

Each session should be split into **FOUR** components:

Purpose:

BALL MASTERY ~ 10 minutes

Engage the players as soon as they arrive. **Ball touches!**

BEGINNING GAME ~ 15 minutes

Warm up to the session ahead. **With/without balls**

MIDDLE GAME ~ 15 minutes

Conduct fun football exercises

END GAME ~ 20 minutes

Let them play!

AREA: 30m x 20m

CONES: 10x colour, 10x colour

BIBS: ½ number of players

BALLS: 1 x players

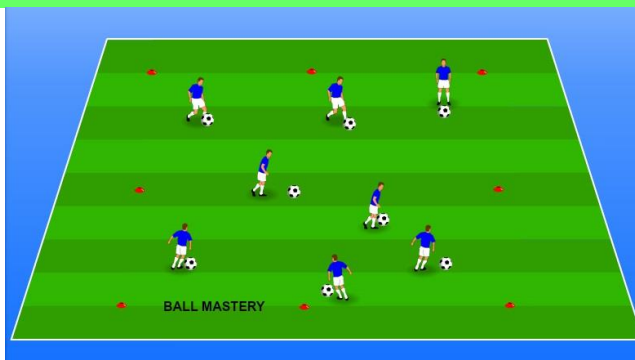
BALL MASTERY – TRAFFIC LIGHTS

SET-UP:

Define the 30mx20m area

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 this, different coach instructions:
4. **Windscreen wipers** – dribble with the ball between the inside of both feet (make the sounds!)
5. **Traffic Jam** – Have the kids stop the ball, sit on it 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.



MAKE IT FUN!

7. **Race car** – Players must dribble like a race car (FAST) for 10 seconds
8. **U-turn** – Players must complete a turn ie. Drag back
9. Ask the players to come up with their own! Enjoy it!

SKILL FOCUS:

Encourage players to use the sole of their feet!!!

BEGINNING GAME – SOCCER RUSH

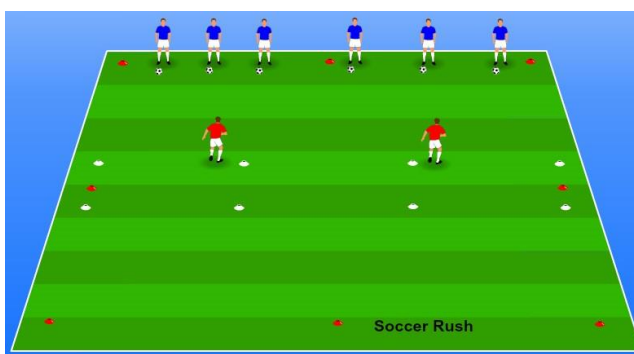
SET-UP:

Within 30m x 20m area, mark out a middle zone 5 metres wide

Each player has a ball, lined up on the base line. Select TWO defenders, who are positioned in the middle without a ball.

EXERCISE:

1. On the count '1...2...3...Soccer rush', the attackers must attempt to dribble their ball into the middle channel – quickly place their foot on top of the ball – then continue to the opposite end line and stop their ball on the line.
2. The defenders must try and steal an attackers ball, and run with it to the end line. The defenders **ARE NOT allowed** in the middle zone.
3. If an attacker loses their ball, they can try to tackle the defender to get it back before the defender gets to the end line.
4. If the defenders makes it successfully to the end line, they become an attacker.



PROGRESSION:

5. Increase/Decrease the amount of defenders
6. Players must perform a skill in the middle zone – Pull Push, Side Roll

COACHING POINTS:

- Keep the ball close!!
- Change of direction when approaching defender
- Change of pace when getting away from defender
- If you get tackled, win the ball back!!

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

*SESSION FORMAT FOR 45 MINUTE SESSION: SELECT ONE OF EITHER THE BEGINNING OR MIDDLE GAME THEN CONTINUE TO END GAME

MIDDLE GAME – 1v1: END LINE

SET-UP:

No set up required other than your marked 30m x 20m area.

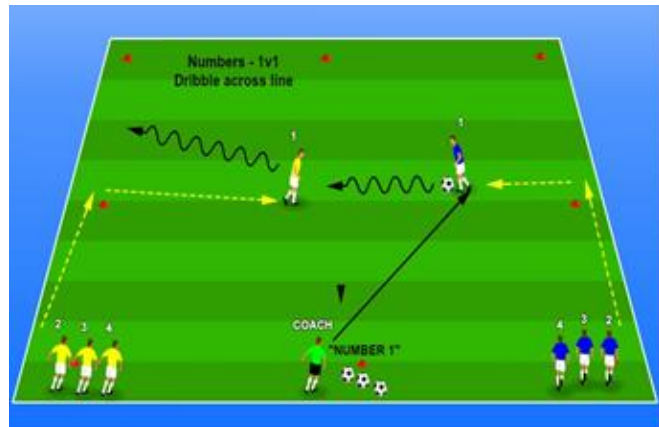
Split the players into two teams, each wearing bibs. Give each player a number (i.e 1 – 4). Have players stand next to the corner cone.

EXERCISE:

- 1.The coach will call out a number; “Number 1”.
- 2.On this call, #1 from each team will run around the middle cone and enter the field of play.
- 3.As the players enter the field, the coach will pass a ball to one player.
- 4.Players must try and dribble past each other and stop the ball on their opponents line to score

PROGRESSION:

- 5.Swap one teams numbers to ensure players versus someone different.
- 6.Have two or more 1v1s going on at the same time
7. Award bonus points for skill moves!
Skill move + goal = 3 Points!
- 8.Keep score, make it fun, challenging and noisy!



COACHING POINTS:

- Attack the defender at speed
- Take your first touch into space or to set up next action
- Use a skill move to get the defender **OFF BALANCE**
- When the defender is off balance, **ACCELERATE** away from them

CHANGE IT:

- Taking too long? – Have a 10 sec time limit
- Too easy? – Make the field smaller

END GAME

SET UP:

- 1.Within the area set up ONE goal on either side and play a normal game
- 2.Put players in **FORMATION: 1 GK – 2 DEF, 2 ATT**
3. Include Goalkeepers if you have the numbers
4. *When playing a goal kick, ensure the defending team drops back to halfway*
- 5.Encourage players to try what they have learnt in the previous exercises!
6. MAKE SURE PLAYERS TAKE THROW INS



WRAP UP:

- At the end of the session ask the players what they have enjoyed and learnt from the session
- High fives!

KEY COACHING POINTS

- When dribbling take lots of small touches
- Dribble into the free space, away from the defenders
- Use the **RIGHT** and **LEFT** foot when dribbling
- Encourage players to use the sole of their feet to **STOP** the ball, **TURN & CHANGE DIRECTION!**

COACH REFLECTION

- What worked/did not work?
- What would you do differently next time?