

WHATS BEST FOR HER!

ARRIVAL ACTIVITY - COUNTRIES - 10 minutes

ENGAGE THE PLAYERS AS SOON AS THEY ARRIVE

SKILL INTRODUCTION - SHARK ATTACK - 10 minutes

FUN ENGAGING GAME WITH/WITHOUT BALL

SKILL TRAINING - 1v1s BEHIND - 15minutes

FUN ENGAGING GAME

END GAME - 3v3s - 25 minutes

LET THEM PLAY!!

CONES: 10x colour, 10x colour

BIBS: ½ number of players

BALLS: 1 x players

SET UP: Define the 30m x 20m

Extra cones for splitting the field for games

Goals ready when necessary

ARRIVAL ACTIVITY - COUNTRIES

EXERCISE:

- Get players to name each side of the square a different country.
- Each player has a ball dribbling around the area performing FIFA 11 movements and ball mastery skills.
- On the coach's call ('AUSTRALIA') players must dribble as quick as possible to the correct side and stop their ball on the line.
- Once at the country the coach can call out the specific FIFA 11 or Ball Mastery Skill

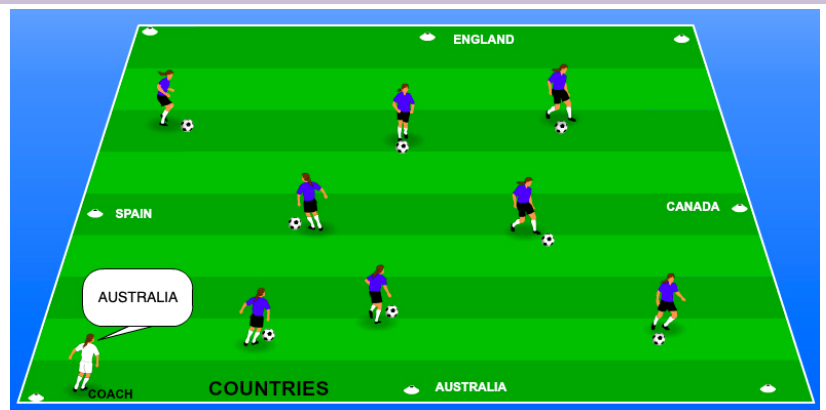
PROGRESSIONS:

- Ask for Matilda's names instead of countries
- Hold up colour cones representing countries

FIFA 11 MOVEMENTS AND BALL MASTERY

Single Leg Hops and Skating Hop

Drag back and Toe taps



COACHING POINTS:

- Accelerate to the correct side with the ball under control
- Head up, chest tall when dribbling

PHYSICAL LITERACY:

- Psychological: Bonus points for players being brave to try things

SKILL INTRODUCTION - SHARK ATTACK

SET-UP:

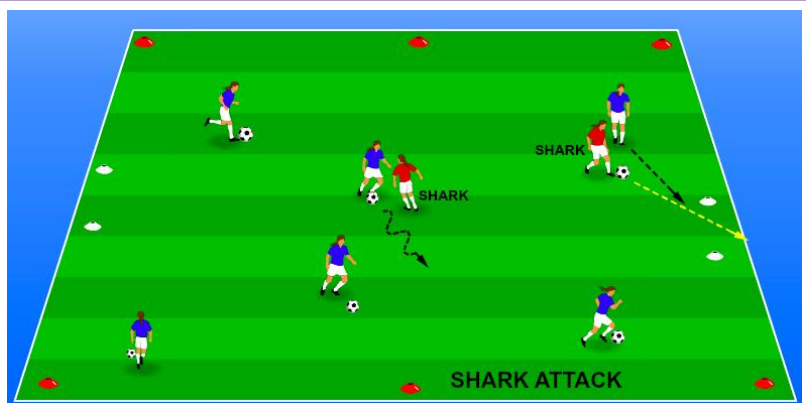
Set up two goals on opposite sides of your 30m x 20m square, clearly using different coloured cones.

EXERCISE:

- 2 players to be the "SHARKS" the rest of the players are "FISH". All FISH have a ball and are dribbling in the area.
- When the coach calls "SHARK ATTACK" the Sharks must tackle the 'FISH', possessing their ball and scoring into a goal.
- If a shark scores they receive one point, the fish must retrieve their ball and perform 10 **sole touches** before returning to play.
- The sharks must count how many goals they can score in a certain time period (90 sec)

PROGRESSION:

- Swap sharks
- Change the skill the fish must perform before returning – 10 Toe Taps,
- Special power! (i.e. Drag Back Turn = 3 seconds free from shark)



COACHING POINTS:

- Head up, chest tall when dribbling
- Encourage players to protect their ball by using their body
- Can players use both feet, different parts of the foot

PHYSICAL LITERACY:

- Psychological: encourage players to be brave and get past a shark with bonus points and positive recognition
- Social + Cognitive: Give sharks some time to discuss tactics

SKILL TRAINING - 1v1s BEHIND

SET-UP

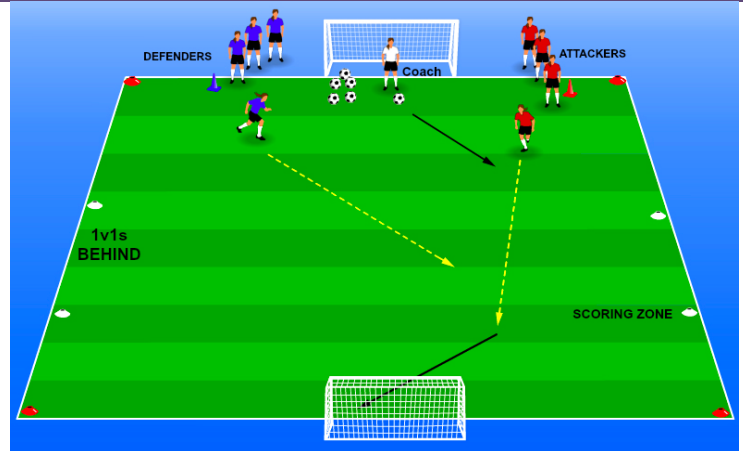
Split the area into half with extra cones, add goals/cone gates at the end, Shark cone goal will highlight scoring zone

EXERCISE:

- Split players into two even teams on either side of the goal.
- Have one team 2 metres ahead of the other - The ATTACKERS
- The coach plays out a ball in front of the attacker, the attacker must dribble into the scoring zone and shoot at goal before the defender tackles them!
- If the defender wins the ball they can score in the coach's goal.
- Swap the teams around after the attackers have had at least 2 goes each

PROGRESSION:

- Attacker must perform skill move before scoring.
- Change side – defender approaches from the left
- Have multiple 1v1s going at the same time
- Add Goalkeeper
- Competition – 90 seconds or 2 goes each



COACHING POINTS:

- Encourage players to accelerate with the ball away from the defender.
- Keep engagement & repetitions high - Attacker has 7 seconds to score, after which the next ball is played in!

PHYSICAL LITERACY:

- Social: For competition ask two groups of players to collaborate and come up with a game plan.
- Psychological: Coach to award bonus points for bravery to try skills or dribble with weak foot

KEY COACHING POINTS

Ball Mastery

- When running and dribbling take lots of small touches with the ball close to your foot
- Use the RIGHT and LEFT foot when dribbling, alongside inside and outside of your foot

Dribbling

- Dribble into free space, away from defenders
- To accelerate when dribbling, players must get the ball out in front of them. Add a countdown if needed 3,2,1
- Encourage the attacking player to 'step in' and dribble to the middle of the goal to cut off the defending player

END GAME - 3v3 GAMES

EXERCISE:

Organise players into 4 teams of 3 3v3s, trying to score into the goals/cone gates
 Run each game for 4 minutes.
 Collect the scores and sort groups to vs someone different
 After all teams have vs each other, announce the winner!

COACH OBSERVATION:

Are games competitive, if not swap pairs
 Are players confidently dribbling
 Are players brave to try skills they have learnt from the session like toe taps, drag back



END OF SESSION - Conduct a Q & A with your players to test their learning!

At the end of the session ask the players:
 What they enjoyed the most?

What they have learnt from the session?
 Tell the team and individuals what they did well

COACH REFLECTION

What did the players enjoy?
 What worked/did not work?

What would you do differently next time?