

### CONNECTION BEFORE CONTENT

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

**CORE SKILL:**

**STRIKING THE BALL**

**ASPECT:**

**To convert goal scoring opportunities**

**PHYSICAL LITERACY:**

**CONFIDENCE**

#### ARRIVAL ACTIVITY – BALL MASTERY/COLOURS

**PURPOSE –** Get the players ‘doing’ as soon as they arrive.  
**PRACTICE TIME –** 5 mins

**EXERCISE:**

Each player has a ball and is free dribbling around a defined 20m x 30m area.

Introduce & complete the following actions.

**Ball mastery exercises** – Encourage players to keep head up

- Side to side (for/backwards)
- Sole taps (Alternating sole of feet)
- L-Turn (Sole drag back, then flick behind standing foot)

**Feints** – Encourage a change of pace and direction

- Step over
- V-trick (drag the ball from one side of body to the other, forming a V)

**Ball Mastery Skill Videos** - [Click here to view videos](#)

**Colours**

- Coach walks around holding different coloured cones in the air. Players MUST call them out. Head up!!
- First player to call out the colour receives 1 point.

#### WHOLE – CONDITIONED GAME

**PURPOSE –** Conditioned game to develop game sense  
**PRACTICE TIME –** 15 mins

**SET-UP:**

Set up a playing area – 30m x 25m

Split the team into two even teams with goalkeepers

**EXERCISE:**

1. Get the players to organise themselves into a formation and positions.
2. Play a match, Green vs Red with the following condition.
3. **Reward** – *The team in possession receives 3 points if they score within 20 seconds after restarts in play or after gaining possession.*  
1 point for scoring after 20 seconds.
4. Allow the players to play for 15 minutes, whilst you observe their decision making and execution.

**CHANGE IT** – Players playing long balls? Implement a rule, no passes above knee height.



### TECHNICAL POINTS

**Technical**

- Firm passes with the inside of the foot in front of you team mate to allow their next action to become easier
- Look to take positive first touch into space, forwards or away from other players.
- Striking the ball – Lock ankle when shooting, use arms for balance and keep head still.
- Shoot early when GK is not set
- Deception to create space/wrong foot the GK
- Attack the ball/adjust positioning based of the flight/speed of the ball
- Believe you will score!

**Movement**

- Move off the ball to support ball carrier. (Left, Middle, Right)
- Make forward runs.
- Anticipate GK dropping ball, deflections, ball hitting the post/crossbar.

**Positioning**

- Ensure there is width & depth when in possession of the ball.
- Adopt goal scoring positions.

### PART - CAGE / SHOOT ON SIGHT

**PURPOSE – Break down the game to work on a core skill**  
**PRACTICE TIME – 15 mins**

**SET-UP:**

Using a similar set up as the above exercise, bring one goal in closer, keep the width.

Split the players into THREE teams.

**EXERCISE:**

1. Two teams will play in a 4 vs 4, whilst the remaining team play as wall players/ GK's
2. 4 vs 4 in the middle (Green vs red)
3. The first team to TWO goals wins, staying on the field as the other team's swap.
4. Play 3-minute games, the newest team stays on if either team cannot score two goals.
5. The attacking team can use the wall players as jokers. Wall players are only allowed two touches.
6. Challenge – Which team can win the most consecutive games?

**CHANGE IT –** One team dominating too much, put a touch limit restriction on them or swap players around.



**CONDITIONS:**

- First time finish = two points
- Header or volley = two points
- Goal scored directly from a pass from a wall players = two points
- Three touch only – implement after 10 minutes

### WHOLE - MATCH

**PURPOSE – Place the players back into a game!**  
**PRACTICE TIME - 25 mins**

**SET UP:**

Set up a playing area – 30m x 25m

Split the team into two even teams with goalkeepers.

**EXERCISE:**

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

**CONDITIONS:**

- Teams only have 20 seconds to score a goal, otherwise it is a turnover.
- No passes above knee height.
- First time finish = two points
- Header or volley = two points

**Team Challenge:**

- Challenge ONE team by restricting them to three touches only for 5 minutes. If they score within this 3-minute period, each goal is worth double points!
- Give the other team the same challenge.



**COACH OBSERVATION:**

- Do the players combine to convert goal scoring chances?
- Do they get into goal scoring positions?
- Are players confident in making attacking plays & shooting?

### END OF SESSION WRAP UP– Conduct a Q & A with your players to test their learning!

What they enjoyed the most?

What they have learnt from the session?

Tell the team and individuals what they did well

### COACH REFLECTION

*Have the players been engaged for the whole session?*

*Did the players enjoy themselves?*

*What worked/did not work?*

*What would you do differently next time?*