

### CONNECTION BEFORE CONTENT

#### PHYSICAL LITERACY PSYCHOLOGICAL – BRAVERY

AREA: 30m x 25m CONES: 10x colour, 10x colour BALLS: 1 x players BIBS: ½ number of players

#### BEGINNING – BODY PARTS

PURPOSE – Warm up to the session ahead

PRACTICE TIME – 10 Minutes

#### SET-UP:

Define the 30m x 25m area

#### EXERCISE:

1. Each player has a ball dribbling around the area performing ball mastery skills
2. The coach calls out a body part, e.g. "KNEE".
3. Players must quickly stop their ball and put that body part on their ball.
4. Award a point to the two players that do it the quickest!

#### PROGRESSIONS:

5. Call out multiple body parts at a time, "HEAD, ELBOW, KNEE".

#### COACHING POINTS:

Ensure players are using the sole of their feet to stop the ball.

*Psychological* - Award bonus points to players that are keeping the ball close and staying within the area.

Keep count of who is receiving the most points.  
No hands to be used!



#### BALL MASTERY SKILL FOCUS:

1. **Sole Touches** – How many can players do in 15 seconds?!
2. **Toe Taps** – How many can players do in 15 seconds?!
3. Dribble around with right foot only
4. Dribble around with left foot only
5. **"Pull Push"** When the coach calls the skill players must perform
6. **Side Roll**
7. Get the players to choose a skill!

[Click on Ball Mastery skills to watch the Youtube tutorial videos!](#)

#### MIDDLE – SOCCER RUSH

PURPOSE – Conduct fun football exercise

PRACTICE TIME - 20mins

#### SET-UP:

Using the same area as above, mark out a middle zone 5 metres wide

Each player has a ball, lined up on the base line.

Select TWO defenders, who are positioned in the middle without a ball.

#### EXERCISE:

1. On the count '1...2...3...Soccer rush', the attackers must attempt to dribble their ball into the middle channel – quickly place their foot on top of the ball – then continue to the opposite end line and stop their ball on the line. If they do so, without losing their ball to the defender they receive 1 point!
2. Award a point to the first player to stop their ball on the end line.
3. The defenders must try and steal an attacker's ball and put their foot on top of it to receive 2 points!
4. Keep the defenders the same for 90 seconds and see how many points they can receive.
5. Swap defenders & continue playing



#### PROGRESSION:

6. Increase/Decrease the amount of defenders
7. If players perform one of the skill moves from the previous exercise in the middle zone without getting tackled they receive 5 points!

#### COACHING POINTS:

- Keep the ball close and under control
- *Cognitive* - Head up to see where the defenders are positioned
- *Physical* - Change of direction & speed when approaching defender
- Award bonus points for players that are brave to try skill moves

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 – NORMAL GAME

PURPOSE – LET THEM PLAY!

PRACTICE TIME – 25 mins

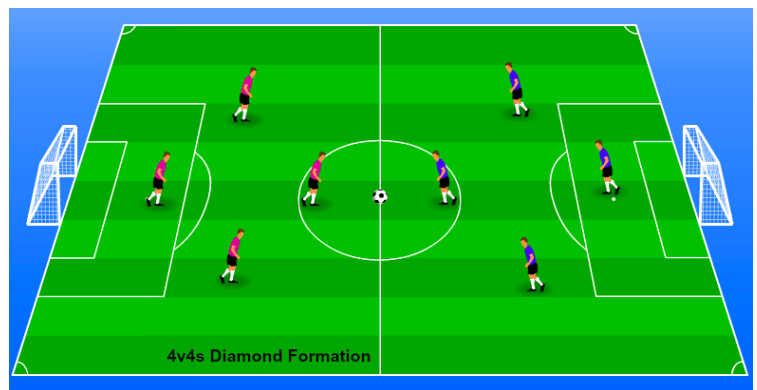
#### SET UP:

1. Within the area set up ONE goal on either side and play a normal 4 vs 4 game

2. Put the players in a **FORMATION- DIAMOND SHAPE**

3. When playing a goal kick, ensure the defending team drops back to halfway

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



#### COACH OBSERVATION:

Did the players improve in their dribbling ability during the match?

Are they more comfortable & braver 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 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 ?**