

CONNECTION BEFORE CONTENT

AREA: ¼ - ½ Field		CONES: 10x colour, 10x colour	BALLS: 1 x players	BIBS: ½ number of players
CORE SKILL:	STRIKING THE BALL			
ASPECT:	Converting goal scoring opportunities			
PHYSICAL LITERACY:	CONFIDENCE			
ARRIVAL ACTIVITY – FOOTBALL TENNIS		PURPOSE – Engage the players as soon as they arrive – 10 mins		
<p>SET-UP: 1 set up per six players Create two, 10m x 10m squares sharing a boundary Split the group of 6 into two teams</p> <p>EXERCISE: 1. Have one team serve/drop kick pass to the other 2. Teams have three touches to keep the ball in the air, before returning it to the opposition.</p>		<p>EXERCISE: Continued... 3. Teams win a point if the opposition strikes the ball out of bounds, or if the ball bounces 2+ times in their half 4. Repeat - similar to tennis 5. First to 11 points wins</p> <p>CHANGE IT: Easier – Each team to have 1/2 bounces before returning the ball back</p>		
WHOLE – CONDITIONED GAME		PURPOSE – Conditioned game to develop game sense – 15 mins		
<p>SET-UP: Set up a goal on the edge of the centre circle Place a line of cones continuing from the penalty box, to in-line with the goal Split the team into two even teams with goalkeepers</p> <p>EXERCISE: 1. Get the players to organise themselves into a formation and positions. 2. Play a match, Red vs Blue with the following condition. 3. Reward – The team in possession receives 3 points if they score within 15 seconds after restarts in play or after gaining possession. 1 point for scoring after 10 seconds.</p> <p>CHANGE IT – Players playing long balls? Implement a rule, no passes above knee height.</p>		 <p>4. Allow the players to play for 15 minutes, whilst you observe their decision making and execution.</p>		
PART – CAGE / SHOOT ON SIGHT		PURPOSE – Break down the game to work on an aspect– 20 mins		
<p>SET-UP: Using a similar set up as the above exercise, bring one goal in closer, keep the width. Split the players into THREE teams.</p> <p>EXERCISE: 1. Two teams will play in a 4 vs 4, whilst the remaining team play as wall players/ GK's 2. 4 vs 4 in the middle (blue vs red) 3. The first team to TWO goals wins, staying on the field as the other team's swap. 4. Play 3-minute games, the newest team stays on if either team cannot score two goals. 5. The attacking team can use the wall players as jokers. Wall players are only allowed two touches. 6. Challenge – which team can win the most consecutive games?</p> <p>CHANGE IT – One team dominating too much, put a touch limit restriction on them or swap players around.</p>		 <p>CONDITIONS:</p> <ul style="list-style-type: none"> • First time finish = two points • Header or volley = two points • Goal scored directly from a pass from a wall players = two points • Three touch only – implement after 10 minutes 		

KEY COACHING POINTS

Technical

- Firm passes with the inside of the foot in front of you team mate to allow their next action to become easier
- Look to take positive first touch into space, forwards or away from other players.
- Striking the ball – Lock ankle when shooting, use arms for balance and keep head still.
- Shoot early when GK is not set
- Deception to create space/wrong foot the GK
- Attack the ball/adjust positioning based of the flight/speed of the ball
- Believe you will score!

Movement

- Move off the ball to support ball carrier. (Left, Middle, Right)
- Make forward runs.
- Anticipate GK dropping ball, deflections, ball hitting the post/crossbar.

Positioning

- Ensure there is width & depth when in possession of the ball.
- Adopt goal scoring positions.

WHOLE - MATCH

SET UP:

Place one goal at half - way.
Have two teams and place them in realistic positions.
Include Goalkeepers.

EXERCISE:

1. Back into playing a match – Red vs Blue.
2. Implement the below conditions & challenges for the first 10 minutes.
3. Allow the players to play without restrictions & conditions – normal game.

CONDITIONS:

- Teams only have 15 seconds to score a goal, otherwise it is a turnover.
- No passes above knee height.
- First time finish = two points
- Header or volley = two points

Team Challenge:

- Challenge ONE team by restricting them to three touches only for 5 minutes. If they score within this 3-minute period, each goal is worth double points!
- Give the other team the same challenge.

PURPOSE – Place the players back into a game! – 25 mins



COACH OBSERVATION:

Do the players combine to convert goal scoring chances?
Do they get into goal scoring positions?
Are players confident in making attacking plays & shooting?

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

What they enjoyed most?
What they learnt from the session?

Tell individual players and the team what they did well.

COACH REFLECTION

*Have the players been engaged for the whole session?
Did the players enjoy themselves?*

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