

### 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:

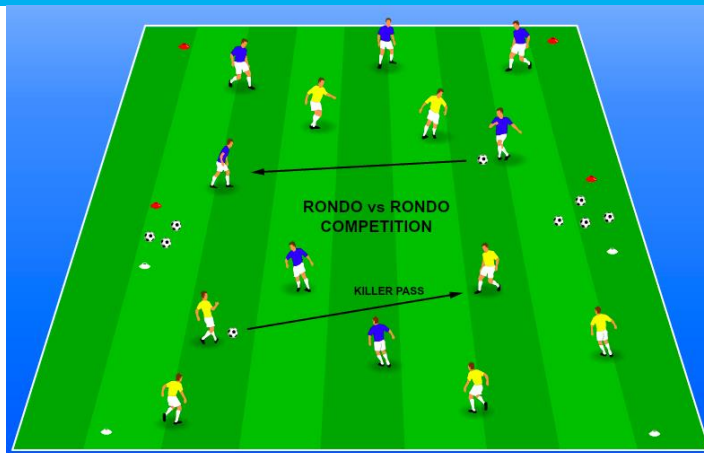
- 4 players = 3 vs 1
- 5 players = 4 v 1
- 6 players = 4 vs 2

**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!**

- Before you begin to explain the practice, put players into their square and allocate two defenders between each gate.
- 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

### 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:

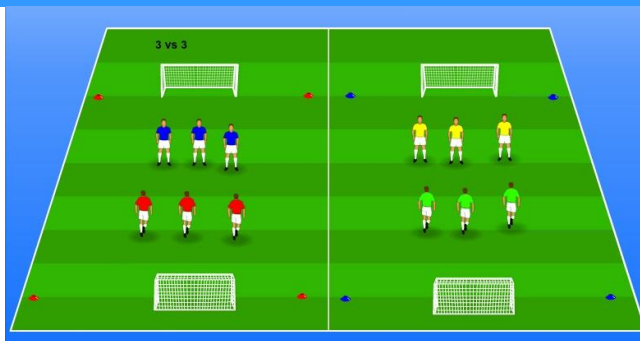
1. Red vs Blue, Yellow vs Green
2. Play two mini 3 vs 3 games with goals.
3. Play 5 minute games
4. If a player kicks a ball out, they must run and retrieve it whilst the game continues, creating an overload for one team.
5. Swap teams around
6. Use the breaks in between the games to highlight good player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