

CONNECTION BEFORE CONTENT

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

BEGINNING – BODY PARTS

PURPOSE – Warm up to the session ahead

PRACTICE TIME – 10 Minutes

SET-UP:

Define the 30m x 25m area

EXERCISE:

1. Each player has a ball dribbling around the area performing ball mastery skills
2. The coach calls out a body part, e.g. "KNEE".
3. Players must quickly stop their ball and put that body part on their ball.
4. Award a point to the two players that do it the quickest!

PROGRESSIONS:

5. Call out multiple body parts at a time, "HEAD, ELBOW, KNEE".

COACHING POINTS:

Ensure players are using the sole of their feet to stop the ball.

Award bonus points to players that are keeping the ball close and staying within the area

Keep count of who is receiving the most points
No hands to be used!



BALL MASTERY SKILL FOCUS:

1. Sole Touches – How many can players do in 15 seconds?!
2. Toe Taps – How many can players do in 15 seconds?!
3. Dribble around with right foot only
4. Dribble around with left foot only
5. "Pull Push" When the coach calls the skill players must perform
6. Side Roll
7. Get the players to choose a skill!

Click on Ball Mastery skills to watch the Youtube tutorial videos!

MIDDLE – SOCCER RUSH

PURPOSE – Conduct fun football exercise

PRACTICE TIME - 15 mins

SET-UP:

Using the same area as above, 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. If they do so, without losing their ball to the defender they receive 1 point!
2. Award a point to the first player to stop their ball on the end line
3. The defenders must try and steal an attacker's ball and put their foot on top of it to receive 2 points!
4. Keep the defenders the same for 90 seconds and see how many points they can receive
5. Swap defenders & continue playing



PROGRESSION:

6. Increase/Decrease the amount of defenders
7. If players perform one of the skill moves from the previous exercise in the middle zone without getting tackled they receive 5 points!

COACHING POINTS:

- Keep the ball close and under control
- *Cognitive* - Head up to see where the defenders are positioned
- *Physical* - Change of direction & speed when approaching defender

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

END – GAME

PURPOSE – LET THEM PLAY!

PRACTICE TIME – 20 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

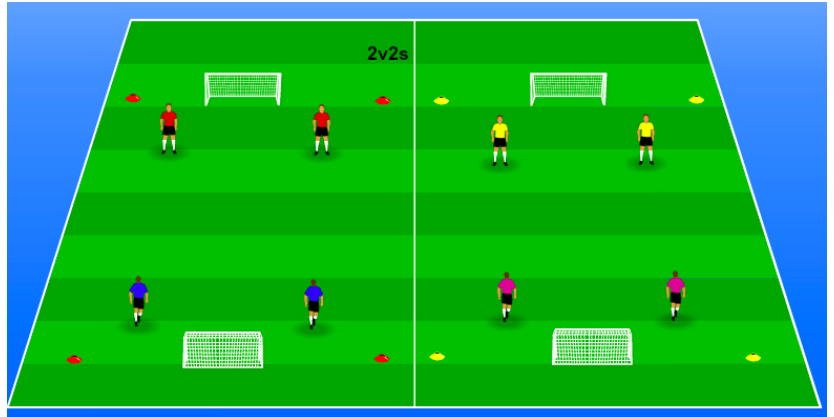
Place a goal (or two cones to act as a goal) at each end.

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.

COACH OBSERVATION:

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 ?**