

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: 20m x 20m	CONES: 10x colour, 10x colour	BIBS: ½ number of players
		BALLS: 1 x players

BALL MASTERY – FRUIT BOX

SET-UP:

Define the 20m x 20m area.

In each corner mark out a 2m x 2m coloured box

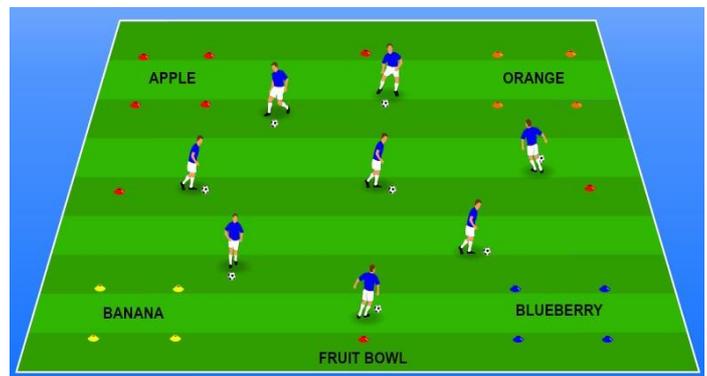
EXERCISE:

1. Start by getting the players to name each coloured box a different fruit.
2. The players must dribble around the area performing ball mastery skills awaiting the coach's call.
3. When the coach calls a fruit (e.g. APPLE!), the players must quickly dribble into that box, stop their ball and perform the ball mastery skill the coach has indicated.
4. Award one point to the two players that get in the box first with their foot on top of their balls!

PROGRESSIONS:

The players must dribble around the area performing:

1. Both feet
2. Inside feet only
3. Sole of feet only



BALL MASTERY SKILLS IN BOX:

- 10 Slap downs
- 10 Sole Touches

COACHING POINTS:

Keep the ball close!!!

The ball mastery/manipulation skills set the foundation of player's technique. Encourage them to practice at home!

BEGINNING GAME – SUPERHEROES

SET-UP:

Define the 20x20m area.

In a group of eight, six players have a ball and spread out in the area, the VILLAINS

Two players do not have a ball and hold a bib in their hand, the SUPERHEROES

EXERCISE:

1. The Superheroes must throw their bib at the VILLAINS' ball. If a Superhero hits their ball, the villain is 'caught' and has to freeze where they are.
2. To be unfrozen a fellow villain must 'high five' them.
3. Give the Superheroes 90-120 seconds to freeze the villains and save the day!

PROGRESSIONS:

4. Swap Superheroes
5. SPECIAL POWER – If a villain does a skill move (i.e. Foot on top of the ball, Pull Push, Side Roll, Drag Turn) they cannot be caught for 3 seconds!



Let the players choose their favourite Superhero!

CHANGE IT:

- Too easy? – Add more Superheroes
- Too hard? – Superheroes must hold a ball in one hand whilst running.

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 – TOM & JERRY

SET UP:

Same set up as Ball Mastery exercise – 4 boxes in each corner.

Split players into two even teams and have them line up on the base line.

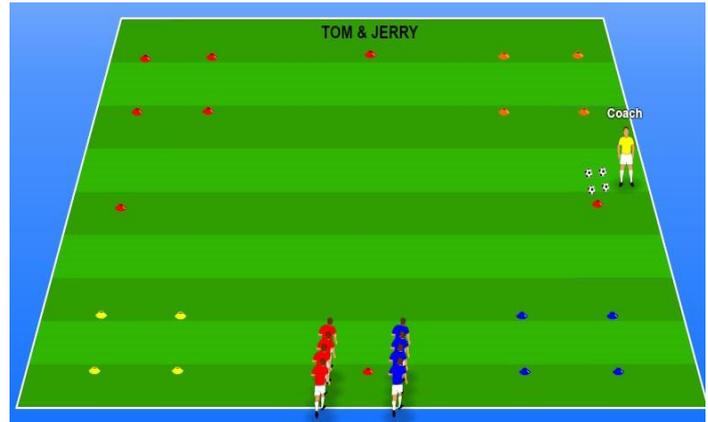
EXERCISE:

1. Coach calls out simon says actions; "Knees, ears, toes, sky, head..... GO"
- The players must act on the coaches calls.
2. When the coach says "GO", they must play a ball into the area and the players must compete for the ball.
3. Once one player has possession, they must maintain possession and dribble into one of the four coloured SAFE ZONES.

Keep score! Repeat.

PROGRESSIONS:

4. Change partners
5. Coach calls out a colour instead of GO, the player in possession must dribble into that Safe Zone (i.e. "RED")
6. Players must dribble into TWO safe zones to receive a point (i.e. "RED & BLUE")



COACHING POINTS:

TURN AWAY from defender (i.e. Drag Turn)

Change of pace when getting away from defender

If you get tackled, win the ball back!!

Protect/shield the ball using your body – Side on, feet shoulder width apart, forearm up, body between defender and the ball.

END GAME – 2 vs 2s

SET-UP:

Set up three mini-fields, 20m x 10m size

One goal at each end.

Split the players into pairs

EXERCISE:

1. Organise two pairs per field. They will vs each other
2. Pair vs Pair. Trying to score into the goals/cone gates
3. Run each game for 4 minutes.
4. Collect the scores and sort pairs to vs someone different
5. After all teams have vs each other, announce the winner!

COACHING POINTS:

Ensure pairs are even, swap pairs if they aren't!



KEY COACHING POINTS

When dribbling take lots of small touches

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

Dribble into the free space, away from the defenders

Use the RIGHT and LEFT foot when dribbling

COACH REFLECTION

What worked/did not work?

What would you do differently next time?