

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

Purpose:

BALL MASTERY	~ 10 minutes	Engage the players as soon as they arrive. Ball touches!
BEGINNING GAME	~ 15 minutes	Warm up to the session ahead. With/without balls
MIDDLE GAME	~ 15 minutes	Conduct fun football exercises
END GAME	~ 20 minutes	Let them play!

AREA: 20m x 20m **CONES:** 10x colour, 10x colour **BIBS:** ½ number of players **BALLS:** 1 x players

BALL MASTERY – SOCCER RUSH

SET-UP:

20m x 20m area, mark out a middle zone 4 metres wide

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 into the middle channel – quickly place their foot on top of the ball – then continue to the opposite end line and stop their ball on the line.
2. The defenders must try and steal an attackers ball, and run with it to the end line. The defenders ARE NOT allowed in the middle zone.
3. If an attacker loses their ball, they can try to tackle the defender to get it back before the defender gets to the end line.
4. If the defenders makes it successfully to the end line, they become an attacker.



PROGRESSION:

5. Increase/Decrease the amount of defenders
6. Players must perform a skill in the middle zone – Pull Push, Side Roll

COACHING POINTS:

Small touches when dribbling!!
Change of direction when approaching defender
Change of pace when getting away from defender
If you get tackled, win the ball back!!

BEGINNING GAME – SHARK ATTACK

SET-UP:

Set up two goals on opposite sides of your 20m x 20m square, clearly using different coloured cones.

EXERCISE:

1. In a group of 8, 6 players have a ball and spread out in the area, the FISH.
2. 2 players do not have a ball and will be the SHARKS!
3. When the coach calls "SHARK ATTACK" the Sharks must tackle the 'FISH', possessing their ball and scoring into a goal.
4. If a shark scores they receive one point, the fish must retrieve their ball and perform 10 sole touches or 10 slap downs before returning to play.
5. The sharks must count how many goals they can score in a certain time period (~90 sec)



PROGRESSION:

6. Swap sharks
7. Change the skill the fish must perform before returning – 10 Toe Taps, 10 Pull Pushes, let the players choose!
8. Use a skill as a special power! (ie. Pull Push or Drag Back Turn = 3 seconds free from shark)

COACHING POINTS:

The FISH can attempt to get their ball back before the shark scores.
Encourage players to protect their ball by using their body

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

***SESSION FORMAT FOR 45 MINUTE SESSION: SELECT ONE OF EITHER THE BEGINNING OR MIDDLE GAME THEN CONTINUE TO END GAME**

MIDDLE GAME – 2v1

SET-UP:

Set up one normal size goal at one end of your area.
At the other end set up two cones roughly 5m apart
Have 2-3 defenders next to the normal size goal (red).
All other players stand behind the white cones (blue).

EXERCISE:

- 1.Coach passes the ball to the attackers (BLUE).
- 2.TWO attackers play against ONE defender and try and score in the goal!
3. If the defender wins the ball they must pass back to the coach to score a goal!

PROGRESSION:

4. Rotate attackers and defenders regularly
5. If players are competent, get the defenders to play the initial pass to the attackers
- 7.Change the defenders to the other side of the goal
8. Make it harder by introducing – two passes before the attackers can score, attackers can only score by shooting first time (one touch finish)

CHANGE IT:

- Taking too long? – Have a 10 sec time limit
- Players are kicking it? – Have a 3-5 metre 'scoring zone' for the attackers
- Players are not scoring? – Make the goal bigger



COACHING POINTS:

- Can the attackers commit/draw the defender in then pass to their free teammate
- Encourage players to dribble if the defender is not close to them!
- Teach players to move off the ball!
- Make sure the attackers are not standing behind the defender and are creating easy angles for their teammate to pass to them!

END GAME

SET UP:

- 1.Within the area set up ONE goal on either side and play a normal 4 vs 4 game
- 2.Put the players in a **FORMATION- DIAMOND SHAPE**
- 3.*When playing a goal kick, ensure the defending team drops back to halfway*
- 4.Encourage players to try what they have learned in the previous exercises!

WRAP UP:

At the end of the session ask the players what they have enjoyed and learnt from the session. HIGH FIVES!



KEY COACHING POINTS

- Encourage players to use the sole of their feet to STOP the ball, TURN & CHANGE DIRECTION!
- Are player's standing in a position to receive an easy pass? Ensure players can 'see' the ball and there is a clear path for teammates to pass to them.
- Get players to communicate to each other when playing!

COACH REFLECTION

- What worked/did not work?
- What would you do differently next time?