

Each session should be split into components:

Purpose:

GAME	~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: **FINISHING, WITH THE INSIDE OF THE FOOT**

FINISHING, INSIDE OF THE FOOT

WHAT IS, INSIDE OF THE FOOT FINISHING?

Using the inside of the foot to strike the ball in able to score a goal. This may be a first time finish, or after taking a touch. This technique provides greater accuracy and control over the ball.

TECHNIQUE:

1. When striking the ball, ensure the ‘standing foot’ is placed next to the side of the ball. The standing foot must have its knee bent to maintain balance
2. Swing the striking foot towards the ball.
3. Striking foot – Ankle must be locked, with foot and leg appearing to be at a 90 degree angle
4. Look at the ball. Look at where you want to place the ball. Adjust body positioning to achieve this.
5. Strike the ball with the inside of the foot. Do not let the ball bounce off the foot. **ATTACK THE BALL!**
6. Follow through / swing through the ball.....GOAL!

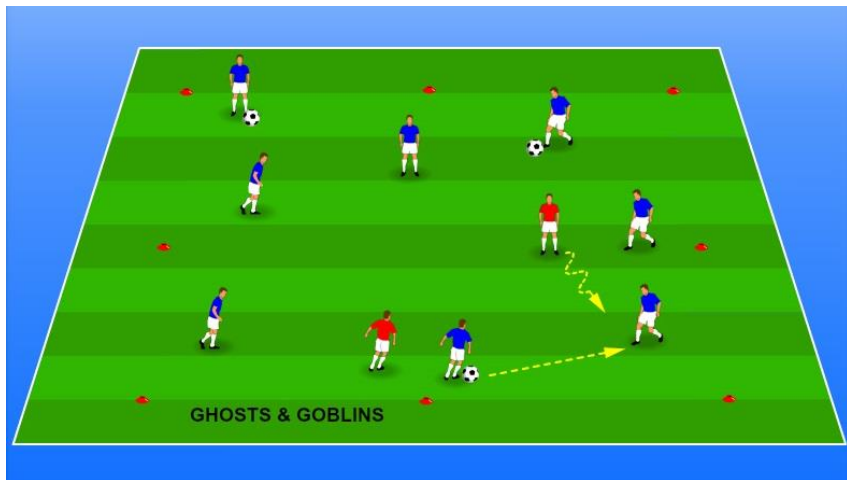
SKILL INTRODUCTION – GHOSTS and GOBLINS

SET UP:

Set up a 30m x 20m field
 Nominate two people to be in the middle.
 Distribute balls to 1/3 of the remaining players
 Everyone must be inside the field

EXERCISE:

The RED players are GOBLINS and must each hold a bib. They must try to throw their bib onto/at someone WITHOUT a football.
 Blue players must move around, passing to each other to ensure the GOBLINS cannot catch anyone.
 GHOST = when you have a ball, as you cannot be caught.
 If a blue player is caught, they become the goblin. NOT BUILD UPS.
PROGRESSION:
 Include a time limit with a ball
 Reduce the amount of balls



SKILL TRAINING – 2 vs 2 or 3 vs 3

SET-UP:

Split your players into pairs, or threes based on numbers.

Set up a field for each two teams.

Everyone **MUST** be playing!

EXERCISE:

Play small sided games, with different incentives each game:

Game 1 – Must score with inside of foot

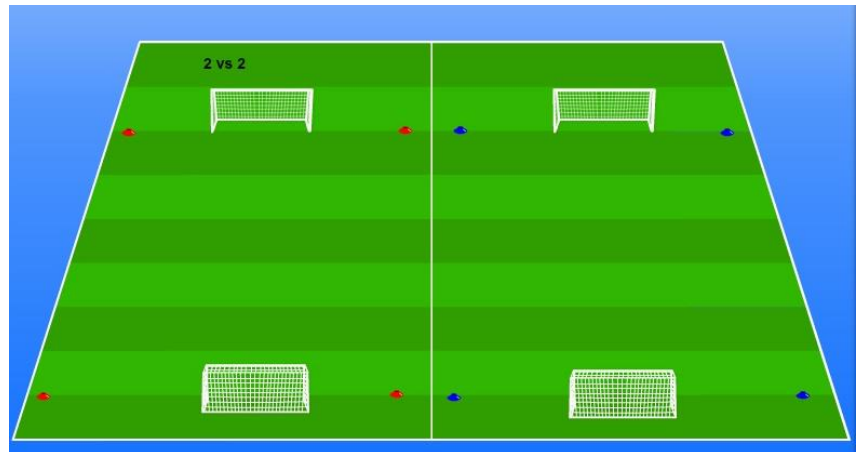
Game 2 – Double points for first time finish

Game 3 – Triple points for weak foot finish

COACHING POINTS:

Encourage players to use the correct technique.

NO KICKING ALLOWED!



SKILL GAME

SET UP:

Define a 30m x 20m field.

Ensure there is LOTS of space

EXERCISE:

INCENTIVES –

Double points – Inside foot finish

Triple points – First time finish

COACHES ROLE:

Observe to see if players are using the inside of their foot to shoot more.p

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?

Can you **C . H . A . N . G . E . I . T ?**