

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: **PROTECTING THE BALL**

GAME

SET-UP:

Define your 30m x 20m area

EXERCISE:

Make sure the teams are even.

RULE – Players CANNOT pass forwards

COACHES ROLE:

Observe your players with the rule/constraint

Do any of your players successfully protect the ball when under pressure?

If there is someone, use him or her as a ROLE MODEL later in the session to show the others.

PROTECTING THE BALL TECHNIQUE

WHAT IS PROTECTING THE BALL?

We will be teaching players how to use their body positioning to protect the ball from an opponent, as well as giving them a method to get away from the defender.

TECHNIQUE:

1. The ball player must place their body between the defender and the ball.
2. Position your forearm to create a SHIELD / barrier around one side of the ball, as if leaning on a bench.
3. Knees must be bent, and the ball positioned on the side of the body furthest away from the defender.
4. As the defender attempts to get the ball they will nudge your forearm. As they do this, shift your body positioning to maintain your body in between defender and the ball.
5. Use your furthest foot from the defender to move the ball away from the defender. Do not stand or leave your foot on the ball. You must be able to crab walk freely, BALANCE is a must!
6. As the defender tries to gain possession, this should give the ball carrier an opportunity to move the ball into free space and accelerate away.

SKILL INTRODUCTION - HEAD, SHOULDERS, TOES.....BALL

SET UP:

Split players into pairs with one ball each pair
Have players stand facing each other, with the ball in between them, 2m away.

EXERCISE:

Similar to 'Simon Says', the coach calls out parts of the body. 'Head, Toes, Shoulders'.

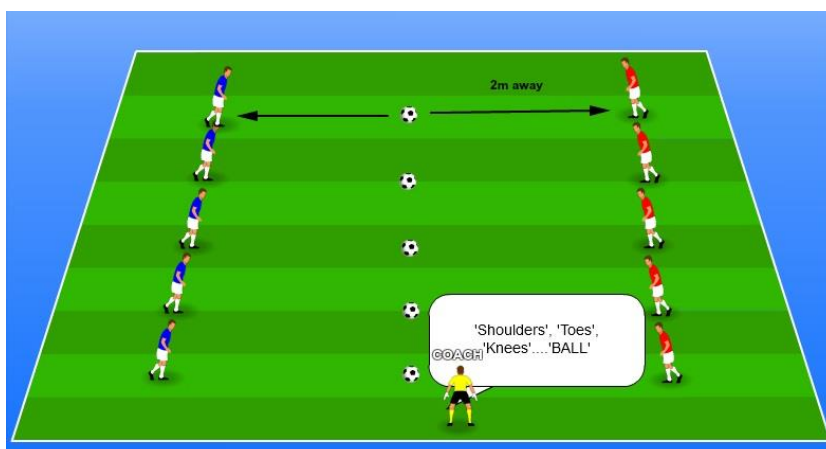
Players must touch these parts, both hands.

When the coach calls 'BALL', players must compete for their ball, and protect it for 4 seconds against their opponent to gain a point.

PROGRESSION:

The coach gets quicker when calling out body parts

Swap over partners



SKILL TRAINING – 1 vs 1 – BACK TO GOAL

SET-UP:

Use the field set up at the start.
Split players into two even teams, with bibs.
Two players begin in the middle, back to back.
Team mates stand next to their goal (as shown).
If numbers allow, set up another field.

EXERCISE:

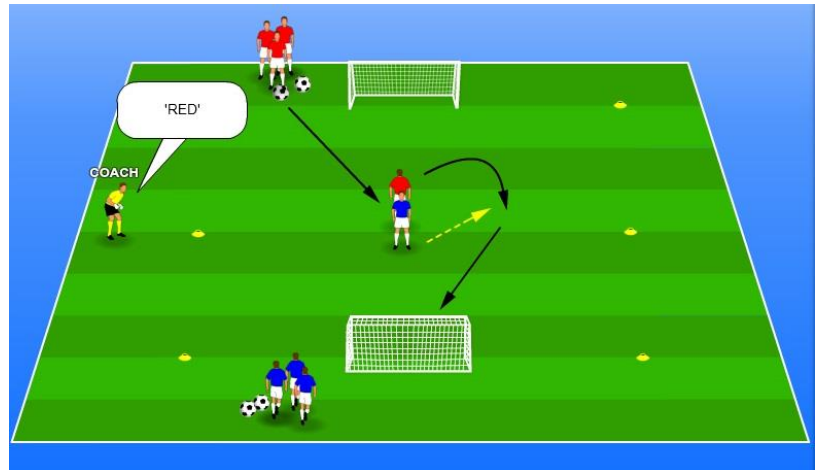
The coach will call out 'Bibs' or 'non-bibs'. The team they call will play the ball into their team mate in the middle.

As they receive it, they must protect the ball, before turning to try and score in a 1 vs 1 situation.

The opposition player must turn and defend this player from scoring in their goal.

PROGRESSION:

Ensure players defender/attack vs different players
Introduce a time limit
Increase to 2 vs 2



COACHING POINTS:

Upon receiving the ball, do players successfully PROTECT THE BALL?

Jump in and 'STOP / START' the exercise to show players the correct technique

Role model players that are doing it well!

SKILL GAME

SET UP:

Define a 30m x 20m field.

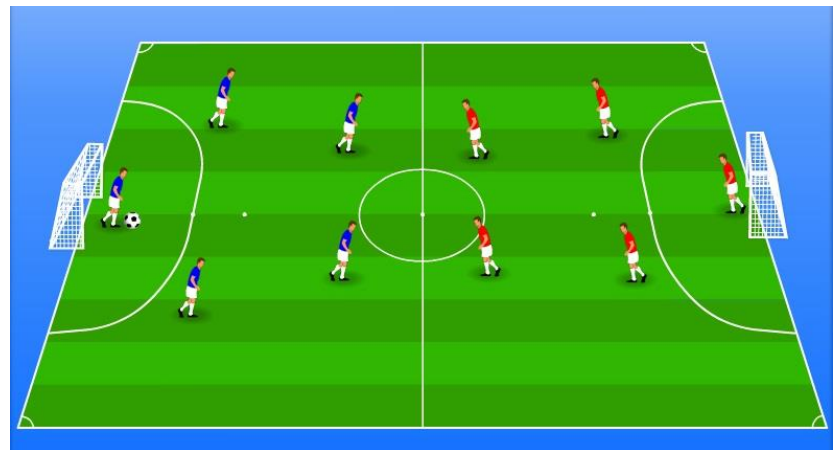
EXERCISE:

RULE – Cannot pass forward

COACHES ROLE:

Observe to see if any players have improved their protecting the ball technique.

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 ?**