

### 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

#### BALL MASTERY – BODY PARTS

PURPOSE – Warm up to the session ahead

PRACTICE TIME – 5 Minutes

##### EXERCISE:

- Define 30m x 20m playing area.
- Each player has a ball and is dribbling around the area.
- The coach will call out a body part e.g. (“KNEE”)
- Players must stop the ball with their foot first then place their knee on the ball.
- Continue to call out different body parts and ball mastery skills for players to perform.

##### PROGRESSION:

- Coach blows whistle, players complete a side body roll and continue dribbling.
- Coach blows whistle, players complete a forward body roll and continue dribbling.
- Challenge - Coach blows whistle, player puts ball between feet and forward body rolls!



##### COACH TIPS:

- Ensure you call out body parts / change skills every 20 – 60 seconds to keep players engaged!

##### COACHING POINTS:

- Challenge players to be comfortable rolling on ground.
- Ensure players are balanced in action.

##### PHYSICAL LITERACY:

- Physical: How quick are the players reacting to coach call, bonus points for fast reactions?

#### BEGINNING – GK HANDLING

PURPOSE – Introduction to Goalkeeper handling

PRACTICE TIME - 10 mins

##### EXERCISE:

- Using defined playing area, perform the following:
- 1 - Players are bouncing the ball in the area, whilst moving around.
- 2 – Players tap the ball between their hands in the area, whilst moving around.
- 3 – Players tap the ball between their hands & above their head, whilst moving around.
- 4 - Players are bouncing the ball whilst moving around the area, on the coach’s call they put their ball down, run around a cone, and scoop up the ball.
- 5 - Players are bouncing the ball whilst moving around the area, on the coach’s call they put their ball down, run around a cone, and dive on their ball.

##### VIDEO REFERENCES:

- [Tapping ball between hands](#)
- [Tapping ball, above head](#)
- [Bounce and scoop](#)
- [Bounce and dive](#)



##### COACHING POINTS:

- Catch with a W-Grip on top of the ball – Fingers pointed to the sky.
- For the scoop, step forwards towards the ball, put hands and elbows together and use leg to block ball from rolling through.
- Extend arms in front and use elbows when diving on the ball.

##### PHYSICAL LITERACY:

Psychological: Players developing bravery and getting comfortable being on the ground.

### MIDDLE – NETBALL MATCH: HEADERS & VOLLEYS

**PURPOSE – Conduct fun football exercise**

**PRACTICE TIME – 20 mins**

**EXERCISE:**

- Define playing area & set up a goal on each end.
- Split players into 2 even teams.
- Players play a match; however, they pass the ball by throwing.
- If a player catches the ball they cannot move until they have passed the ball to their teammate.
- Goals can only be scored by a header or a volley.
- All players can be goalkeeper.
- If a team drops the ball on the ground, it is a turnover in possession.
- Defending team can also intercept the ball.
- No hitting the ball out of the other team's hands.

**PROGRESSION:**

- Team must complete 3 passes before scoring.
- Players are only allowed to hold onto the ball for 3 seconds – Hot Potato!
- Perform a shootout, where each player has a chance to shoot at goal and save a goal.
  - Split the players up and have two shootouts going at each goal.
  - Add up the goals to see who wins!



**COACHING POINTS:**

- Encourage players to catch with a W-Grip
- Encourage players to communicate and ask for the ball
- Encourage players to be brave and attack the ball
- Keep shoulders and feet pointing towards the ball

**PHYSICAL LITERACY:**

- Social: Players communicating to each other
- Psychological: Players being confident and brave

**Award bonus points to players using the correct technique!**

### END – MATCH

**PURPOSE – LET THEM PLAY!**

**PRACTICE TIME – 20 mins**

**EXERCISE:**

- Split players into two even teams and play a normal game.
- Ensure players are set up with a formation including:
  - GK – Defence – Midfield - Attack
- Allow the players to enjoy!
- Rotate Goalkeepers every 2 – 3 minutes.
- Positive encouragement towards goalkeepers.

**COACH OBSERVATIONS:**

- Body Language and confidence of players in goal
- Are players being brave to use their body and save the ball?
- Are games competitive, if not swap some players?



### 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 would you do differently next time?

What worked/did not work?

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