

Each session should be split into **FOUR** 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: 30m x 20m	CONES: 10x colour, 10x colour	BIBS: ½ number of players
		BALLS: 1 x players

BALL MASTERY – SOCCER RUSH

SET-UP:

30m 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, scissor etc

COACHING POINTS:

- Keep the ball close!!
- 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 30m 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. Two 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 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
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

MIDDLE GAME – 2 vs 2

SET-UP:

Set up one goal on either side of your 30m x 20m area. Split your players into two teams and have them stand on either side of you (as shown).

EXERCISE:

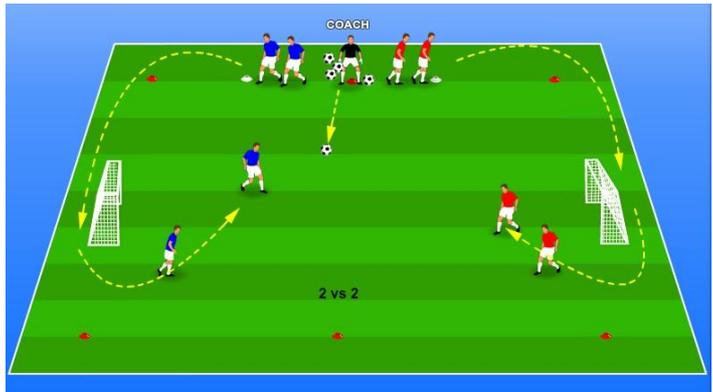
1. When the coach plays the ball into the area, the first TWO players in each team must run around the corner cone and into the playing field.
2. Both teams must attempt to score in the other team's goal, if the ball goes out the turn is over.

PROGRESSION:

3. Rotate partners
4. Must pass X amount of times before scoring.
5. Change to 3v3

CHANGE IT:

- Taking too long? – Have a 10 sec time limit
- Players are kicking it? – Have a 'scoring zone'
- Players are not scoring? – Make the goal bigger
- Shot goal = 1 point, dribble goal = 3 points



Keep score – make it competitive!

COACHING POINTS:

- Ensure players move off the ball to give their teammate an option
- Encourage attackers to take defenders on in 1v1 situations
- Can the attackers **commit/draw** a defender in then pass to their free teammate
- Get players to communicate to each other when playing!

END GAME

SET UP:

1. Within the area set up ONE goal on either side and play a normal game
2. Put players in **FORMATION: 1 GK – 2 DEF, 2 ATT**
3. Include Goalkeepers if you have the numbers
4. When playing a goal kick, ensure the defending team drops back to halfway
5. Encourage players to try what they have learnt 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!



MAKE SURE PLAYERS TAKE THROW INS

KEY COACHING POINTS

- Get the defender **OFF BALANCE** by performing a skill move or feint and then **ACCELERATE** away from them
- 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.
- Players provide **OPTIONS – LEFT, RIGHT, BEHIND** for their teammate
- Encourage attackers to **commit/draw** defenders in to allow time & space for teammates

COACH REFLECTION

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