

WHATS BEST FOR HER!

ARRIVAL ACTIVITY - CLAP - 10 minutes

ENGAGE THE PLAYERS AS SOON AS THEY ARRIVE

BEGINNING – 1v1 SIDE - 10 minutes

FUN ENGAGING GAME WITH/WITHOUT BALL

MIDDLE - 2v1s - 15minutes

FUN ENGAGING GAME

END GAME – 3v3 GAMES- 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 - CLAP

EXERCISE:

- Each player has a ball dribbling around the area performing different FIFA 11 movements and ball mastery skills.
- When the coach CLAPS players must switch their ball with someone else and continue the exercise

FIFA 11 MOVEMENTS AND BALL MASTERY:

- Running Statures and Single Leg Stance
- Step Overs and Scissors

PROGRESSION:

- Use sole of the foot only
- Coach to tackle players to ensure they are purposefully dribbling



COACHING POINTS:

- Players are using both right and left foot to dribble
- Keep your head up to see the colours the coach is holding up

PHYSICAL LITERACY:

- How quick are your players reacting?
- Are players doing ball mastery and FIFA 11 movements with both feet?

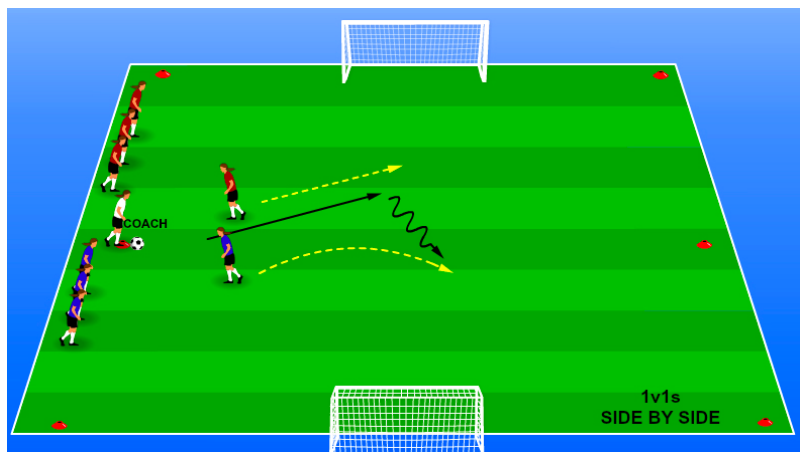
BEGINNING – 1v1 SIDE

EXERCISE:

- Split the players up into two even teams and have them standing on the sideline.
- Coach stands between the teams with the balls.
- The coach calls "GO" and plays a ball out into the playing area.
- The first player in each team must run out, try and win the ball and score in their **goal!**

PROGRESSIONS:

- Swap sides
- Have multiple 1v1s going at the same time
- Players must perform a skill move before scoring. Bonus points for players who try to do a step over or scissor
- Add a scoring zone to encourage players to dribble and take defenders on



COACHING POINTS:

- Shield the ball if you get caught in a corner
- Don't panic and try and use skills or turns to get past the player

PHYSICAL LITERACY:

- Bonus points for players trying a skill regardless if they were successful **growth mindset**
- Instilling confidence in players to be creative

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

MIDDLE - 2v1s

SET-UP:

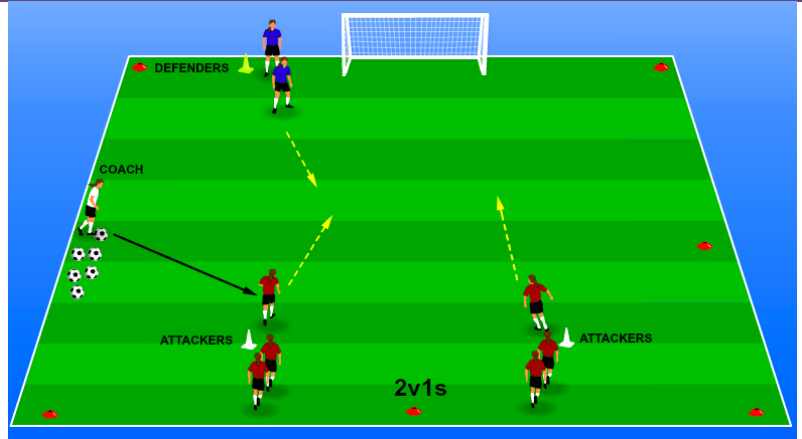
- Same set up as last game.
- Have 2 line of attackers' get them to line up on each side of the goal
- Have 2-3 defenders next to the normal size goal (red).

EXERCISE:

- Coach passes the ball to the attackers (RED).
- TWO attackers play against ONE defender and try and score in the goal!
- If the defender wins the ball, they score in the goal
- Rotate attackers and defenders regularly

PROGRESSION:

- If players are competent, get the defenders to play the initial pass to the attackers
- Add a scoring zone to encourage players to get close to the goal before shooting
- Add goalkeeper



COACHING POINTS:

- Encourage players to dribble if the defender is not close to them!
- Defenders to Deny time and space by getting to the attackers quickly
- Teach players to move off the ball – so they can receive a pass
- Get players to communicate to each other when playing!
- Encourage players to be confident in 1v1 situations do not always look to pass

PHYSICAL LITERACY:

- Encourage players to be brave through your positive reinforcement. This is essential if players are to be confident in 1v1 situations and to take ownership when attacking the goal

END GAME - 3v3 GAMES

EXERCISE:

- Organise players into groups of 3, 2 groups per field. They will vs each other
- Organise players into groups of 3, 2 groups per field. They will vs each other
- May be 2v2s or 2v2 with a joker depending on your numbers
- Run each game for 4 minutes.
- Collect the scores and sort groups to vs someone different
- After all teams have vs each other, announce the winner!

COACH OBSERVATIONS:

- Are players being brave?
- Are players trying to do the skills they learnt



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?