

## WHATS BEST FOR HER!

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|---|---|
| ARRIVAL ACTIVITY – BODY PARTS - 10 minutes    | ENGAGE THE PLAYERS AS SOON AS THEY ARRIVE |
| SKILL INTRODUCTION – FRUIT BOX - 10 minutes   | FUN ENGAGING GAME WITH/WITHOUT BALL       |
| SKILL TRAINING – STUCK IN THE MUD - 15minutes | FUN ENGAGING GAME                         |
| END GAME - 2v2s - 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 – BODY PARTS

#### EXERCISE:

- Each player has a ball and is dribbling around the area
- The coach will call out a body part e.g. (“KNEE”)
- Players must stop the ball with their foot first then place their knee on the ball.

#### PROGRESSION:

- Coach can call multiple body parts in a combination eg. KNEE, HEAD and TUMMY
- Players can only dribble with left or right foot.



#### COACHING TIPS:

- Small touches of the ball so it's easier to stop when the coach calls a body part

#### PHYSICAL LITERACY:

- Physical: How quick are the players reacting to coach call, bonus points for fast reactions

### BEGINNING - FRUIT BOX

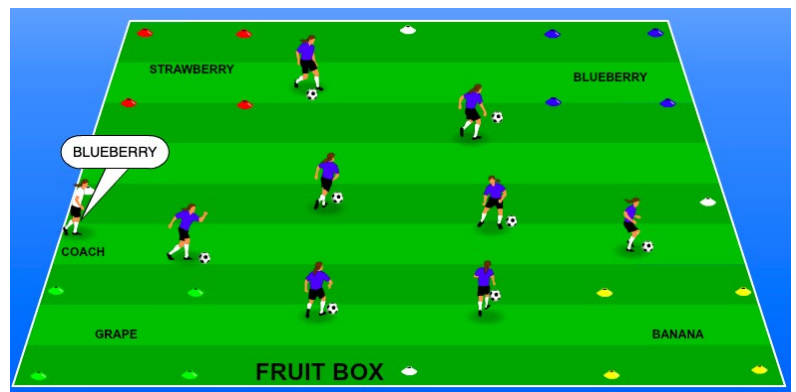
#### EXERCISE:

- In each corner mark out a 2m x 2m coloured box and then get the players to name each box a different fruit.
- The players must dribble around the area performing ball mastery skills awaiting the coach's call.
- When the coach calls a fruit (e.g. APPLE!), the players must quickly dribble into that box, stop their ball and perform the ball mastery skill the coach has indicated.
- Award points to players who get to the box first and those doing the ball mastery skills well
- Bonus points to players who do the ball mastery skills with their weak foot

#### FIFA 11 MOVEMENTS & BALL MASTERY SKILLS

L turn and V turn

Side Rolls and Pull Push



#### 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:

- Psychological: Coach's positive feedback when players are being brave build your player's confidence

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

#### MIDDLE –STUCK IN THE MUD

##### EXERCISE:

- Select 2 mud monsters (tacklers) versus 6 dribblers.
- The mud monsters must tackle the dribblers and **put their foot on their ball.**
- If a player is tackled, they are 'stuck' and must open their legs wide and hold their ball above their head.
- To be saved, another dribbler must softly dribble/pass (nutmeg) their ball through the 'stuck' player's legs.
- Have a time limit of 60-120 seconds, the 'mud monsters' win if all the dribblers are stuck at the same time!!!
- Swap mud monsters each round

##### PROGRESSION:

- Include a 'SUPERPOWER' – If a dribbler does L or V turn, they cannot be tipped for 3 seconds



##### COACHING TIPS:

- Encourage players to use the SUPERPOWER
- Encourage players to be brave and take on the mud monsters reward with an extra life (so if they get tipped, they don't get stuck)

##### PHYSICAL LITERACY:

- Social: Allow mud monsters and dribblers 30 seconds to come up with a strategy for the round

#### 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.
- Encourage players to have their head up when dribbling to see where space and the defenders are

#### END GAME - 2v2 GAMES

##### 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 L and V Turn



#### 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?