

### CONNECTION BEFORE CONTENT

#### PHYSICAL LITERACY

#### TACTICS & ENJOYMENT

AREA: 30m x 25m

CONES: 10x colour, 10x colour

BALLS: 1 x players

BIBS: ½ number of players

#### ARRIVAL ACTIVITY – MR WOLF

PURPOSE – Get the players ‘doing’ as soon as they arrive.

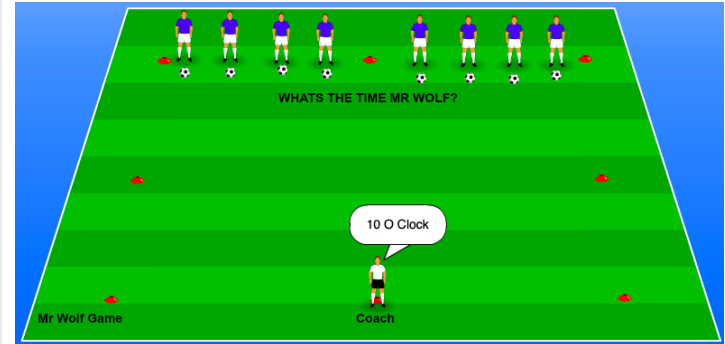
PRACTICE TIME – 5 mins

##### SET-UP:

Define the 30m x 25m area.

##### EXERCISE:

1. Players line up on one end line with the coach opposite them on the other end line.
2. Players yell “**WHAT’S THE TIME MR WOLF?!**”
3. The coach responds with a time, e.g. “**10 O’CLOCK**”
4. Players must jog forward taking *only 10 steps*. *Time = number of steps!*
5. Repeat with different times until the players get close to the coach.
6. To end the round the coach yells “**DINNER TIME**”, the players must quickly run back to the start line without letting the coach get near them!
7. After a few rounds, add a ball in! The players must now dribble forward **and put their foot on top of the ball**. *Time = number of ball touches allowed!*



##### PROGRESSIONS:

8. Dribble with right foot or left foot only
9. Dribble with inside or sole of feet only
10. *Cognitive* – Instead of calling the number, use your hands to signal the number

##### COACHING POINTS:

Keep the ball close by taking small touches!  
Use sole of the foot to turn away and dribble back to the line  
*Physical* – Encourage players to dribble at a good pace.

#### WHOLE – 4 GOAL MATCH

PURPOSE – Conditioned game to develop game sense

PRACTICE TIME - 15 mins

##### SET-UP:

Define a 30m x 25m field

Within the area set up TWO goals on both sides and play a normal game.

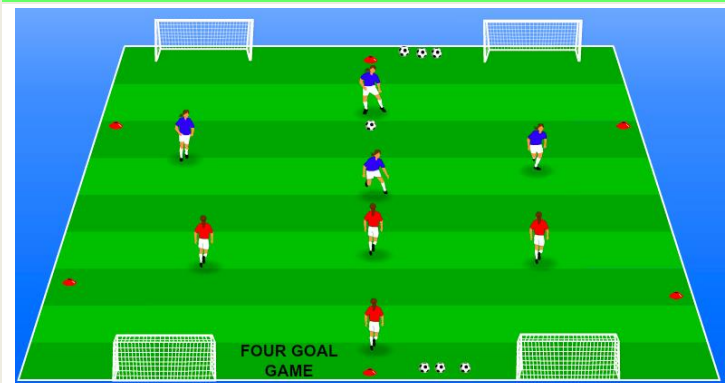
Place players in a diamond formation.

##### Why four goals?

Having four goals helps with spreading the players out as people naturally drift towards the goals. Use cones if you do not have four goals.

##### EXERCISE:

1. Play a match, Red vs Blue with the following conditions:
  - Players must put their foot on top of the ball before passing/dribbling – turn over if the ball is kicked first time.
  - **Reward – 5 points if a player dribbles the ball into a goal**
2. Play for 15 minutes and observe the players’ decision making and execution.



##### 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

**SET-UP:**

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

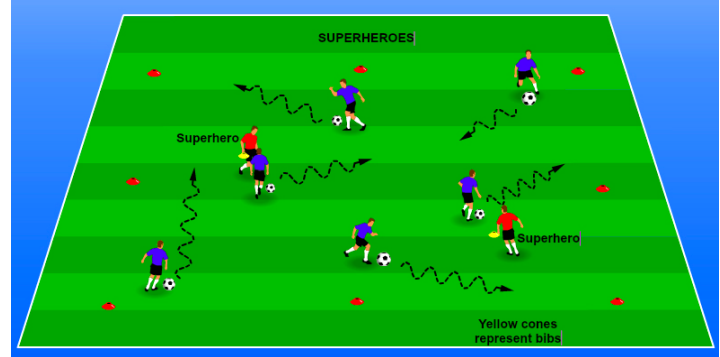
**EXERCISE:**

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

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



**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.

### WHOLE – CONDITIONED MATCH

**SET UP:**

Within the area set up TWO goals on both sides and play a normal game.

Place players in a diamond formation.

**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 conditions – normal game.

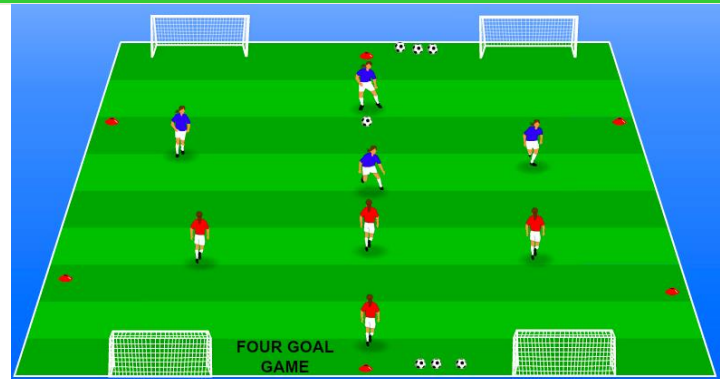
**CONDITIONS:**

- Players must take a minimum of two touch.

**Team Challenge:**

- Select one player on each team to be the 'Golden Child' without letting the other team know.
- If the 'Golden Child' scores it is worth 3 points.
- If the 'Golden Child' provides an assist to a teammate it is worth 5 points.
- Rotate 'Golden Child' every 2-3 minutes.

**PURPOSE – Place the players back into a game!**  
**PRACTICE TIME - 20 mins**



**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.

**COACH OBSERVATION:**

Are players trying to dribble past defenders?  
Are your players spreading out more?

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

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

- Take small touches to keep the ball close when dribbling.
- Encourage players to use the sole of their foot to STOP the ball.
- Dribble into free space, away from defenders using both feet.

### COACH REFLECTION

What did the players enjoy?  
What worked/did not work?

What would you do differently next time?