

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 – BODY PARTS

SET-UP:

Define the 30m x 20m area

EXERCISE:

1. Each player has a ball dribbling around the area performing ball mastery skills (*see skill focus*)
2. The coach calls out a body part, e.g. “KNEE”.
3. Players must quickly stop their ball and put that body part on their ball.
4. Award a point to the two players that do it the quickest!

PROGRESSIONS:

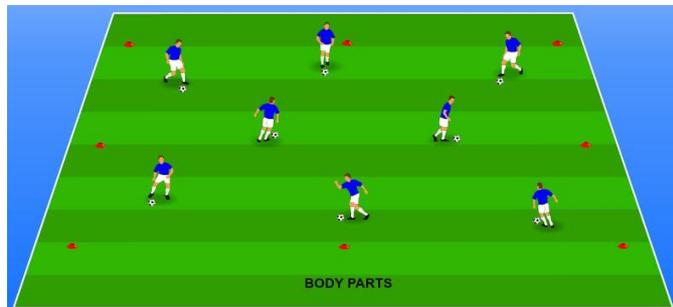
5. Call out multiple body parts at a time, “HEAD, ELBOW, KNEE”.

HAVE HIGH ENERGY AND MAKE IT FUN!

COACHING POINTS:

Ensure players are using the sole of their feet to stop the ball.

No hands to be used!



BALL MASTERY SKILL FOCUS:

1. Sole Touches – How many can players do in 15 seconds?!
2. Toe Taps – How many can players do in 15 seconds?!
3. Dribble around with right foot only
4. Dribble around with left foot only
5. When the coach calls “Pull Push” players must perform the skill.
6. Get players to perform a Side Roll
7. Get players to perform a Drag Back Turn (use sole of their foot to turn).

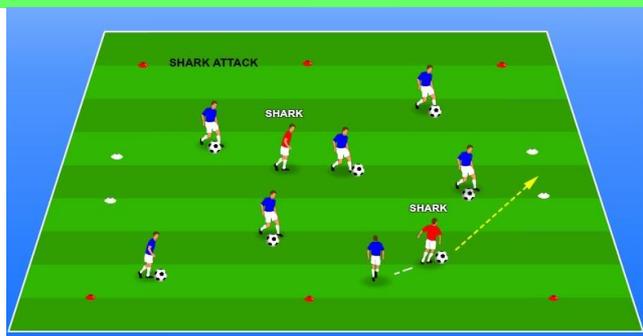
BEGINNING GAME – SHARK ATTACK

SET-UP:

Set up two goals on opposite sides of your 30m x 20m square, clearly using different coloured cones.

EXERCISE:

1. In a group of 8, 6 players have a ball and spread out in the area, the FISH.
2. Two players do not have a ball and will be the SHARKS!
3. When the coach calls “SHARK ATTACK” the Sharks must tackle the ‘FISH’, possessing their ball and scoring into a goal.
4. If a shark scores they receive one point, the fish must retrieve their ball and perform 10 sole touches before returning to play.
5. The sharks must count how many goals they can score in a certain time period (~90 sec)



PROGRESSION:

6. Swap sharks
7. Change the skill the fish must perform before returning – 10 Toe Taps, 10 Pull Pushes
8. Use a skill as a special power! (ie. Pull Push or Drag Back Turn = 3 seconds free from shark)

COACHING POINTS:

The FISH can attempt to get their ball back before the shark scores.

Encourage players to protect their ball by using their body

MIDDLE GAME – 2v1

SET-UP:

Set up one normal size goal at one end of your area.
At the other end set up two cones roughly 5m apart
Have 2-3 defenders next to the normal size goal (red).
All other players stand behind the white cones (blue).

EXERCISE:

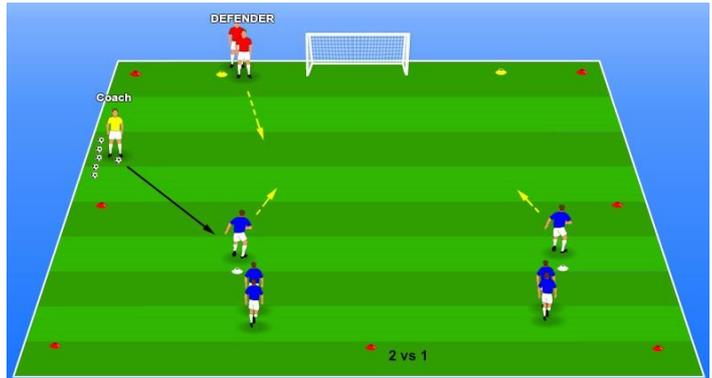
1. Coach passes the ball to the attackers (BLUE).
2. TWO attackers play against ONE defender and try and score in the goal!
3. If the defender wins the ball they must pass back to the coach to score a goal!

PROGRESSION:

4. Rotate attackers and defenders regularly
5. If players are competent, get the defenders to play the initial pass to the attackers
7. Change the defenders to the other side of the goal
8. Make it harder by introducing – two passes before the attackers can score, attackers can only score by shooting first time (one touch finish)

CHANGE IT:

- Taking too long? – Have a 10 sec time limit
- Players are kicking it? – Have a 3-5 metre 'scoring zone' for the attackers
- Players are not scoring? – Make the goal bigger



COACHING POINTS:

- Can the attackers **commit/draw** the defender in then pass to their free teammate
- Encourage players to dribble if the defender is not close to them!
- Teach players to move off the ball – Make runs into space
- Are player's standing in a position to receive an easy pass? Ensure players can 'see' the ball and there is a clear path for teammates to pass to them.
- Get players to communicate to each other when playing!

END GAME

SET UP:

Within the area set up ONE goal on either side and play a normal game. **Include a goalkeeper on each team if you have the numbers**

Encourage players to try what they have learn in the previous exercises!

WRAP UP:

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



MAKE SURE PLAYERS TAKE THROW INS

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
- Get the defender OFF BALANCE and then ACCELERATE away from them

COACH REFLECTION

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