

### 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

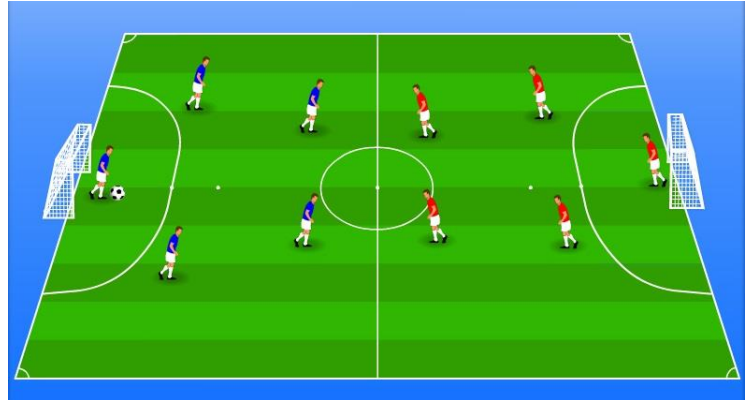
#### SET-UP:

Define a 30m x 25m field  
One goal at each end.  
Split the players into two even teams

#### EXERCISE:

1. Allow the players to play a match without interference!
2. We want them to play freely!
3. Observe them, are they dribbling into space? Can they dribble past defenders?

**Questions** – Every 5 minutes, stop the game and ask the players - how they think they are playing and what can be improved in relation to their dribbling and 1v1 ability



#### PART – SOCCER RUSH

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

#### SET-UP:

Within 20m x 20m area, mark out a middle zone 5 metres wide  
Each player has a ball, lined up on the base line.  
Select TWO defenders, who are positioned in the middle without a ball.

#### EXERCISE:

1. On the count '1...2...3...Soccer rush', the attackers must attempt to dribble their ball into the middle channel – quickly place their foot on top of the ball – then continue to the opposite end line and stop their ball on the line.
2. The defenders must try and steal an attacker's ball and run with it to the end line. The defenders **ARE NOT allowed** in the middle zone.
3. If an attacker loses their ball, they can try to tackle the defender to get it back before the defender gets to the end line.
4. If the defenders make it successfully to the end line, they become an attacker.



#### PROGRESSION:

5. Increase/Decrease the amount of defenders
6. Players must perform a skill in the middle zone – Pull Push, Side Roll

#### COACHING POINTS:

Keep the ball close!!  
Change of direction when approaching defender  
Change of pace when getting away from defender  
If you get tackled, win the ball back!!

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

### WHOLE - MATCH

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

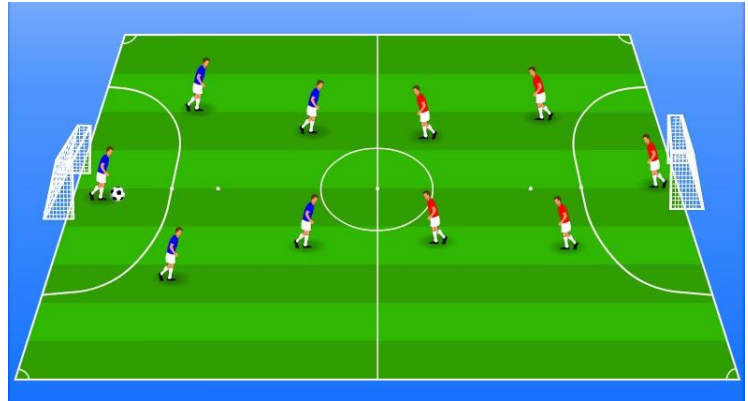
#### SET UP:

Split players into two teams.

Rule – Players must do a MINIMUM of two touches (to encourage them to dribble)

#### EXERCISE:

1. Outline the rule – Minimum of two touches
2. Play this for 5 – 10 minutes. Encouraging players attack free space by dribbling forward.
3. For the remaining 10 – 15 minutes, play without restrictions (free play)



#### REFLECTION:

Did the players improve on their 1v1 & dribbling ability?

Have they thought about where/when/how to dribble forward and beat a player?

### 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

**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 ?**