

## >>> CONNECTION BEFORE CONTENT <<<

 30m x 25m

 1 Ball per Player

 20 cones

 1/2 number of players

CORE SKILL - 1 VS 1

ASPECT - BEATING A DEFENDER

### ARRIVAL ACTIVITY - BALL MASTERY

PURPOSE: PLAYERS 'DOING' ON ARRIVAL

 5-10 min



#### SET-UP

- Define 30m x 25m area.
- Each player has a ball.

#### EXERCISE

1. The aim is to develop players' ball mastery, dribbling and change of direction & speed capabilities.
2. Each player has a ball dribbling inside the defined area.
3. On the Coach's call or whistle, they must complete an action.

### COACHING POINTS

Praise and encourage players to:

- Dribble with both feet, keeping their head up to see other players and space.
- Change speed & direction.
- Accelerate after completing a skill.


### CAN YOU C.H.A.N.G.E I.T ?

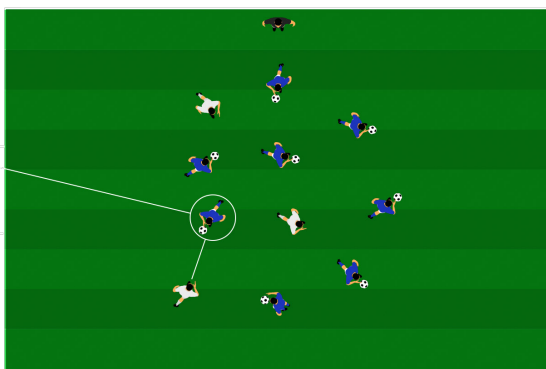
Introduce dribbling styles & skill moves:

- Inside of feet only.
- Inside (big toe) then Outside (little toe) dribbling with one foot - right foot only, then left foot only.
- Two outside touches then one inside touch (Zig Zag).
- Windscreen wipers plus high five teammates.

### SKILL INTRO - SHARK ATTACK

PURPOSE: INTRO OF CORE SKILL

 15 min



#### SET-UP

- Define a 30m x 25m area.
- Set up **ONE** goal on each end.
- Each player has a ball to dribble with.

#### EXERCISE

1. The aim is to challenge players' 1v1 ability (attacking and defending).
2. Select two players to be the **SHARKS**, with bibs on.
3. All other players must have a ball at their feet.
4. On the coach's call, the sharks must enter the **OCEAN** (Field) and attempt to tackle the ball off the **FISH** (other players).
5. If the shark wins the ball, they must attempt to score in one of the goals to earn 1 point. The Fish can try to win the ball back if tackled.
6. If a shark scores a goal, the Fish must do 10 sole taps then continue to play.
7. Play 60 second rounds. After each round ask the sharks how many goals they scored. Ask the **FISH** if anyone survived!

### COACHING POINTS

Praise and encourage players to:

- Take small touches to keep the ball close.
- Have their head up to see the field and Sharks.
- Use skill moves (Superpower) and both feet when dribbling.
- Protect the ball by using their body.
- Change direction & accelerate away from Sharks

### CAN YOU C.H.A.N.G.E I.T ?

- Rotate & select new sharks after each round.
- Make it harder – Add more sharks (defenders).
- Make it a competition – Award points to the shark who scores the most goals, and to the fish that do not get tackled.
- Introduce Special Power – If a Fish 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!



**SET-UP** 🏠

- Place one goal on each end of the field.
- Split the players up into two even teams and have them standing on the sideline.
- The Coach stands between the teams with the balls.

**EXERCISE** ⚽

1. The aim is to develop players 1v1 attacking and defending ability.
2. When the coach calls “GO”, the first player in each line must run around their corner cone and goal then into the field of play.
3. The coach passes the ball to one of the players who must attempt to beat the defender and score a goal. If the defender wins the ball, they attempt to score too. Do not play the ball into the middle of the players, this is unsafe and will create collisions.
4. The ball is dead once a goal is scored, the ball goes out, or the time limit is reached. Restart quickly with new players.
5. To give the players high repetition, call out “GO” every 7 seconds.

**COACHING POINTS**

Praise and encourage players to:

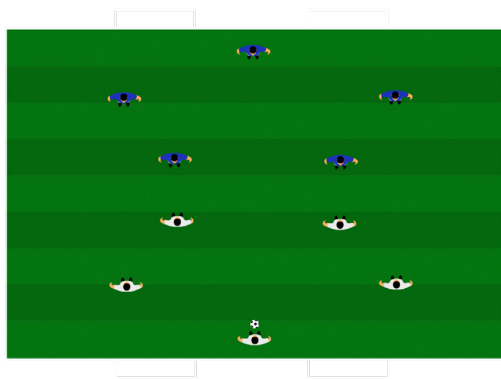
- Attack the defender at speed.
- Dribble with their head up to see the free space and where the defenders are.
- Change direction & speed, and use skill moves to deceive & beat the defender.
- Accelerate after deceiving / beating the defender.

**CAN YOU C.H.A.N.G.E I.T ?**

- Swap the attacking and defending team around.
- Introduce skill move challenge –3 points for successfully performing skill move then scoring.
- To increase inclusion and challenge players perception, have two or more 1v1s going on at the same time.

**SKILL GAME - MATCH - 4 GOALS**

**PURPOSE: PLAY & ENJOY!**



**SET-UP** 🏠

- Set up two small goals on each end line of the field (place in the corners).
- Split the players into two even teams.

**EXERCISE** ⚽

1. Play a match - Each team has two goals to score into (and defend!)
2. Normal goal = 1 point, scoring after beating a player 1v1 = 3 points.
3. Encourage players to spread out, switch the play and attack both goals.
4. At half-time, give each team two minutes to discuss their formation and plan for attack and defense.

**COACH OBSERVATION**

Are players:

- Trying to dribble and pass into space?
- Attacking both goals regularly?
- Attempting to beat defenders in 1v1 situations?

**COACHING REFLECTION**

- Were the players active?
- Did the players enjoy the session?
- How could you tell they enjoyed it?
- What could you improve next time?

**WRAP UP!**

*At the end of the session ask the players what they have enjoyed and learnt from the session.*

**HI FIVES!**

- What they enjoyed the most?
- What they learnt from the session?
- Tell the team and individuals what they did well