

CONNECTION BEFORE CONTENT

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

CORE SKILL: **STRIKING THE BALL**

ASPECT: **Playing Penetrating Passes**

ARRIVAL ACTIVITY – JUGGLING

PURPOSE – Get the players 'doing' as soon as they arrive.

PRACTICE TIME – 5 mins

EXERCISE:

Each player has a ball, completing different juggling types.

CHALLENGES:

1. Bounce – Strike – Bounce – Strike.... See who records the most
2. Strike – Knee – Catch – See who can do it with both feet
2. Keepy ups. Consecutive juggles
3. Alternating feet. Consecutive juggles
4. Foot – Thigh – Head combinations

SKILL INTRO – RONDO / PIGGY IN THE MIDDLE

PURPOSE – Introduction of the core skill and warm up

PRACTICE TIME – 15 mins

SET-UP:

Set up two 10m x 10m squares

Split players into small groups of 4, 5 or 6.

The groups can be divided as follows:

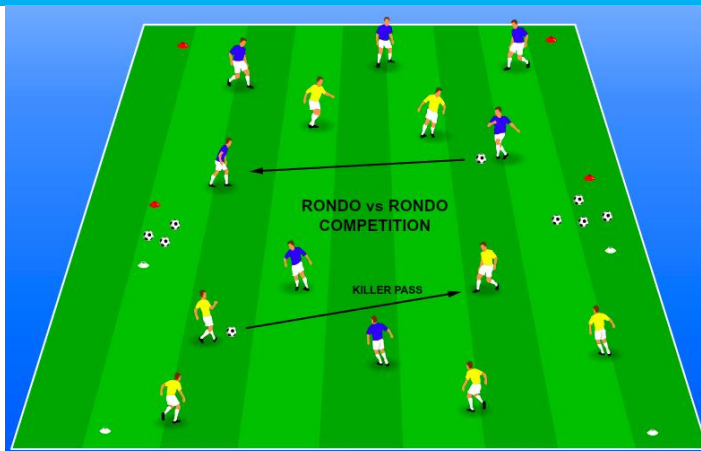
- 4 players = 3 vs 1
- 5 players = 4 v 1
- 6 players = 4 vs 2

EXERCISE:

1. The attackers must keep the ball away from the defender(s)
2. If the defender wins the ball, they swap out with the person they tackled/intercepted. If the ball is kicked out, they swap with the person who kicked it out of the area.
3. If the attackers make more than 10 passes, the defender must do 10 star jumps after the ball goes dead.
4. If the defender gets nutmegged, they must stay in for a second round.

PROGRESSION:

5. If the attackers play a penetrating pass between the defenders, the defenders must stay in for another round.
6. Swap defenders if they have been in the middle for more than 2 minutes
7. Attackers can only take two touches.



COACH TIPS:

Start quickly!

Organise players quickly by splitting the group up and placing them in their playing area.

They are now in the 'picture' – Commence your demonstration and get them playing within 60 seconds.

COACHING POINTS:

Firm & accurate passing – 'See technique' section

Move first touch in the direction of next action and into space

Tactical - Encourage players to move into gaps to receive the ball

Social – Communicate to teammates and call their name when passing

TECHNIQUE:

1. When striking the ball, ensure the 'standing foot' is placed next to the side of the ball, facing towards the target. The standing foot must have its knee bent to maintain balance
2. Swing the striking foot towards the ball.
3. Striking foot – Ankle must be locked, with foot and leg appearing to be at a 90 degree angle
4. Look at the ball. Look at where you want to place the ball. Adjust body positioning to achieve this.
5. Strike the ball with the inside of the foot. Do not let the ball bounce off the foot. **ATTACK THE BALL!**
6. Follow through / swing through the ball

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

SKILL TRAINING – TRANSFER THE PLAY

PURPOSE – Repetition of game like scenario

PRACTICE TIME – 15 mins

SET-UP:

Set up two 25m x 20m boxes with a middle zone of 5 metres.

Split team into two groups of 6 players

EXERCISE:

1. Each field has 4 Green players vs 2 Red defenders.
2. 3 Green players vs 1 Red player in one end zone, 1 Red player in middle zone, 1 Green player in far end zone.

3. Green players must make at least 2 passes before passing to the Green player in the far zone, with the Red defenders trying to stop them.

4. 1 Red player must always be in the middle zone.

5. As the ball is passed to the far zone, 2 green players and the Red defender in the middle zone move to the far zone - 3v1 situation continues.

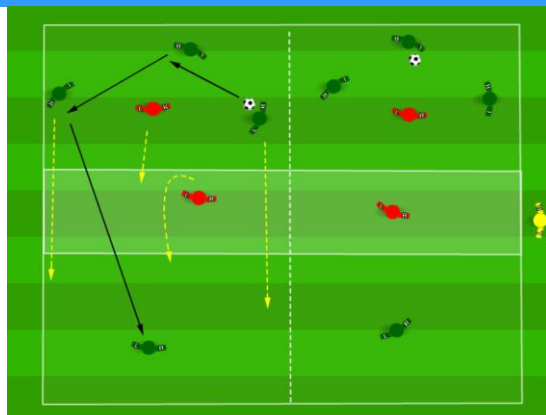
6. The other Red player moves into the middle zone to attempt to block passes through.

7. Rotate defenders every 2 minutes.

COMPETITION:

Award Green team 1 point when they transfer the ball from end zone to end zone

Award defenders 2 points when they win the ball



PROGRESSION:

8. Maximum of 3 touches

9. Only have 7 seconds to get the ball to the other end zone

COACHING POINTS:

Cognitive - Players must SCAN, to see where there is space, defenders and team mates

Firm & accurate passing – ‘See technique’ section

Move first touch in the direction of next action and into space

Tactical - Encourage players to move into gaps to receive the ball

Ensure players have an open body position, to see the whole full field

Psychological – Early decision & execution

SKILL GAME – CONDITIONED MATCH

PURPOSE – Small Sided Games with a focus on the core skill

PRACTICE TIME - 25 mins

SET UP:

Split players into two teams. 5v5 + 1 neutral player and a GK

EXERCISE:

1. Ball starts with the GK playing to Green who attempt to score into the small goals, with Red defending them.

2. When they score, they immediately swap direction with the Red team and now score in the large goal. When a team scores in the large goal play continues.

3. After a goal is scored the restart is always with the team attacking the large goal, starting from the small goals.

4. Blue player is neutral and always with the team in possession.

PROGRESSION:

1. Max 3 touches only

2. Overload one team

3. If you score in the large goal within 10 seconds after a restart the team receives 3 points!

COACH OBSERVATION:

- Are players playing penetrating passes between the opposition?
- Are they moving off the ball into passing channels (between two defenders)



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

WRAP UP: At the end of the session ask the players: What they have learnt from the session?
What they enjoyed the most? Tell the team and individuals what they did well

COACH REFLECTION

What did the players enjoy?

What would you do differently next time?

What worked/did not work?

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