

WHAT'S BEST FOR HER!

ARRIVAL ACTIVITY - COLOURS - 10 minutes

ENGAGE THE PLAYERS AS SOON AS THEY ARRIVE

BEGINNING – 1v1 Side - 15 minutes

FUN ENGAGING GAME WITH/WITHOUT BALL

MIDDLE - 2v2s – 20 minutes

FUN ENGAGING GAME

END GAME – 4v4s- 15 minutes

LET THEM PLAY!!

CONES: 10x colour, 10x colour

BIBS: ½ number of players

BALLS: 1 x players

SET UP: Define the 30m x 20m

Extra cones for splitting the field for games

Goals ready when necessary

ARRIVAL ACTIVITY - COLOURS

MATILDA COMPETITION

- Split the group into two even teams
- Ask them to pick a Matilda as their team name
- One team wears bibs
- Using a white board or piece of paper write the team names and explain players can earn points for their team throughout training

EXERCISE:

- Each player has a ball dribbling around the area performing different FIFA 11 movements and ball mastery skills.
- When the coach holds up a colour the players must shout that colour out

FIFA 11 MOVEMENTS AND BALL MASTERY:

Spiderman and Plank Position

Step over and Scissors

COMPETITION:

- Coach gives points to players who react quickly
- Points earned for doing the moves well
- Points earned from using weak foot
- Mark down the points as you go – don't lose track! Make sure its even competition as lots of points up for grabs in this game!



COACHING TIPS:

- Players have their head up looking around when dribbling
- Be brave and use different parts of the foot to dribble
- Be brave and do the skill moves with both feet

PHYSICAL LITERACY:

- Physical – See how fast the players can react to the colours being shown, bonus points for the fastest reactions
- Cognitive – Do opposite colours

BEGINNING– 1v1 Side

SET-UP

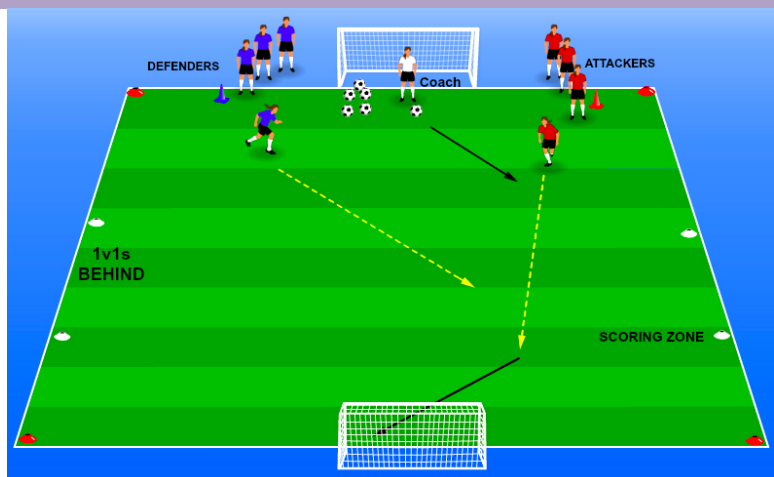
Split the area into half with extra cones, add goals/cone gates at the end

EXERCISE:

- Two Matilda teams on either side of the goal.
- Have one team 2 metres ahead of the other - The ATTACKERS
- The coach plays out a ball in front of the attacker, the attacker must dribble into the scoring zone and shoot at goal before the defender tackles them!
- If the defender wins the ball they can score in the coach's goal.

COMPETITION:

- Play 2-minute games x 2 so both teams can be attackers total the goals winning team gets 3 points for their team -Remember to add it to scoreboard!
- Coach gives bonus points for bravery, creativity



COACHING POINTS:

- Remind players how they can get bonus points
- Remind players points are earned from winning the game so work hard for the full 4 minutes

MIDDLE - 2v2s

SET-UP

Split the area into half with extra cones, add goals/cone gates at the end

EXERCISE:

- One Matilda team vs the other (bibs vs non bibs)
- Play 3-minute games

COMPETITION:

- On whistle each Matilda team comes together to add the number of goals they scored
- Sam Kerr scored 3 on one pitch and 5 on the other = 8
- Hayley Raso scored 2 on one pitch and 7 on the other = 9
- Hayley Raso wins the 3 points
- If it's a draw each team gets 1 point
- Swap teams
- Swap partners within Matilda team
- Coach gives bonus points for bravery and creativity



COACHING TIPS:

- Players must restart in 3 seconds otherwise it's the others team ball
- Coach to do countdown when ball is out 3,2,1
- Players dribbling confidently with head up drawing defenders
- Pairs communicating and looking to work together by combining and doing one/twos

PHYSICAL LITERACY:

- Psychological: Encourage players to be brave and do step over and scissors in the game. Coach to award bonus points
- Social: Allow pairs to reflect on performance after each game what they did well and what they want to do in the next game

END GAME – 4 Goal Game

EXERCISE:

- Remove the centre line
- One Matilda team vs the other
- 2 goals each to score into
- Play 3-minute games
- Winner gets 3 points a draw they get a point each
- Give bonus points for bravery and players expressing themselves

COMPETITION PRESENTATION

- Remember to total the points and announce the winner!
- Highlight the bravery and creativity to do skills and try things



END OF SESSION - Conduct a Q & A with your players to test their learning!

At the end of the session ask the players:

What they enjoyed the most?

What they have learnt from the session?

Tell the team and individuals what they did well

COACH REFLECTION

What did the players enjoy?

What worked/did not work?

What would you do differently next time?