

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

**Purpose:**

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

**AREA:** 30m x 20m

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

**BIBS:** ½ number of players

**BALLS:** 1 x players

**CORE SKILL:** 1 vs 1

**ASPECT:** BEATING A DEFENDER ON YOUR SIDE

### ARRIVAL ACTIVITY – BALL MASTERY + COUNTRIES

#### EXERCISE:

Each player has a ball and is free dribbling around a defined 30m x 20m area.

Introduce & complete the following actions.

**Ball mastery exercises** – Encourage players to keep head up

- Side rolls (Using the sole of foot, roll from right to left)
- Sole taps (Alternating sole of feet – for/backwards)
- L-Trick (Sole drag back, then flick behind standing foot)
- Inside / Outside (Use one foot at a time, only using big and little toe only to control the ball)

**Turns / Feints** – Encourage a change of pace and direction

- Step over turn
- V-trick (drag the ball from one side of body to the other, forming a V)
- Hook turn / Cryuff turn (use inside of foot)

**COUNTRIES** – Name each side of the field a country. On the coach's call, 'Germany', players must race to that side.

### SKILL INTRODUCTION – SOCCER RUSH

#### SET-UP:

30m x 20m area

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

#### EXERCISE:

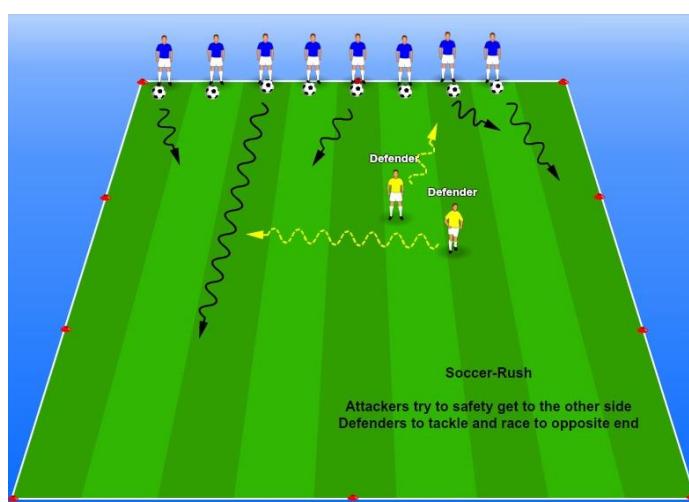
1. On the count '1...2...3...Soccer rush', the attackers must attempt to dribble their ball to the opposite side of the area.
2. The defenders must try and steal an attackers ball, and run with it to the 'safe zone' on the other side.
3. If an attacker loses their ball, they can try to tackle the defender to get it back.
4. If the defenders makes it successfully to the safe zone, they become an attacker.
5. Players must stop the ball exactly on the line

#### PROGRESSION:

6. Increase/Decrease the amount of defenders

*Are playing just kicking the ball?*

If so, include a middle section (5mx5m) whereby the attackers/ball carriers must stop the ball in the area before progressing



#### COACHING POINTS:

- Lots of little touches!!!
- Close ball control whilst moving around (one touch per step)
- Change of direction when approaching defender
- Change of pace when getting away from defender
- If you get tackled, win the ball back!!

#### Question –

When dribbling, how do you know where to move?

#### SKILL TRAINING – 1 vs 1 – Side by Side approach

##### SET-UP:

6 players = 1 set up

12 players = 2 set ups

One goal at each end of the field

Split players into teams with bibs.

##### EXERCISE:

Choose a diagram. *The below is based on image #1*

1. Position each team on either side of the coach
2. On the coaches call, play a ball into the field
3. The first player in each line/team must enter the field and compete for the ball
4. The first player to touch the ball attacks the goal in front, the second player must attempt to win the ball and score in the opposite goal

##### PROGRESSION:

5. Implement a 'scoring zone', whereby players must get within the zone to score (5-10m from the goal, as shown in yellow cones)
6. Swap the player order around to ensure players vs each other
7. Make it 2 vs 2
8. Change to image #2

##### COACHING POINTS:

Control and protect the ball

Use changes of direction to beat the defender

Use a skill move to get the defender **OFF BALANCE**

When the defender is off balance, **ACCELERATE** away from them

Chest and head up when dribbling to see the defender and the goal

Change **DIRECTION** and **PACE**

Image #1

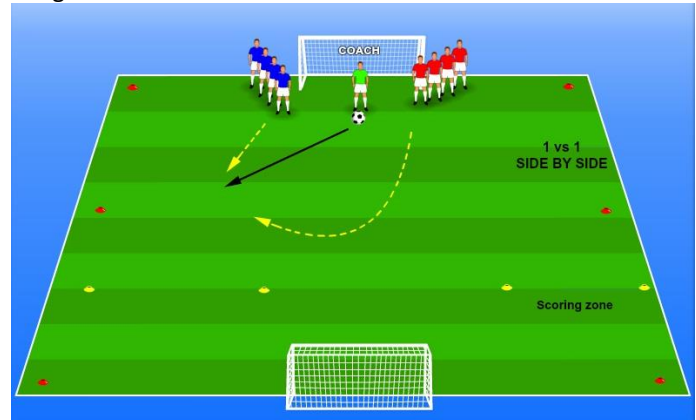
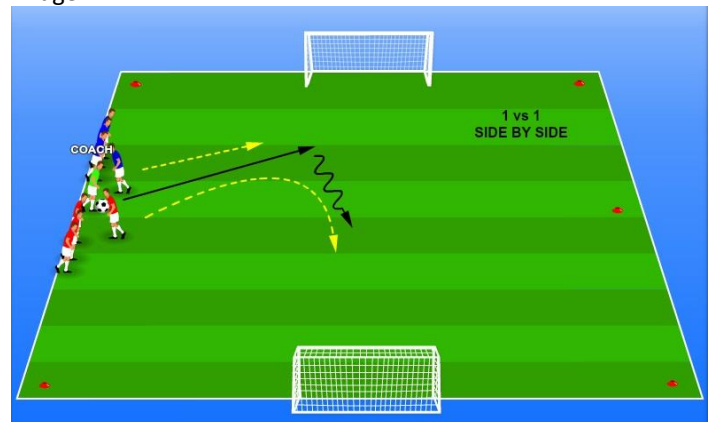


Image #2



#### SKILL GAME – GAME

##### SET UP:

Normal game in the 30m x 20m field

Split players into two teams.

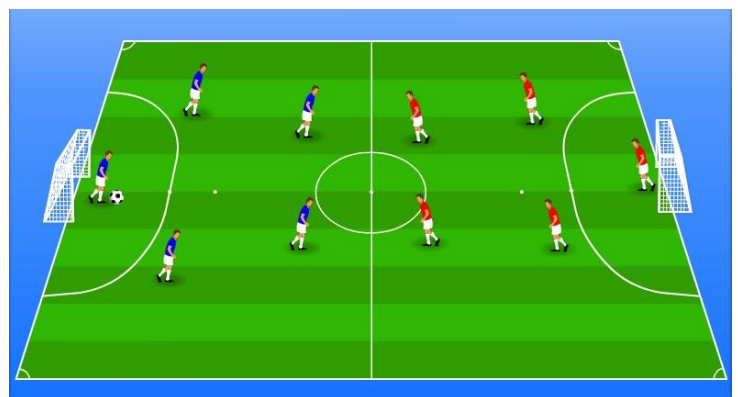
Ensure the formation has:

GK – Defence – Midfield - Attack

##### EXERCISE:

Allow the players to play.

Include Throw-ins



#### COACH REFLECTION

Are players engaging in 1 vs 1 duels?

Are players attempting a change of PACE or DIRECTION?

Which players are struggling?