

### CONNECTION BEFORE CONTENT

AREA: 30m x 25m

CONES: 10x colour, 10x colour

BALLS: 1 x players

BIBS: ½ number of players

#### WHOLE – MATCH

PURPOSE – Get players into a game as soon as they arrive

PRACTICE TIME - 15 mins

#### 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. Kick ins when the ball goes out!



#### COACH TIPS:

Always have a few balls at your feet and under your arms, as soon as a ball goes out, throw another one in to keep the game flowing.

#### PART – SUPERHEROES

PURPOSE – Break down the game to work on a core skill

PRACTICE TIME - 10mins

#### SET-UP:

Define a 25mx20m area.

In a group of eight, six players have a ball and spread out in the area, the VILLAINS

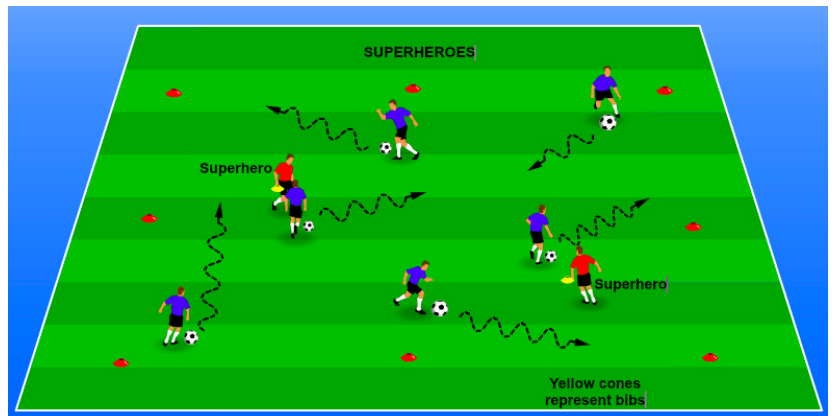
Two players do not have a ball and hold a cone in their hand, the SUPERHEROES

#### EXERCISE:

1. The Superheroes must throw their cone at the VILLAINS' ball. If a Superhero hits their ball, the villain is 'caught' and must freeze where they are.
2. To be unfrozen a fellow villain must dribble up to them and place their foot on top of their ball. (sole touch)
3. Give the Superheroes 90-120 seconds to freeze the villains and save the day!

#### PROGRESSIONS:

4. Swap Superheroes
5. Special Power – If a villain does a skill move (i.e. Foot on top of the ball, Pull Push, Side Roll or Drag turn) they cannot be caught for 3 seconds!



**LET THE PLAYERS CHOOSE THEIR FAVOURITE SUPERHERO!**

#### CHANGE IT:

Too easy? – Add more Superheroes

Too hard? – Superheroes must hold a ball in one hand whilst running.

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

### WHOLE - MATCH

**PURPOSE – Place the players back into a game! Let them play!**

**PRACTICE TIME - 20 mins**

#### 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!

#### OBSERVE:

Did the players improve in their dribbling ability during the match? Are they more comfortable on the ball?



#### COACH TIPS:

Always have a few balls at your feet and under your arms, as soon as a ball goes out, throw another one in to keep the game flowing.

### END OF SESSION – Perform a Q & A with the players to test their learning!

#### WRAP UP:

At the end of the session ask the players:  
 What they enjoyed the most?  
 What they learnt from the session?  
 Tell the team and individuals what they did well

### KEY COACHING POINTS

#### Ball Mastery

- When running and dribbling take lots of small touches with the ball close to your foot
- Use the RIGHT and LEFT foot when dribbling, alongside inside and outside of your foot

#### Dribbling

- Encourage players to use the sole of their foot to STOP the ball.
- Dribble into free space, away from defenders

### COACH REFLECTION

What did the players enjoy?

What worked/did not work?

What would you do differently next time?

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