

### CONNECTION BEFORE CONTENT

#### PHYSICAL LITERACY

#### TACTICS & ENJOYMENT

AREA: 30m x 25m

CONES: 10x colour, 10x colour

BALLS: 1 x players

BIBS: ½ number of players

#### ARRIVAL ACTIVITY – MR WOLF

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

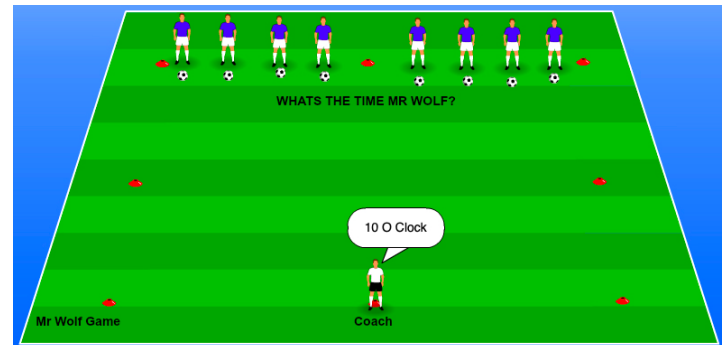
PRACTICE TIME – 5 mins

##### SET-UP:

Define the 30m x 25m area.

##### EXERCISE:

1. Players line up on one end line with the coach opposite them on the other end line.
2. Players yell “WHAT’S THE TIME MR WOLF?!”
3. The coach responds with a time, e.g. “10 O’CLOCK”
4. Players must jog forward taking *only 10 steps*. *Time = number of steps!*
5. Repeat with different times until the players get close to the coach.
6. To end the round the coach yells “DINNER TIME”, the players must quickly run back to the start line without letting the coach get near them!
7. After a few rounds, add a ball in! The players must now dribble forward **and put their foot on top of the ball**. *Time = number of ball touches allowed!*



##### PROGRESSIONS:

8. Dribble with right foot or left foot only
9. Dribble with inside or sole of feet only
10. *Cognitive* – Instead of calling the number, use your hands to signal the number

##### COACHING POINTS:

Keep the ball close by taking small touches!  
Use sole of the foot to turn away and dribble back to the line  
*Physical* – Encourage players to dribble at a good pace.

#### WHOLE – 4 GOAL MATCH

PURPOSE – Conditioned game to develop game sense

PRACTICE TIME - 15 mins

##### SET-UP:

Define a 30m x 25m field

Within the area set up TWO goals on both sides and play a normal game.

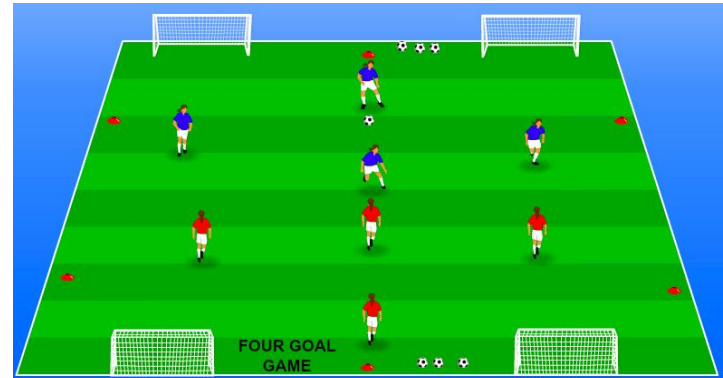
Place players in a diamond formation.

##### Why four goals?

Having four goals helps with spreading the players out as people naturally drift towards the goals. Use cones if you do not have four goals.

##### 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.
  - **Individual Challenge**
    - Which player can provide the most assists to their teammates?
    - Assist = A pass that results in teammate scoring
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 – PAIR GATES

**PURPOSE – Break down the game to work on a core skill**  
**PRACTICE TIME - 10mins**

**SET-UP:**

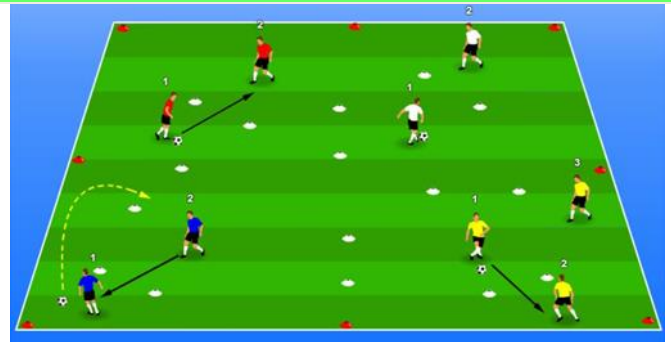
Within your area, set up a series of gates, as per diagram.  
Set up each gate using coloured cones – Red Gate, Blue Gate, Green Gate

**EXERCISE:**

1. Split players into pairs, one ball each pair
2. Have players stand between a gate and complete 10 passes on each foot.
3. Challenge – Players must now move around as a pair, earning 1 point for each gate they pass once between.
4. After 90 seconds stop them and see who wins
5. Challenge players to beat their first-round score!

**PROGRESSIONS:**

- Change partners
- Instruct which foot they can pass with
- Cannot go through the same coloured gate consecutively



**COACHING POINTS:**

- Technique – Inside of the foot strike, locked ankle, standing foot facing forward.
- Challenge players to take their touch towards the next gate.
- *Physical* – Challenge players to pass and move quickly
- *Cognitive* – Encourage players to have their head up whilst moving around to see which gates are free.
- *Social* - Get players to communicate to each other

### WHOLE – CONDITIONED MATCH

**PURPOSE – Place the players back into a game!**  
**PRACTICE TIME - 20 mins**

**SET UP:**

Within the area set up TWO goals on both sides and play a normal game.

Place players in a diamond formation.

**EXERCISE:**

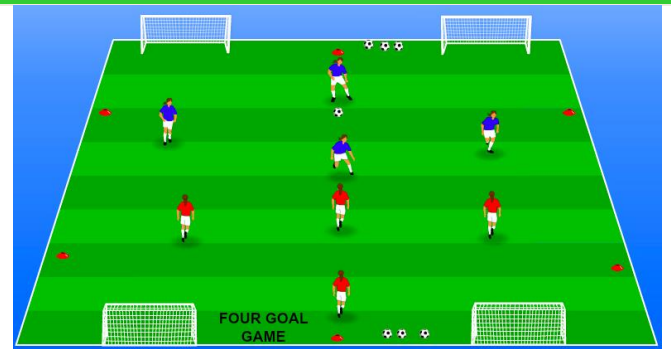
- Back into playing a match – Red vs Blue.
- Implement the below conditions & challenges for the first 10 minutes.
- Allow the players to play without conditions – normal game.

**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
  - 2 points = ball dribbled into goal
  - 5 points = goal scored directly after passing to a teammate
- 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 making successful passes?
- Are your players spreading out more?

### 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?