

WHATS BEST FOR HER!

ARRIVAL ACTIVITY – TRAFFIC LIGHTS - 10 minutes

ENGAGE THE PLAYERS AS SOON AS THEY ARRIVE

SKILL INTRODUCTION – MRS WOLF - 10 minutes

FUN ENGAGING GAME WITH/WITHOUT BALL

SKILL TRAINING – SUPERHEROES - 15 minutes

FUN ENGAGING GAME

END GAME - 2v2s - 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 – TRAFFIC LIGHTS

EXERCISE:

- Each player has a ball dribbling around the area performing ball mastery skills, listening for instructions from the coach. BALL = CAR
- Coach calls out - What happens at a RED light? STOP (aka. Sole of foot on the ball), GREEN light? Go (aka. dribble)
- Practice this, different coach instructions:
- Windscreen wipers – dribble with the ball between the inside of both feet (make the sounds!)
- Traffic Jam – Have the kids stop the ball, sit on it and pretend to honk at the car in front (make noise!)
- Petrol – Players must dribble to an outside cone and perform toe-taps – placing the sole of their foot on the top of their ball consecutively.



- Race Car – Players must dribble like a race car (FAST!) for 10 seconds.
- U-Turn – Players must complete a turn i.e. Drag back
- Ask the players to create their own!

COACHING POINTS:

- Keep the ball close.
- Ensure players have head up to ensure they don't crash the car

PHYSICAL LITERACY:

- Physical: How quick are the players reacting to coach call, bonus points for fast reactions

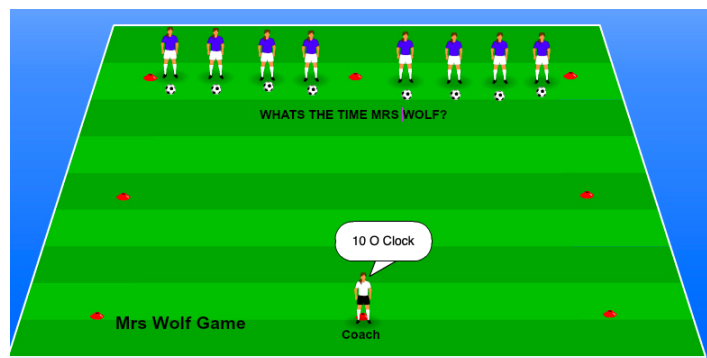
SKILL INTRODUCTION – MRS WOLF

EXERCISE:

- Players have a ball each and line up on the one end line with the coach opposite them on the other end line.
- Players yell "WHAT'S THE TIME MRS WOLF?!"
- The coach responds with a time, e.g. "10 O'CLOCK"
- The players must dribble forward *only taking 10 touches then stop and put their foot on the ball. Time= number of touches!*
- Repeat with different times until the players get close to the coach.
- To end the round the coach yells "DINNER TIME", the players must quickly dribble back to the start line without letting the coach tackle them.

PROGRESSION:

- Left of Right foot only
- Toe Taps (Windscreen wipers in last game)



- Sole Taps (Petrol in last game)

- Players be the Wolf

COACHING POINTS:

- Keep the ball close
- Head up, chest tall when dribbling
- Use the sole of your foot to turn away from the wolf (U-Turn in last game)

PHYSICAL LITERACY:

- Physical: Speed in which players can start and stop

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

SKILL TRAINING – SUPERHEROES

EXERCISE:

- Nominate 2 players to be the SUPERHEROES and the remaining players are the VILLIANS.
- The VILLIANS need a ball each and the SUPERHEROES do not have a ball and hold a bib in their hand.
- 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.
- To be unfrozen a fellow villain must make eye contact and say their name.
- Give the Superheroes 90-120 seconds to freeze the villains and save the day!
- Swap the SUPERHEROES after every round

PROGRESSION:

- SPECIAL POWER - if a villain does a skill move (i.e. Toe Taps, Side Roll, Drag Turn) they cannot be caught for 3 seconds!
- Superheroes now must dribble a ball



COACHING POINTS:

- Head up looking around to see superheroes and stuck villains
- Remember to call for "HELP" when frozen.

PHYSICAL LITERACY:

- Psychological: Encourage players to be brave and perform special power to get away from superhero

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.
- Encourage players to have their head up when dribbling to see where space and the defenders are

END GAME - 2v2 GAMES

EXERCISE:

- Use those spare cones to split the area into two fields
- Pair vs Pair. Trying to score into the goals/cone gates
- Run each game for 4 minutes.
- Collect the scores and sort pairs to vs someone different
- After all teams have vs each other, announce the winner!

COACH OBSERVATIONS:

- Are games competitive, if not swap pairs
- Are players confidently dribbling?
- Are players trying 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?