

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

Purpose:

ARRIVAL ACTIVITY	~5 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

CORE SKILL: **STRIKING THE BALL - PASSING**

ASPECT: **CONTROLLED POSSESSION**

ARRIVAL ACTIVITY – JUGGLING

EXERCISE:

Each player has a ball, completing different juggling types.

CHALLENGES:

1. Bounce – Strike – Bounce – Strike.... See who records the most
2. Keepy ups. Consecutive juggles
3. Alternating feet. Consecutive juggles
4. Foot – Thigh – Head combinations

SKILL INTRODUCTION – FINDING GAPS

SET UP:

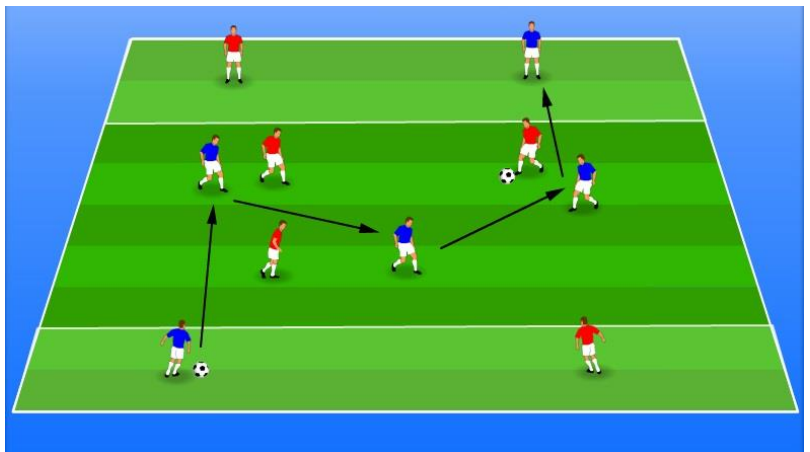
Define a 30m x 20m
 Set up an ‘end zone’ on opposite ends of the area, roughly 2m deep.
 Split players into TWO teams (Blue/Red)
 One ball each team.

EXERCISE:

1. Situate one player from each team in the end zone, these are known as ‘wall players’.
2. Teams must pass to team mates (blue to blue), moving the ball from end zone to end zone.
3. Work the ball back and forth, increasing intensity and types of passes (short, medium, long, bounce etc..)
4. The last person to pass to the wall player, must swap with them
5. Encourage players to move into a position to face forward with the ball.

PROGRESSION:

6. One ball, both teams competing against each other to maintain possession. However, the defending team CANNOT tackle, only intercept.



COACHING POINTS:

- Can you position yourself to face forward on your first touch?
- Can you pass accurately and firm?
- Can the wall player ‘DRIVE’ into the middle area?
- Can you support the ball carrier to allow them to play one touch?
- Passing lane = moment when a pass can be made to the feet of another player without interception
- Can you create passing lanes by moving in between the other team?

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

SKILL TRAINING – DIRECTIONAL POSSESSION

SET-UP:

Define a 30m x 20m area.

Split the team into two even teams, with bibs.

Place two wall players on opposite ends from each team – as shown in diagram.

If you have uneven numbers, use a 'joker', who plays on the attacking team

Set up two goals on opposite corners of the field

EXERCISE:

1. Teams must keep possession (blue vs red), whilst using all wall players
2. 8 passes = 1 point. First to 5 points. Losing team must do star-jumps
3. Swap over wall players every 2 minutes

PROGRESSION OPTIONS:

4. Teams must keep possession (blue vs red), however can only use their wall players. Same points system as earlier.
5. After a team completes 8 passes they can shoot in one of the two goals, located on corners of the field.
6. Points system – Make it a competition

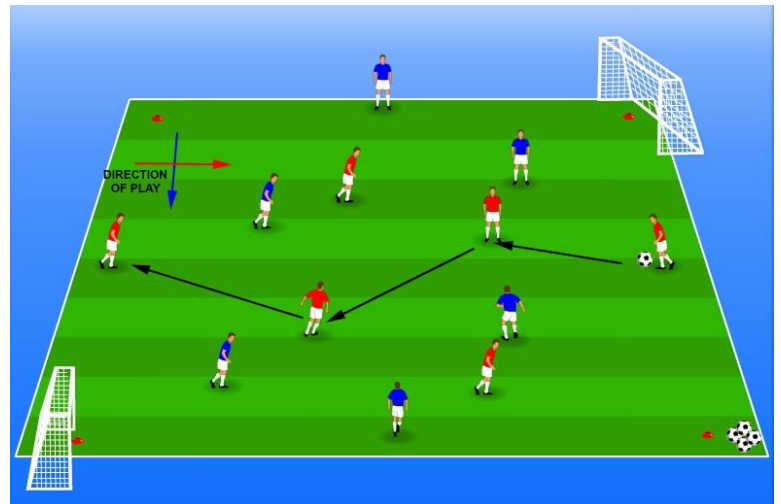
COACHING POINTS:

Technically –

Firm and accurate passing. Correct inside foot technique

Aggressive first touch – moving the ball:

- INTO SPACE
- AWAY FROM DEFENDER
- SET UP NEXT ACTION



COACHING POINTS:

Scan the field before receiving the ball (awareness)

Firm and accurate passing

Encourage players to move into gaps to receive the ball

Defensively – Immediately pressure the ball

Defensively – Close down passing channels

Positioning –

Ball carrier must have options LEFT, RIGHT and MIDDLE

Receive the ball with an open body position (see the whole field)

Scan the field before receiving the ball (awareness)

Encourage players to move into gaps to receive the ball

Defensively –

Immediately pressure the ball and players first touch

Close down passing channels / gaps to avoid balls being played between two team mates

SKILL GAME – CONDITIONED GAME

SET UP:

Split players into two teams.

Rule – Players are only allowed 3 touches.

EXERCISE:

1. Outline the rule – A **maximum of 3 touches** for each player.
2. Play this for 5 – 10 minutes. Encouraging players to pass to team mates and support each other
3. For the remaining 10 – 15 minutes, play without restrictions (free play)

