

WHATS BEST FOR HER!

ARRIVAL ACTIVITY - BUILDERS AND BULLDOZERS 10 minutes ENGAGE THE PLAYERS AS SOON AS THEY ARRIVE

BEGINNING - SOCCER RUSH- 10 minutes FUN ENGAGING GAME WITH/WITHOUT BALL

MIDDLE –TOM AND JERRY - 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 – BUILDERS AND BULLDOZERS

EXERCISE:

- Scatter cones randomly in the area
- Split your group into two teams
- Each player has a ball and is dribbling around the area.
- One team's aim is to turn all the white cones upside down. The other team's aim is to turn them back to normal.
- Race for 60-120 seconds to see who wins.
- The team that doesn't win has to perform – 15 slap downs, 15 sole touches or 15 toe taps.

PROGRESSIONS:

- Inside of feet only
- Sole of feet only



COACHING POINTS:

- Lots of small touches to keep the ball under control
- Keep your head up to see which cones are free

PHYSICAL LITERACY:

- *Encourage players to use the sole of their feet to turn/change direction!*

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 POINTS:

- Small touches when dribbling!!
- Change of direction when approaching defender
- Change of pace when getting away from defender
- If you get tackled, win the ball back!!

PHYSICAL LITERACY:

- Be brave and confident to use skills when beating the defender

MIDDLE - TOM AND JERRY

EXERCISE:

- Create 4 boxes in each corner.
- Split players into two even teams and have them line up on the base line.
- The players must copy the Coach Says actions e.g. “Knees, ears, toes, sky, head”
- When the coach says “GO”, they must play a ball into the area and the players must compete for the ball.
- Once one player has possession, they must maintain possession and dribble into one of the four coloured SAFE ZONES.
- Keep score! Repeat.

PROGRESSIONS:

- Change partners
- Coach calls out a colour instead of GO, the player in possession must dribble into that Safe Zone (i.e. “RED”)
- Players must attempt a skill while dribbling to safe zone, bonus point for weak foot



COACHING POINTS:

- **TURN AWAY** from defender (i.e. Drag Turn)
- Change of pace when getting away from defender
- If you get tackled, win the ball back!!
- Protect/shield the ball using your body – Side on, feet shoulder width apart, forearm up, body between defender and the ball.

PHYSICAL LITERACY:

- Encourage confidence through positive reinforcement when a player tries and fails at a skill

END GAME - 3v3 GAMES

EXERCISE:

- Use those spare cones to split the area into two fields
- Organise players into groups of 3, 2 groups per field. They will vs each other
- 3v3s, trying to score into the goals/cone gates
- 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 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



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?