

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:

Define a 30m x 25m field
One goal at each end.
Split the players into two even teams

EXERCISE:

1. Allow the players to play a match without interference!
2. We want them to play freely!
3. Observe them, are they dribbling into space? Can they dribble past defenders?

Questions – Every 5 minutes, stop the game and ask the players - how they think they are playing and what can be improved in relation to their dribbling and 1v1 ability



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 – SOCCER RUSH

PURPOSE – Break down the game to work on a core skill
PRACTICE TIME - 10mins

SET-UP:

Within 20m x 20m area, mark out a middle zone 5 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 attacker's 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 make 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:

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!!

WHOLE - MATCH

PURPOSE – Place the players back into a game!

PRACTICE TIME - 20 mins

SET UP:

Split players into two teams.

Rule – Players must do a **MINIMUM** of two touches (to encourage them to dribble)

EXERCISE:

1. Outline the rule – Minimum of two touches
2. Play this for 5 – 10 minutes. Encouraging players attack free space by dribbling forward.
3. For the remaining 10 – 15 minutes, play without restrictions (free play)



REFLECTION:

Did the players improve on their 1v1 & dribbling ability?

Have they thought about where/when/how to dribble forward and beat a player?

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 ?**