

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

Purpose:

ARRIVAL ACTIVITY	~ 5 minutes	Engage the players as soon as they arrive. Ball touches!
WHOLE	~ 10 minutes	Get the players into a game as soon as they arrive!
PART x 2	~ 2x 15-20 minutes	Break down the game to work on a core skill
WHOLE	~ 20 minutes	Place the players back into a game. Did they learn?

AREA: 1/3 – ½ field

CONES: 10x colour, 10x colour

BIBS: ½ number of players

BALLS: 1 x players

CORE SKILL: **STRIKING THE BALL**

ASPECT: **CONVERTING SCORING CHANCES**

ARRIVAL ACTIVITY – FOOTBALL TENNIS

SET-UP:

1 set up per six players

Create two, 10m x 10m squares sharing a boundary
Split the group of 6 into two teams

CHANGE IT:

Easier – Allow each team to have 1 or 2 bounces before returning to the opposition

EXERCISE:

1. Have one team serve/drop kick pass to the other
2. Teams have three touches to keep the ball in the air, before returning it to the opposition
3. Repeat similar to tennis
4. First to 11 points wins

WHOLE

SET-UP:

Set up a goal on the edge of the centre circle
Place a line of cones continuing from the penalty box, to in-line with the goal
Split the team into defenders and attackers (red)

EXERCISE:

1. Red shoot towards main goal. Blue defend the main goal.
2. Allow the players to play for 10 minutes. The role of the coach is to observe the following:

Can your team create scoring chances?

Do they score the chances they create?

How can you guide them to be better?



Ratio of scored to missed chances?

PART – SHOOTING EXERCISE (10 – 15 min)

SET-UP:

If you have 14+ players set up two exercises (as shown in image)
Use a large goal at one end (regular goal)
Place three different coloured cones 20 yards from the goal, each 10m apart (as shown).
Place two cones on either side of the penalty box, and the other next to the goal.
Split the players into two teams and have them stand beside a cone.
Each area is roughly 20m x 30m



COACHING POINTS:

EXERCISE:

1. Blue team will shout out a cone colour 'YELLOW', and then pass to that cone. The blue player then defends this player.
2. The receiving Red player must control the ball and attempt to score in the goal.
3. If the blue player gets the ball, they must dribble out of the penalty box.
4. Swap over roles immediately
5. **Keep score, blue vs red team!!!**

Ensure players are taking a good first touch (as previously taught)
Encourage players to shoot when there is a clear line of sight to the goal

Ensure players use correct shooting technique; laces or inside foot

Challenge – Ask the defenders to play different types of balls to the attacker (high, low, hard, competitive etc...)

PART – CAGE / Shoot on Sight!

SET-UP:

Using a similar set up as the above exercise, bring one goal in closer, keep the width.
Split the players into THREE teams.

EXERCISE:

1. Two teams will play in a 4 vs 4, whilst the remaining team play as wall players/ GK's
2. 4 vs 4 in the middle (blue vs red)
3. The first team to TWO goals wins, staying on the field as the other teams swap.
4. Play two minute games, the newest team stays on if no one scores two goals.
5. The attacking team can use the wall players as jokers
5. Play for 15 – 20 minutes



WHOLE - MATCH

SET-UP:

Same set up as the initial game
Set up a goal on the edge of the centre circle
Place a line of cones continuing from the penalty box, to in-line with the goal
Split the team into defenders and attackers (red)

EXERCISE:

1. Red shoot towards main goal. Blue defend the main goal.
2. No condition or specific rule
3. Allow the players to play for 15 – 20 minutes.

The role of the coach is to observe the following:

Can your team create scoring chances?

Has there been an improvement?

What is the new ratio between chances scored to on target to missed?

Which player(s) do you need to work with?

