

Each session should be split into **THREE MAIN** components:

**Purpose:**

|                           |              |  |
|---------------------------|--------------|--|
| <b>ARRIVAL ACTIVITY</b>   | ~5 minutes   | Engage the players as soon as they arrive. Ball touches! |
| <b>SKILL INTRODUCTION</b> | ~ 10 minutes | Introduction of the core skill and warm up               |
| <b>SKILL TRAINING</b>     | ~ 20 minutes | Repetition of skill in a game like scenario              |
| <b>SKILL GAME</b>         | ~ 20 minutes | Small sided games with a focus on the core skill         |

**AREA:** 30m x 20m

**CONES:** 10x colour, 10x colour

**BIBS:** ½ number of players

**BALLS:** 1 x players

**CORE SKILL:** **STRIKING THE BALL**

**ASPECT:** **PASSING TO MOVE FORWARD**

### ARRIVAL ACTIVITY – JUGGLING

**EXERCISE:**

Each player has a ball, completing different juggling types.

**CHALLENGES:**

1. Bounce – Strike – Bounce – Strike.... See who records the most
2. Keepy ups. Consecutive juggles
3. Alternating feet. Consecutive juggles
4. Foot – Thigh – Head combinations

### SKILL INTRODUCTION – ANTICIPATION

**SET-UP:**

Define the 30m x 20m area

Split players into two even teams with bibs

Number each player (#1-6) per team

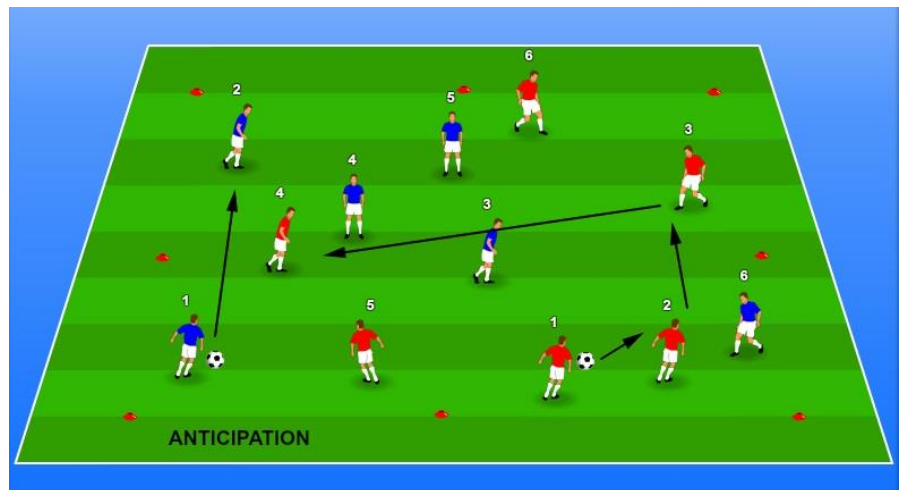
**EXERCISE:**

1. Players must pass in the numbered sequence (ie. #1 > 2 > 3...6 > 1 > 2....)
2. Both groups must execute at the same time, in the same field.
3. After each pass, the player must touch a cone that defines the area

*This aims to create movement, as we want both teams moving in and out of each other!*

**PROGRESSION:**

4. Reverse the direction (ie. 6>5>4 etc..)
5. Passes must be made between two opposition players – This encourages those passing the ball to ‘break the line’ of defenders.



**COACHING POINTS:**

- Encourage players to take their first touch towards their next ACTION
- Players to complete short and long passes
- Players must support team mates by moving into position to face ball carrier
- Descriptive communication

**Question the players –**

Do you know 1/2/3 people ahead of you in the sequence?

#### SKILL TRAINING – DIRECTIONAL POSSESSION

##### SET-UP:

Define a 30m x 20m area.

Split the team into two even teams, with bibs.

Place one player on each end of the field, known as 'Wall Players' (blue player in diagram)

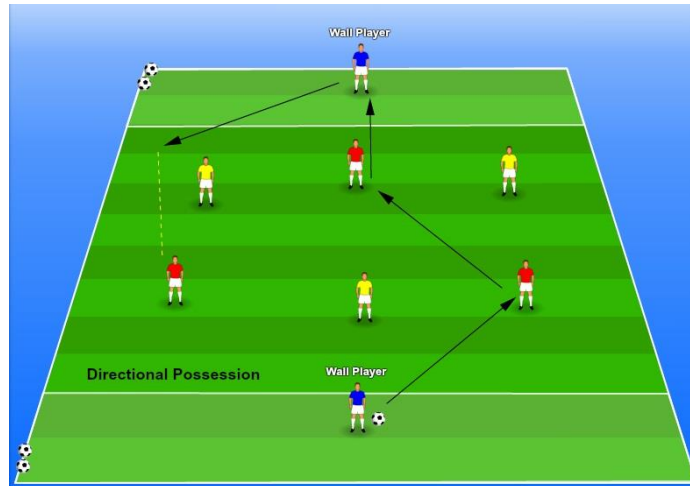
*If you have uneven numbers, use a 'joker', who plays on the team in possession*

##### EXERCISE:

1. Teams must keep possession (yellow vs red), whilst using the wall players
2. Each time a team passes and receives back from a wall player = 1 point
3. Swap the wall player after 2 minutes

##### PROGRESSION OPTIONS:

4. Limit the amount of touches players can take ie. 3 touches
5. The same player cannot receive the pass back from the wall player



6. Points system – Make it a competition
7. Wall player CANNOT play to the opposite wall player
8. Include goals.

#### COACHING POINTS:

##### Technically –

Firm and accurate passing. Correct inside foot technique

Aggressive first touch – moving the ball:

- INTO SPACE
- AWAY FROM DEFENDER
- SET UP NEXT ACTION

##### Positioning –

Ball carrier must have options LEFT, RIGHT and MIDDLE

Receive the ball with an open body position (see the whole field)

Scan the field before receiving the ball (awareness)

Encourage players to move into gaps to receive the ball

##### Defensively –

Immediately pressure the ball and players first touch

Close down passing channels / gaps to avoid balls being played between two team mates

#### SKILL GAME – FOUR GOAL FOOTBALL

##### SET-UP:

Define a 30m x 20m area.

Place two goals on each of the 30m sideline, to create a field that is wider than it is long

Split the team into two even teams, with bibs.

##### EXERCISE:

1. Let them play!

