

WHATS BEST FOR HER!

ARRIVAL ACTIVITY - COLOURS - 10 minutes
ENGAGE THE PLAYERS AS SOON AS THEY ARRIVE
SKILL INTRODUCTION – SOCCER RUSH - 10 minutes
FUN ENGAGING GAME WITH/WITHOUT BALL
SKILL TRAINING - 2v2s - 15minutes
FUN ENGAGING GAME
END GAME – 4v4s- 25 minutes
LET THEM PLAY!!
CONES: 10x colour, 10x colour
BIBS: ½ number of players
BALLS: 1 x players
SET UP: Define the 30m x 20m
Extra cones for splitting the field for games
Goals ready when necessary

ARRIVAL ACTIVITY - COLOURS

EXERCISE:

- Each player has a ball dribbling around the area performing different FIFA 11 movements and ball mastery skills.
- When the coach holds up a colour the players must shout that colour out.

FIFA 11 MOVEMENTS AND BALL MASTERY:

Spiderman and Plank Position
Step over and Scissors

PROGRESSION:

- The colours now represent a FIFA 11 movement or ball mastery skill



COACHING TIPS:

- Players have their head up looking around when dribbling
- Be brave and use different parts of the foot to dribble
- Be brave and do the skill moves with both feet

PHYSICAL LITERACY:

- Physical – See how fast the players can react to the colours being shown, bonus points for the fastest reactions
- Cognitive – Do opposite colours

BEGINNING– SOCCER RUSH

EXERCISE:

- Each player has a ball, lined up on the base line.
- Select TWO defenders, who are positioned in the middle without a ball.
- On the count '1...2...3...Soccer rush', the attackers must attempt to dribble their ball to the opposite end line and stop their ball on the line.
- The defenders must try and steal an attacker's ball and run with it to the end line.
- If an attacker loses their ball, they can try to tackle the defender
- If the defenders make it successfully to the end line, they become an attacker.

PROGRESSION:

- Increase/Decrease the amount of defenders



COACHING TIPS:

- Players dribbling confidently with head up
- Change of direction when approaching defender
- Change of pace when getting away from defender
- If you get tackled, win the ball back!

PHYSICAL LITERACY:

- Psychological: Encourage players to be brave and take on the defenders using the ball mastery skills from the previous

MIDDLE - 2v2s

EXERCISE:

- Use those spare cones to split the area into two fields
- Pair vs Pair. Trying to score into the goals/cone gates
- Run each game for 4 minutes.
- Collect the scores and sort pairs to vs someone different
- After all teams have vs each other, announce the winner!

COACH OBSERVATIONS:

- Are games competitive, if not swap pairs
- Are players confidently dribbling?
- Are players trying skills they have learnt from the session like toe taps, drag back



COACHING TIPS:

- Players must restart in 3 seconds otherwise it's the others team ball Coach to do countdown when ball is out 3,2,1
- Players dribbling confidently with head up drawing defenders
- Pairs communicating and looking to work together by combining and doing one/twos

PHYSICAL LITERACY:

- Psychological: Encourage players to be brave and do step over and scissors in the game. Coach to award bonus points
- Social: Allow pairs to reflect on performance after each game what they did well and what they want to do in the next game

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

- Dribble into free space, away from defenders
- To accelerate when dribbling, players must get the ball out in front of them. Add a countdown if needed 3,2,1
- Encourage the attacking player to 'step in' and dribble to the middle of the goal to cut off the defending player

END GAME - 4v4 GAMES

EXERCISE:

- Within the area set up ONE goal on either side and play a normal 4 vs 4 game
- Put the players in a **FORMATION- DIAMOND SHAPE**
- *When playing a goal kick, ensure the defending team drops back to halfway*

COACH OBSERVATION:

- Encourage players to try what they have learned in the previous exercises!



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

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?