

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 INTRODUCTION – PAIR GATES

PURPOSE – Introduction of the core skill and warm up

PRACTICE TIME – 10 mins

SET-UP:

Within your area, set up a series of gates, as per diagram.

Set up each gate using coloured cones – Red Gate, Blue Gate, Green Gate

EXERCISE:

1. Split players into pairs, one ball each pair
2. Have players stand between a gate and complete 10 passes on each foot – see which pair can do it the quickest!

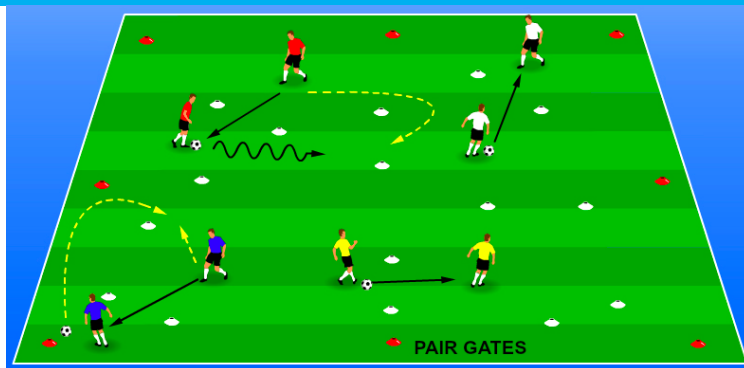
Technique – Inside of the foot strike, locked ankle, standing foot facing forward.

3. Challenge – Players must now move around as a pair, earning 1 point for each gate they pass once between.
4. After 90 seconds stop them and see who wins
5. Challenge players to beat their first-round score!

PROGRESSIONS:

6. Change partners
7. Instruct which foot they can pass with
8. Cannot go through the same coloured gate consecutively

Maintain competition element throughout!



COACH TIPS:

Start quickly!

- Before you begin to explain the practice, place a ball in between each gate. Have the players move to a gate and stand opposite a ball
- They are now in the 'picture' – commence your demonstration and get them playing within 60 seconds!

COACHING POINTS:

See 'Technique' section at bottom of the page.

Challenge players to take their touch towards the next gate.

Physical - Quick movement off the ball to the next gate

Cognitive – Encourage players to have their head up whilst moving around to see which gates are free.

Social - Get players to communicate to each other when playing!

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 – 3 v 3

PURPOSE – Repetition of game like scenario

PRACTICE TIME – 15 mins

SET-UP:

10 players = 2 set up (2 teams, 3v2s)

12 players = 2 set ups (4 teams)

One goal at each end of the field

Split players into teams.

EXERCISE:

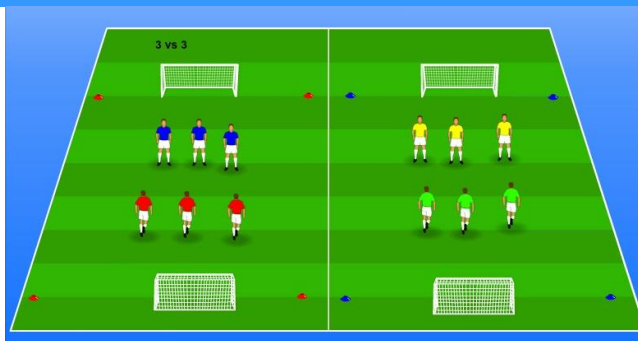
1. Red vs Blue, Yellow vs Green
2. Play two mini 3 vs 3 games with goals.
3. Play 5 minute games
4. If a player kicks a ball out, they must run and retrieve it whilst the game continues, creating an overload for one team.
5. Swap teams around
6. Use the breaks in between the games to highlight good player behaviours/actions

Also use this time to make coaching points

7. Encourage and celebrate when someone plays a penetrating pass in between the opposition

PROGRESSION:

8. Team is awarded 2 points every time they play a pass between two opposition players
9. Maximum of 3 touches



COACH TIPS:

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

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

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 – How do players respond when they are up/down a player?

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.

Place two goals on each end line

EXERCISE:

1. Players are only allowed to take a **maximum of 3 touches**.
2. Play this for 5 – 10 minutes
3. For the remaining 10 – 15 minutes, allow the players to play freely (without restriction)

Encouraging players to play penetrating passes through the opposition and support each other with their movement

COACH OBSERVATION:

- Using a wide field creates more space and ‘gaps’.
- 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 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?