

CONNECTION BEFORE CONTENT

AREA: 30m x 25m CONES: 10x colour, 10x colour BALLS: 1 x players BIBS: ½ number of players

CORE SKILL: **First Touch**

ASPECT: **To drive forward in possession**

PHYSICAL LITERACY: **PSYCHOLOGICAL – BRAVERY**

ARRIVAL ACTIVITY – JUGGLING

PURPOSE – Get the players ‘doing’ as soon as they arrive.
PRACTICE TIME – 5 mins

EXERCISE:

Each player has a ball, completing different juggling types.

CHALLENGES:

1. Bounce – Strike – Bounce – Strike.... See who records the most
2. Strike – Knee – Catch – See who can do it with both feet
3. Keepy ups - Consecutive juggles without bounces.

3. Alternating feet. Consecutive juggles
4. Foot – Thigh – Head combinations

See which players can perform the most Juggles!

SKILL INTRODUCTION – PASSING FORWARDS

PURPOSE – Introduction of the core skill and warm up
PRACTICE TIME – 10 mins

SET UP:

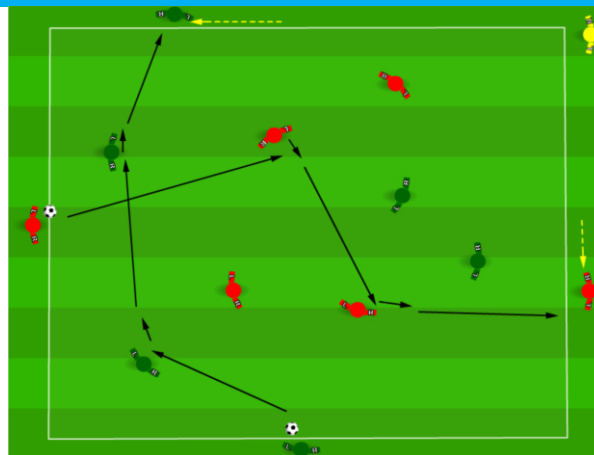
Define a 30m x 20m playing area.

Split the team into two even groups.

Place two players per group on opposite end lines, as per diagram – these are ‘wall players’.

EXERCISE:

1. Both the Green and Red teams pass from one of their wall players to the other.
2. All passes must go forward - no square or back passes.
3. See which team can complete the most passes from wall player to wall player in 90 seconds!
4. Award two points to the winning team, swap wall players and play another round!



PROGRESSIONS:

5. Must take at least three passes to get to the other side.
6. Two touches only (1 touch then pass)
7. Wall Players take a positive touch into the area and are replaced by a teammate (does not have to be the player that passed the ball)
8. Nominate 1 Green and 1 Red player to be an active defender to try and win possession. Each time they intercept/win the ball they receive 3 points for their team!

COACHING POINTS:

Physical - Encourage players to play quick passes.

Psychological - Motivate players to be brave to take positive first touches and play forward passes.

Social – Encourage players to communicate to each other descriptively.

Maintain competition element throughout.

FIRST TOUCH - TECHNICAL POINTS:

Body shape open and facing forward when receiving the ball – to see the field.

Scan to see where there is space, defenders and forward passing options.

Look to take first touch:

- Into space, to set up next action (pass, dribble, shoot)
- Forward
- Away from defenders

Take first touch with ‘backfoot’ - furthest foot from the ball

Supporting Players:

Quality passes to teammates to enable an effective first touch forward.

Players in attacking positions off the ball, positioned to receive the ball in space.

Create space for the player on the ball through providing width & depth.

SKILL TRAINING – 3v3

PURPOSE – Repetition of game like scenario

PRACTICE TIME – 15 mins

SET-UP:

10 players = 2 set up (2 teams, 3v2s)

12 players = 2 set ups (4 teams)

One goal at each end of the field

Split players into teams.

EXERCISE:

1. Red vs Blue, Yellow vs Green
2. Play two mini 3 vs 3 games with goals.
3. Play 5-minute games
4. If a player kicks a ball out, they must run and retrieve it whilst the game continues, creating an overload for one team.
5. Swap teams around.
6. Use the breaks in between the games to highlight good player behaviours/actions. Also use this time to make coaching points.
7. Encourage and celebrate when someone takes a positive first touch past a defender.

PROGRESSION:

8. Team is awarded 1 bonus point every time a player takes a first touch that moves them past a defender.
9. Maximum of 2-3 touches



COACHING POINTS:

Psychological – Encourage players to be positive, brave and attacking minded with their actions.

Psychological – Reward players with bonus points for effective, positive first touches.

Psychological – How do players respond when they are up/down a player?

See Technical Points section.

Support the player on the ball with options – Left, Middle, Right. Stand in a position to take your first touch past the defender.

SKILL GAME – CONDITIONED MATCH

PURPOSE – Small Sided Games with a focus on the core skill

PRACTICE TIME - 25 mins

SET UP:

Split players into two teams. If there is an uneven number use joker. Define a halfway line.

EXERCISE:

1. 5v5 + 2 Goalkeepers
2. Condition – Once a team has possession in their attacking half, they cannot go back into their defensive half.
3. Play this for 5 – 10 minutes.
4. **Optional condition:** Limit players to 2-3 touches max.
5. Free play for the remaining 10 – 15 minutes of the match (no restrictions)

COACH OBSERVATION:

Are players brave in taking positive first touches?

Do players take their first touch into space and away from defenders?

Were more goal scoring opportunities created during the match?



END OF SESSION WRAP UP– Conduct a Q & A with your players to test their learning!

What they enjoyed the most?

Tell the team and individuals what they did well

What they have learnt from the session?

COACH REFLECTION

What did the players enjoy?

What would you do differently next time?

What worked/did not work?