

### CONNECTION BEFORE CONTENT

AREA: 30m x 25m    CONES: 10x colour, 10x colour    BALLS: 1 x players    BIBS: ½ number of players

#### BEGINNING – TRAFFIC LIGHTS

PURPOSE – Warm up to the session ahead

PRACTICE TIME – 10 Minutes

##### SET-UP:

Define a 30m x 25m rectangle.

##### EXERCISE:

1. Each player has a ball dribbling around the area performing ball mastery skills, listening for instructions from the coach. **BALL = CAR**

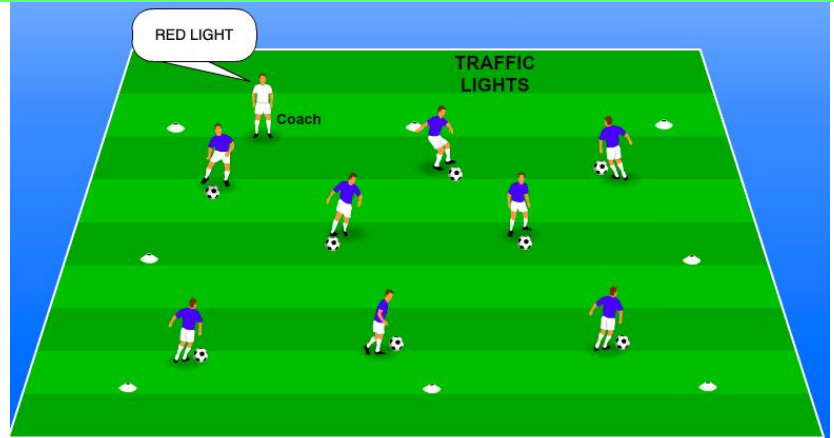
2. **Coach calls out-** What happens at a **RED light?** STOP (aka. Sole of foot on the ball), **GREEN light?** Go (aka. Dribble)

3. **Practice these different coach instructions:**

4. **Windscreen wipers** – dribble with ball between the inside of both feet (make the sounds!)

5. **Traffic Jam** – Kids stop the ball with their foot and pretend to honk at the car in front (make noise!)

6. **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



7. **Race car** – Players must dribble like a race car (FAST) for 10 seconds

8. **U-turn** – Players must complete a turn i.e. Drag back

9. **Ask the players** to come up with their own

##### COACHING POINTS:

- Encourage players to keep the ball close by dribbling with small touches
- Award bonus points for players who keep their ball inside the area for more than 30 seconds.
- Use a player as a 'role model' if they are performing a skill well
- Encourage players to perform the skills as quick as they can

#### MIDDLE – STUCK IN THE MUD

PURPOSE – Conduct fun football exercise

PRACTICE TIME - 20mins

##### SET-UP:

Use the same area as the previous practice.

##### EXERCISE:

1. Select 2 mud monsters (tacklers) versus 6 dribblers.

2. The mud monsters must tackle the dribblers and **put their foot on their ball.**

3. If a player is tackled, they are 'stuck' and must open their legs wide, with their ball next to them.

4. To be saved, another dribbler must softly dribble/pass (nutmeg) their ball through the 'stuck' player's legs.

5. Have a time limit of 60-120 seconds, the 'mud monsters' win if all the dribblers are stuck at the same time!!!

##### PROGRESSION:

6. Swap the mud monsters



7. Include a 'SUPERPOWER' – If a dribbler puts the sole of their foot on top of their ball, they cannot be tipped for 3 seconds.

##### COACHING POINTS:

- Keep the ball close!!!
- Encourage players to use the SUPERPOWER and put their foot on top of the ball!!! (STOP THE BALL)
- Encourage players to turn away from the mud monsters (CHANGE OF DIRECTION)

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

### END – GAME

PURPOSE – LET THEM PLAY!

PRACTICE TIME – 25 mins

#### SET UP:

Set up mini fields that are 20m x 10m in size.

8 players = 2 mini fields

10 players = 2 mini fields

12 players = 3 mini fields

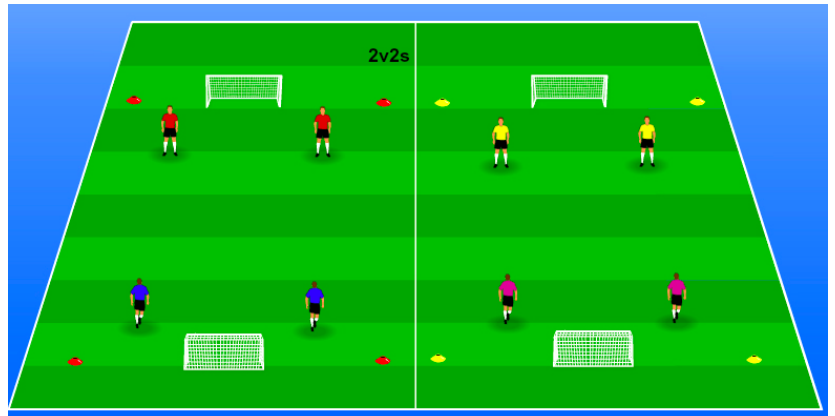
Place a goal (or two cones to act as a goal) at each end.

Split the players into pairs.

If you have 10 players, play 3 vs 2.

#### EXERCISE:

1. Organise two pairs per field. They will vs each other
2. Pair vs Pair. Trying to score into the goals/cone gates
3. Run each game for 4 minutes.
4. Swap pairs and continue to let them play!
5. After all teams have vs each other, announce the winner!
6. Ensure pairs are even, swap pairs if they are not!



#### COACH TIPS:

Organise players quickly by sending two players to stand by the goals on each field.

Once they are there, throw a ball in and let them play!

Always have a few balls at your feet and under your arms, as soon as a ball goes out, throw another one in to keep the game flowing.

#### OBSERVE:

Did the players improve in their dribbling ability during the 2v2 matches? Are they more comfortable on the ball?

### END OF SESSION – Perform a Q & A with the players to test their learning!

#### WRAP UP:

At the end of the session ask the players:

What they enjoyed the most?

What they learnt from the session?

Tell the team and individuals what they did well

### 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

- Encourage players to use the sole of their foot to STOP the ball.
- Dribble into free space, away from defenders

### COACH REFLECTION

What did the players enjoy?

What worked/did not work?

What would you do differently next time?

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