

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.

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

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 ?**