

CONNECTION BEFORE CONTENT

PHYSICAL LITERACY

Confidence & Motivation

AREA: 30m x 25m

CONES: 10x colour, 10x colour

BALLS: 1 x players

BIBS: ½ number of players

ARRIVAL ACTIVITY – TRAFFIC LIGHTS

PURPOSE – Get the players ‘doing’ as soon as they arrive.

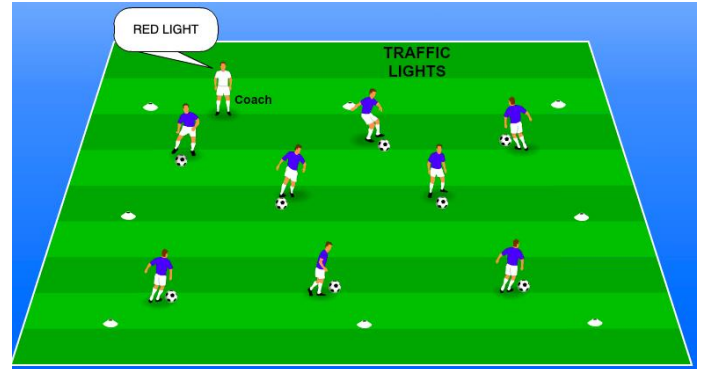
PRACTICE TIME – 5 mins

SET-UP:

Define a 30m x 25m rectangle.

EXERCISE:

1. Each player has a ball dribbling around the area performing ball mastery skills, listening for instructions from the coach.
BALL = CAR
2. **Coach calls out-** What happens at a **RED light?** STOP (aka. Sole of foot on the ball), **GREEN light?** Go (aka. Dribble)
3. **Practice these different coach instructions:**
4. **Windscreen wipers** – dribble with ball between the inside of both feet (make the sounds!)
5. **Traffic Jam** – Kids stop the ball with their foot and pretend to honk at the car in front (make noise!)
6. **Petrol** – Players must dribble to an outside cone and perform toe-taps – placing the sole of their foot on the top of their ball consecutively
7. **Race car** – Players must dribble like a race car (FAST) for 10 seconds



8. **U-turn** – Players must complete a turn i.e. Drag back
9. **Ask the players** to come up with their own

COACHING POINTS:

- Encourage players to keep the ball close by dribbling with small touches
- Award bonus points for players who keep their ball inside the area for more than 30 seconds.
- Use a player as a ‘role model’ if they are performing a skill well
- Encourage players to perform the skills as quick as they can

WHOLE – CONDITIONED MATCH

PURPOSE – Conditioned game to develop game sense

PRACTICE TIME - 15 mins

SET-UP:

Define a 30m x 25m field

One goal at each end.

Split the players into two even teams with goalkeepers

EXERCISE:

1. Play a match, Red vs Blue with the following conditions:
 - Players must put their foot on top of the ball before passing/dribbling – turn over if the ball is kicked first time.
 - **Reward – 3 points if a goal is scored directly after dribbling past a defender.**
2. Play for 15 minutes and observe the players’ decision making and execution.



COACH TIPS:

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.

PART – SHARK ATTACK
PURPOSE – Break down the game to work on a core skill
PRACTICE TIME - 10mins
SET-UP:

30m x 20m area

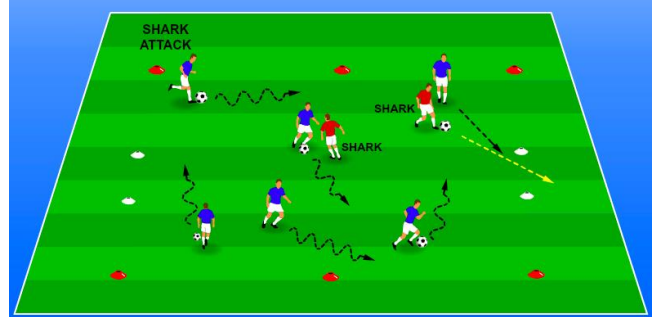
Set up ONE goal on each end.

EXERCISE:

1. Select three players to be **SHARKS**.
2. All other players must dribble inside the area.
3. When the coach calls '**Shark attack**', the sharks must enter the **OCEAN** (i.e. Field) and attempt to tackle the ball off the **FISH** (other players).
4. If the shark wins the ball, they must attempt to score in the goals to earn 3 points.
5. The Fish can try to win their ball back.
6. If shark scores, they get 3 points and the Fish must perform 10 sole touches/toe taps and continue playing.
7. Play for 60 – 90 seconds rounds
8. Ask the sharks how many goals they scored. Ask the FISH if anyone survived!
9. Select new Sharks and repeat until everyone has gets a turn.

PROGRESSION:

- Too easy – Increase the number of sharks!
- Special power – If a FISH completes a 1v1 skill they have 3 seconds safe, without being tackled.


COACH TIPS:

Question players in between rounds

How do we know where the shark is?

What do we do if a shark is coming towards us?

Should we take big or little touches?

COACHING POINTS:

Psychological - Motivate players to be confident to perform 1v1 skills when in a 1v1 duel. Reward players with bonus points if they beat a defender and using a 1v1 skill.

Challenge players with various 1v1 Skills - [Click here to view videos](#)

WHOLE – CONDITIONED MATCH
PURPOSE – Place the players back into a game!
PRACTICE TIME - 20 mins
SET UP:

Split the team into two even teams with goalkeepers.

EXERCISE:

1. Back into playing a match – Red vs Blue.
2. Implement the below conditions & challenges for the first 10 minutes.
3. Allow the players to play without conditions – normal game.

CONDITIONS:

- Players must take a minimum of two touch.

Team Challenge:

- One team is given 3 minutes where they have double points
 - 1 point = normal goal
 - 3 points = goal scored directly after dribbling past a defender
- After the 3 minutes is up, give the other team the opportunity to score double points


COACH TIPS:

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.

COACH OBSERVATION:

Are players trying to dribble past defenders?

END OF SESSION – Perform a Q & A with the players to test their learning!

At the end of the session ask the players:

What they enjoyed the most?

What they learnt from the session?

Tell the team and individuals what they did well

KEY COACHING POINTS

- Take small touches to keep the ball close when dribbling.
- Encourage players to use the sole of their foot to STOP the ball.
- Dribble into free space, away from defenders using both feet.

COACH REFLECTION

What did the players enjoy?

What worked/did not work?

What would you do differently next time?