

## WHATS BEST FOR HER!

ARRIVAL ACTIVITY - CLAP - 10 minutes

ENGAGE THE PLAYERS AS SOON AS THEY ARRIVE

BEGINNING – 1v1 SIDE - 10 minutes

FUN ENGAGING GAME WITH/WITHOUT BALL

MIDDLE - 2v1s - 15minutes

FUN ENGAGING GAME

END GAME – 3v3 GAMES- 25 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 - CLAP

### EXERCISE:

- Each player has a ball dribbling around the area performing different FIFA 11 movements and ball mastery skills.
- When the coach CLAPS players must switch their ball with someone else and continue the exercise

### FIFA 11 MOVEMENTS AND BALL MASTERY:

- Running Statures and Single Leg Stance
- Step Overs and Scissors

### PROGRESSION:

- Use sole of the foot only
- Coach to tackle players to ensure they are purposefully dribbling



### COACHING POINTS:

- Players are using both right and left foot to dribble
- Players build up speed when performing the skills

### PHYSICAL LITERACY:

- How quick are your players reacting?
- Are players doing ball mastery and FIFA 11 movements with both feet?

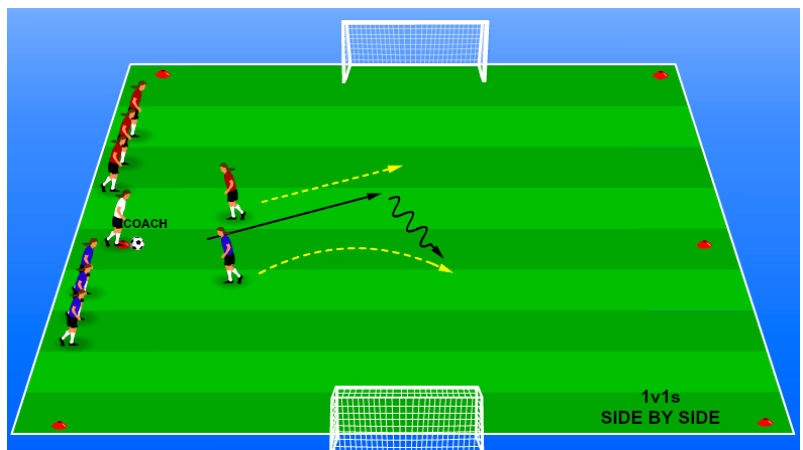
BEGINNING – 1v1 SIDE

### EXERCISE:

- Split the players up into two even teams and have them standing on the sideline.
- Coach stands between the teams with the balls.
- The coach calls “GO” and plays a ball out into the playing area.
- The first player in each team must run out, try and win the ball and score in their **goal!**

### PROGRESSIONS:

- Swap sides
- Have multiple 1v1s going at the same time
- Players must perform a skill move before scoring. Bonus points for players who try to do a step over or scissor
- Add a scoring zone to encourage players to dribble and take defenders on



### COACHING POINTS:

- Shield the ball if you get caught in a corner
- Don't panic and try and use skills or turns to get past the player

### PHYSICAL LITERACY:

- Bonus points for players trying a skill regardless if they were successful **growth mindset**
- Instilling confidence in players to be creative

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

### MIDDLE - 2v1s

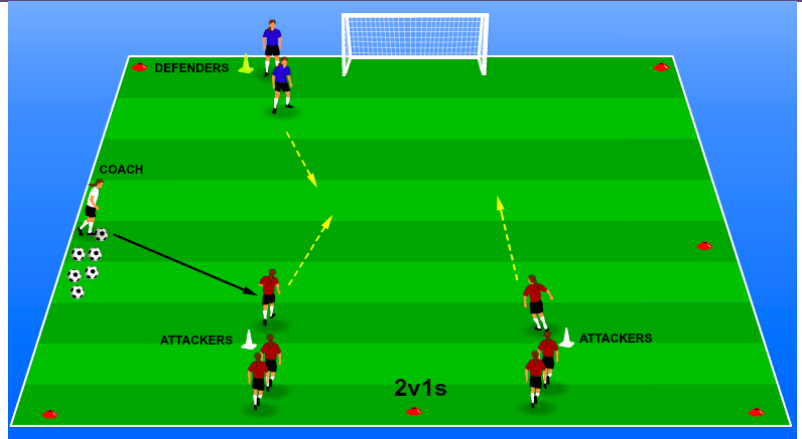
- **SET-UP:**
- Same set up as last game.
- Have 2 line of attackers' get them to line up on each side of the goal
- Have 2-3 defenders next to the normal size goal (red).

#### EXERCISE:

- Coach passes the ball to the attackers (RED).
- TWO attackers play against ONE defender and try and score in the goal!
- If the defender wins the ball, they score in the goal
- Rotate attackers and defenders regularly

#### PROGRESSION:

- If players are competent, get the defenders to play the initial pass to the attackers
- Add a scoring zone to encourage players to get close to the goal before shooting
- Add goalkeeper



#### COACHING POINTS:

- Encourage players to dribble if the defender is not close to them!
- Defenders to Deny time and space by getting to the attackers quickly
- Teach players to move off the ball – so they can receive a pass
- Get players to communicate to each other when playing!
- Encourage players to be confident in 1v1 situations do not always look to pass

#### PHYSICAL LITERACY:

- Encourage players to be brave through your positive reinforcement. This is essential if players are to be confident in 1v1 situations and to take ownership when attacking the goal

### END GAME - 3v3 GAMES

#### EXERCISE:

- Organise players into groups of 3, 2 groups per field. They will vs each other
- Organise players into groups of 3, 2 groups per field. They will vs each other
- May be 2v2s or 2v2 with a joker depending on your numbers
- Run each game for 4 minutes.
- Collect the scores and sort groups to vs someone different
- After all teams have vs each other, announce the winner!

#### COACH OBSERVATIONS:

- Are players being brave?
- Are players trying to do the skills they learnt



### 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?