

CONNECTION BEFORE CONTENT
PHYSICAL LITERACY PSYCHOLOGICAL - CONFIDENCE
AREA: 30m x 25m CONES: 10x colour, 10x colour BALLS: 1 x players BIBS: ½ number of players
BEGINNING – TRAFFIC LIGHTS
PURPOSE – Warm up to the session ahead
PRACTICE TIME – 10 Minutes
SET-UP:

Define the 20m x 20m area.

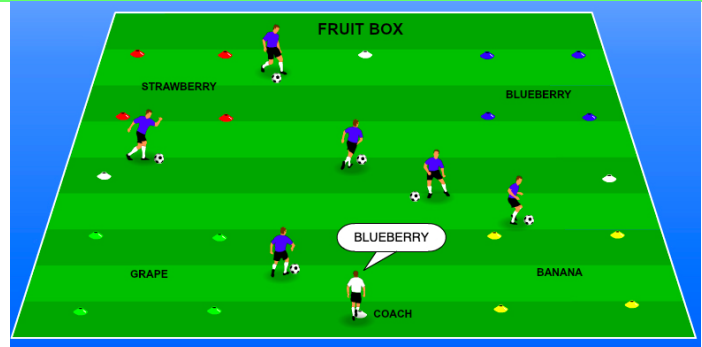
In each corner mark out a 2m x 2m coloured box

EXERCISE:

1. Start by getting the players to name each coloured box a different fruit.
2. The players must dribble around the area performing ball mastery skills awaiting the coach's call.
3. When the coach calls a fruit (e.g. APPLE!), the players must quickly dribble into that box and stop their ball.
4. Award 2 points to the two players that get in the box first with their foot on top of their balls!

PROGRESSIONS:

5. Include some basic ball mastery skills for the players to perform while dribbling:
Toe taps, Sole Rolls, Slap Downs, Drag Back Turn
6. Add defenders! Defenders must try and tackle people, receiving 2 points when they tackle someone and put their foot on top of the ball. Defenders are not allowed in the Fruit boxes; these are 'safe zones'!


COACH TIPS:

- When including defenders, call out one or two fruits. These become the 'safe zones' and players must dribble into these boxes to avoid being tackled by defenders.
- Once players are in a safe zone call out another one or two fruits.
- Provide players with feedback & praise on the run.

COACHING POINTS:

- Encourage players to keep the ball close by dribbling with small touches!
- Use a player as a 'role model' if they are performing a skill well.
- Praise players who are dribbling well, reward them with bonus points!
- See Ball Mastery Skills Here – [Videos](#)**

MIDDLE – STUCK IN THE MUD
PURPOSE – Conduct fun football exercise
PRACTICE TIME - 20mins
SET UP:

Same set up as Ball Mastery exercise – 4 boxes. Split players into two even teams and have them line up on the base line.

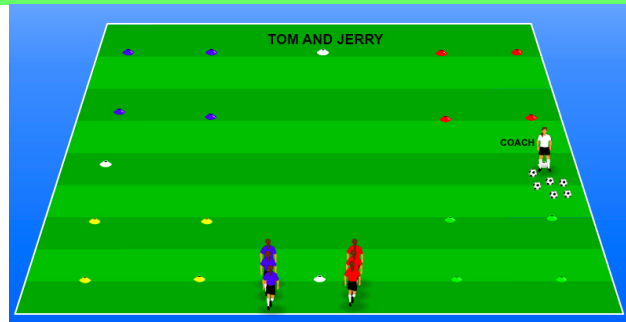
Give a player on each team a number (i.e. 1 – 4)

EXERCISE:

1. Coach rolls a ball into the middle and calls a number '#2'.
2. The #2 players must compete for the ball and try to dribble into one of the four coloured 'safe zones' and put their foot on top of the ball.
3. When they do, they receive 2 points!
4. Once a player scores or the ball goes out, play restarts and the coaches calls new numbers.

PROGRESSIONS:

5. Change partners
6. Coach calls out a colour as well "#2 Red", the players must try and dribble into that Safe Zone (i.e. "RED")

Keep score of who is receiving points!

COACH TIPS - Manage the group

- Have quick restarts in play. A player should get a go every 45 seconds.
- Using the number system and calling out numbers at random will mean players have to pay attention.
- Have MULTIPLE 1v1s going on at the same time to increase inclusion and challenge players perception.

COACHING POINTS:

- Keep the ball close by taking small touches.
- Avoid kicking the ball
- Use the sole of your foot to stop the ball and change direction
- **See Key Coaching Points Section**

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

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

- Encourage players to use the sole of their foot to STOP the ball.
- Dribble into free space, away from defenders.
- Change of pace when getting away from defender.
- If you get tackled, win the ball back!!
- Discourage players from just kicking the ball away – Encourage them to stop the ball with their foot first.

END – GAME

PURPOSE – LET THEM PLAY!

PRACTICE TIME – 25 mins

SET UP:

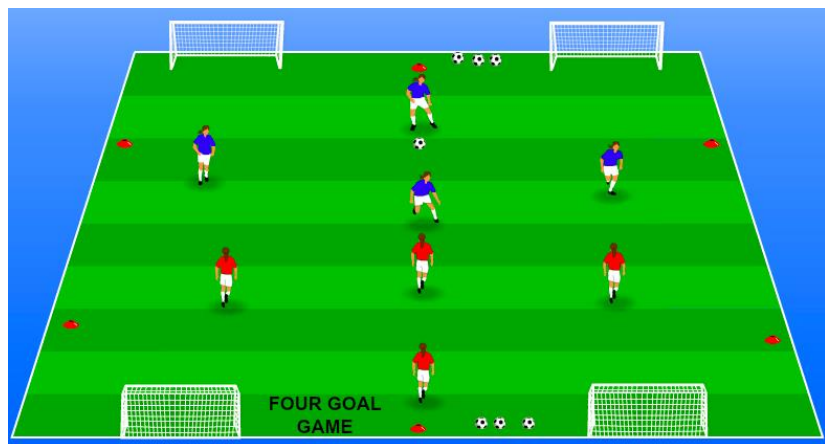
Within the area set up TWO goals on both sides and play a normal game.

Place players in a diamond formation.

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

Why four goals?

Having four goals helps with spreading the players out as people naturally drift towards the goals. Use cones if you do not have four goals.



OBSERVE:

Did the players improve in their dribbling ability?
 Are they more confident on the ball?

COACH TIPS:

- Throw a ball in a let them play!
- Always have a few balls at your feet and under your arms, as soon as a ball goes out, throw another one in to keep the game flowing.
- Remind players on the diamond formation each stoppage in play
- Encourage players to dribble towards goal and score!

END OF SESSION WRAP UP – Perform a Q & A with the players to test their learning!

What they enjoyed the most?

Tell the team and individuals what they did well

What they learnt from the session?

COACH REFLECTION

What did the players enjoy?

What worked/did not work?

What would you do differently next time?

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