal on either side and play a normal 4 vs 4 game
2. Put the players in a **FORMATION- DIAMOND SHAPE**
3. When playing a goal kick, ensure the defending team drops back to halfway
4. Kick ins when the ball goes out!



PART – SUPERHEROES

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

SET-UP:

Define the 20x20m area.
In a group of eight, six players have a ball and spread out in the area, the VILLAINS
Two players do not have a ball and hold a bib in their hand, the SUPERHEROES

EXERCISE:

1. The Superheroes must throw their bib at the VILLAINS' ball. If a Superhero hits their ball, the villain is 'caught' and must freeze where they are.
2. To be unfrozen a fellow villain must 'high five' them.
3. Give the Superheroes 90-120 seconds to freeze the villains and save the day!

PROGRESSIONS:

4. Swap Superheroes
5. Special Power – If a villain does a skill move (i.e. Foot on top of the ball, Pull Push, Side Roll or Drag turn) they cannot be caught for 3 seconds!



LET THE PLAYERS CHOOSE THEIR FAVOURITE SUPERHERO!

CHANGE IT:

Too easy? – Add more Superheroes
Too hard? – Superheroes must hold a ball in one hand whilst running.

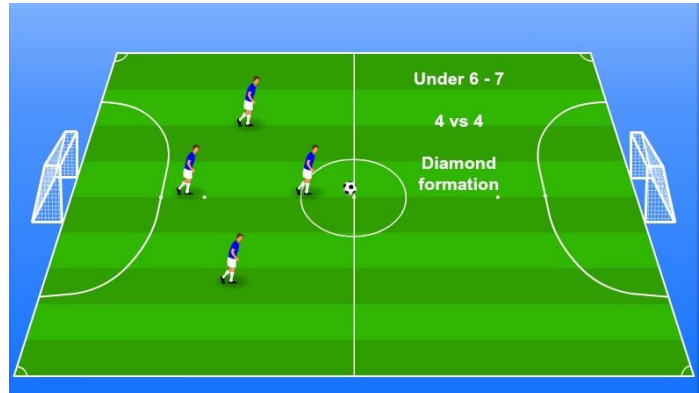
Can you **C . H . A . N . G . E . I . T ?**

WHOLE - MATCH

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

SET UP:

1. Within the area set up ONE goal on either side and play a normal 4 vs 4 game
2. Put the players in a **FORMATION- DIAMOND SHAPE**
3. *When playing a goal kick, ensure the defending team drops back to halfway*
4. Encourage players to try what they have learned in the previous exercises!



OBSERVE:

Did the players improve in their dribbling ability during the match? Are they more comfortable on the ball?

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

Ball Mastery - When running and dribbling take lots of small touches with the ball close to your foot

Ball Mastery - Use the RIGHT and LEFT foot when dribbling, alongside inside and outside of your foot

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 – Can players gain the ball, turn with the appropriate action whilst keeping control of the ball?

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 did the players enjoy?

What would you do differently next time?

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