

### 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 – SHARK ATTACK

PURPOSE – Warm up to the session ahead

PRACTICE TIME – 10 Minutes

##### SET-UP:

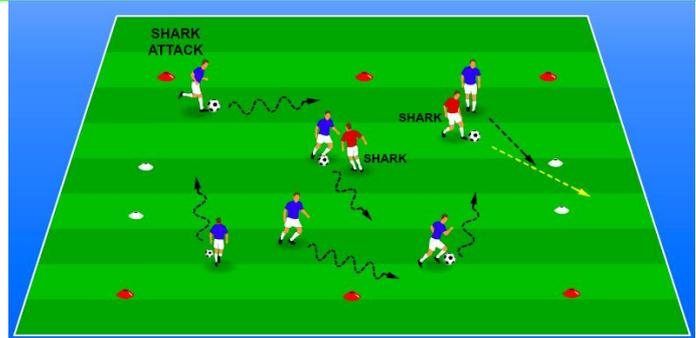
30m x 20m area  
Set up ONE goal on each end.  
Each player with a ball.

##### EXERCISE:

1. Select three players to be **SHARKS**.
2. All other players must dribble inside the area.
3. When the coach calls '**Shark attack**', the sharks must enter the **OCEAN** (i.e. Field) and attempt to tackle the ball off the **FISH** (other players).
3. If the shark wins the ball, they must attempt to score in the goals to earn 3 points.
4. The Fish can try to win their ball back.
5. If shark scores, they get 3 points and the Fish must perform 10 sole touches/toe taps and continue playing.
6. Play for 60 – 90 seconds rounds
7. Ask the sharks how many goals they scored. Ask the FISH if anyone survived!
8. Select new Sharks and repeat until everyone has gets a turn.

##### PROGRESSION:

9. Too easy – Increase the number of sharks!
10. Special power – If a FISH completes a 1v1 skill they have 3 seconds safe, without being tackled.



##### COACH TIPS:

Maintain competition element throughout practice.  
Provide feedback to individual players 'on the run'.  
Question players in between rounds  
How do we know where the shark is?  
What do we do if a shark is coming towards us?  
Should we take big or little touches?

##### COACHING POINTS:

Small touches on the ball, keep close ball control.  
Use body to shield ball from shark.  
*Psychological* - Motivate players to be confident to perform 1v1 skills when in a 1v1 duel. Reward players with bonus points if they beat a defender and using a 1v1 skill.

**Challenge players with various 1v1 Skills - [Click here to view videos](#)**  
See Technical Coaching Points below.

#### MIDDLE – STUCK IN THE MUD

PURPOSE – Conduct fun football exercise

PRACTICE TIME - 20mins

##### SET-UP:

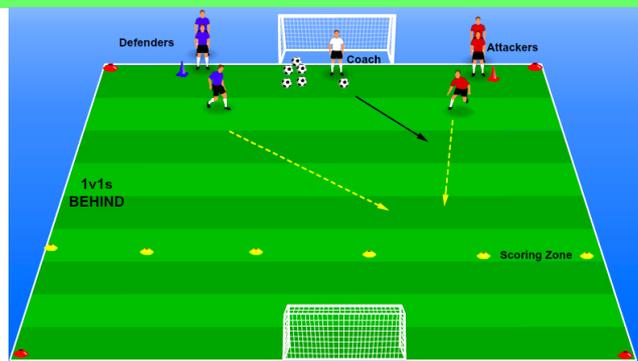
Define the 30m x 20m area.  
Mark out a 'scoring zone' 5 metres from the goal.  
Split the players into two even teams on either side of the goal.  
Have one team 2metres ahead of the other - The ATTACKERS

##### EXERCISE:

1. The coach plays out a ball in front of the attacker, the attacker must dribble into the scoring zone and shoot at goal before the defender tackles them! Goal = 2 points!
2. If the defender wins the ball they can score in the coach's goal. Defender goal = 3 points!

##### PROGRESSION:

3. Swap the teams around after 3mins.
4. The attacker must perform a skill move before scoring.



##### COACH TIPS - Manage the group

- Have quick restarts in play. A player should get a go every 45 seconds.
- Using a 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.

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

5. Change side – the defender approaches from the left
6. Introduce time limit – 7 seconds to score!

**Keep score of who is receiving points!**

**COACHING POINTS:**

- Psychological* – Reward players with bonus points if they perform a skill move before scoring!
- Ensure the attacking player dribbles with the ball out in front of them.
- Encourage the attacking player to dribble to the middle of the goal to cut off the defending player.

See Key Coaching Points Section

**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:**

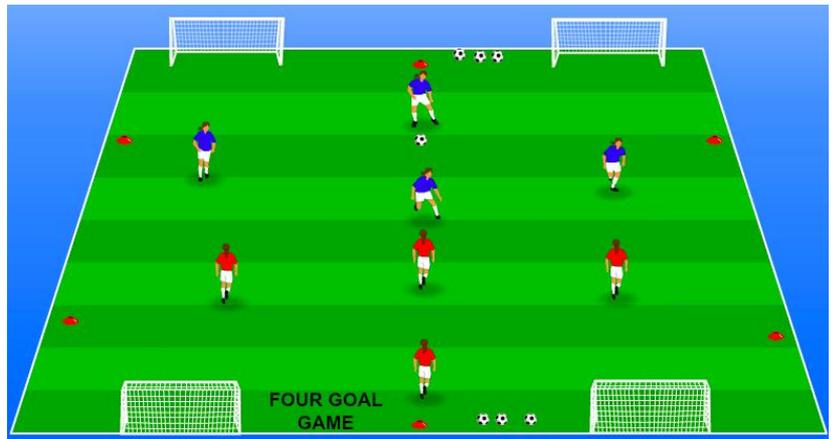
Within the area set up TWO goals on both sides and play a normal game.

**Formations**

- 8 players = Diamond Formation
- 10 players = 1 defender, 3 midfielders, 1 attacker
- 12 players = 2 defenders, 3 midfielders, 1 attacker

**Rules**

- Throws in when the ball goes out (completed in 3 secs)
- Opposition team must drop back to half on goal kicks and cannot move until the first player takes a touch.



**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 of their 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?
- What they 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?

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