

Each session should be split into components:

Purpose:

BALL MASTERY	~10 minutes	Engage the players as soon as they arrive. Ball touches!
SKILL INTRODUCTION	~ 10 minutes	Introduction of the core skill and warm up
SKILL TRAINING	~ 20 minutes	Repetition of skill in a game like scenario
SKILL GAME	~ 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

FOCUS: **ATTACKING – COMMITTING A DEFENDER**

BALL MASTERY

EXERCISE:

Each player has a ball, completing **BALL MASTERY #2 exercises**. Tailor this based on players level of ability.

Complete:

We are aiming to teach players how to move towards players with **PACE** and **CHANGES OF DIRECTION**

Ball Mastery : Outside foot dribbling only / Side rolls / Toe cuts

Skill moves: Drop of the shoulder / Step over / Side rolls + push / L-trick

COMMITTING A DEFENDER

WHAT IS COMMITTING A DEFENDER?

Committing a defender is when you have the ball at your feet and move towards the defender, drawing them closer to you. As they approach you, this may create passing options, or provide you space to beat them in a 1 vs 1.

TECHNIQUE:

1. Dribble / run with the ball at your feet towards a defender
2. Keep your body straight, not hunched, pointing your ball control foot to the ground
3. Shoulder and head must be up right, with eyes on the defenders body and movement
4. As the attacker moves forwards – Use one of the skill moves above to beat them
5. As the attacker moves forwards – You may be able to pass to a team mate

SKILL INTRODUCTION - TAILS

SET UP:

Use the same 30m x 20m area

EXERCISE:

Each player must put a bib in his or her shorts as a tail.

On the coach's call, players must try to steal each others tails, over 90 seconds.

PROGRESSION:

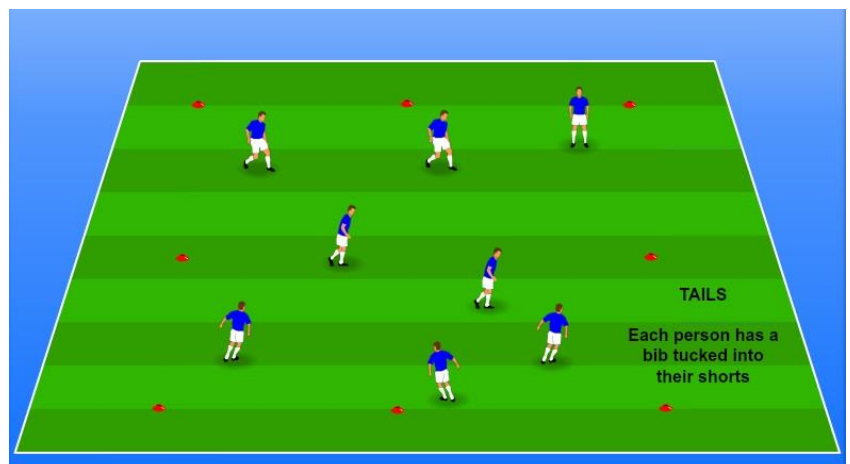
All players have a ball at their feet.

Their ball must be controlled as they navigate to steal tails.

COACHING POINTS:

Encourage players to look up as they are moving / dribbling around the area

Encourage and celebrate quick changes of direction



SKILL TRAINING – 2 vs 1

SET-UP:

Using same field set up

EXERCISE:

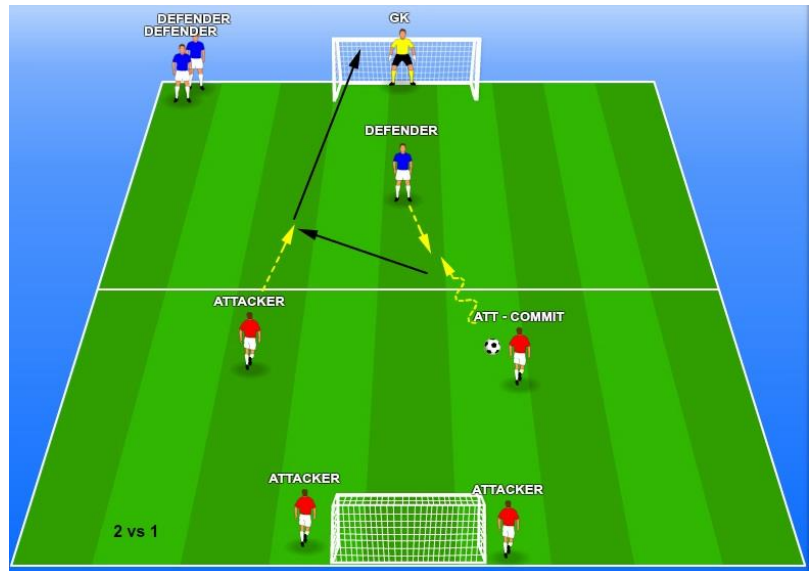
Defender plays the ball to an attacker to initiate the 2v1 (blue → red).
Attackers must try and score against the GK.
Swap roles after 2-3 minutes.

PROGRESSION:

Increase numbers to a 3 vs 2

COACHING POINTS:

Encourage the attacker with the ball to commit the defender
The team mate must ensure they create a passing lane/change their positioning to receive a pass
Score, score, score!



SKILL GAME

SET UP:

Define a 30m x 20m field.

Split the field in half / define the half way line

EXERCISE:

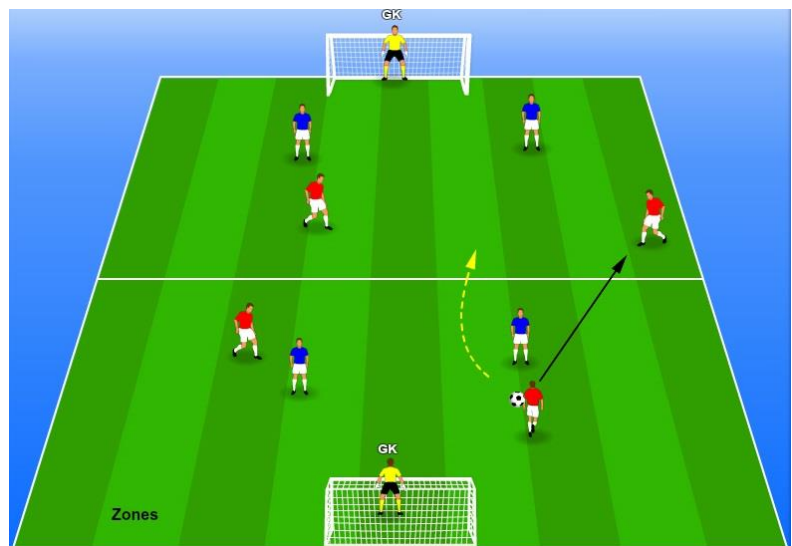
In defence, there must be TWO players in each half, they cannot enter the other half.
In attack, players can move freely around.

AIM:

We want to create **OVERLOADS**. Whereby there are more attackers, than defenders.
Encourage attackers to support the ball carrier to create 2 vs 1 / 3 vs 2 and overloads.

COACHES ROLE:

Observe to see if any players have improved their committing ability.
If required, stop the game and question the players to test understanding.



COACH REFLECTION

Did you keep the players engaged?
Did you demonstrate or use role models?
Do you think the players learnt something?

Did the players enjoy the session?
What would you improve / do differently next time?