

>>> CONNECTION BEFORE CONTENT <<<

 30m x 25m

 1 Ball per Player

 20 cones

 10 1/2 number of players

CORE SKILL - STRIKING THE BALL

ASPECT - MAINTAINING POSSESSION

ARRIVAL ACTIVITY - JUGGLING

PURPOSE: PLAYERS 'DOING' ON ARRIVAL

 5-10 min



SET-UP

- Each player has a ball, completing different juggling types.

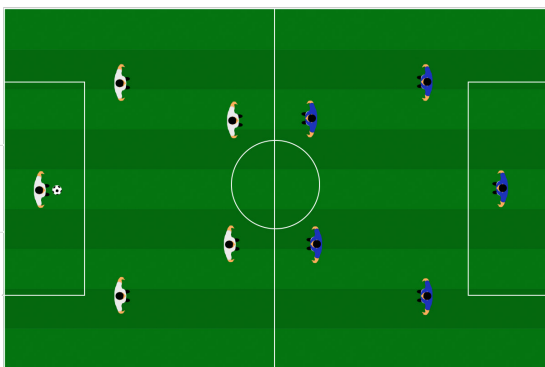
EXERCISE

1. Bounce – Strike – Bounce – Strike....
2. Strike – Knee – Catch – See who can do it with both feet.
3. Keepy ups. Consecutive juggles.
4. Alternating feet. Consecutive juggles.
5. Foot – Thigh – Head combinations.
6. See who records the most!

WHOLE - MATCH

PURPOSE: CHALLENGE GAME SENSE

 15 min



SET-UP

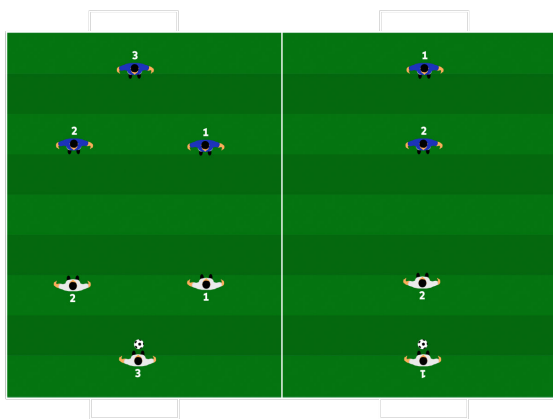
- Define a 30m x 25m field.
- One goal at each end.
- Split the players into two even teams

EXERCISE

1. The aim is to develop players' game sense and effectiveness.
2. Play a match.
3. Put the players in a formation that includes: Goalkeeper, Defenders, Midfielders, Attackers.
4. **Condition** – Must play 3 successful passes before scoring.

COACHING POINTS

- Provide players with praise.
- How can you support individual players without stopping the match?

**SET-UP** 

- Set up mini fields that are 25m x 15m in size.
- Place a goal (or two cones as a goal) at each end of the mini fields.
- Split the players into even teams – Field 1 (3v3), Field 2 (3v3).

EXERCISE 

1. The aim is to challenge players' ability to maintain possession in a small-sided game.
2. Play 3-minute games on both fields.
3. After the 3 minutes, determine which team won. Swap the teams/players around and play more rounds of 3-minute games.


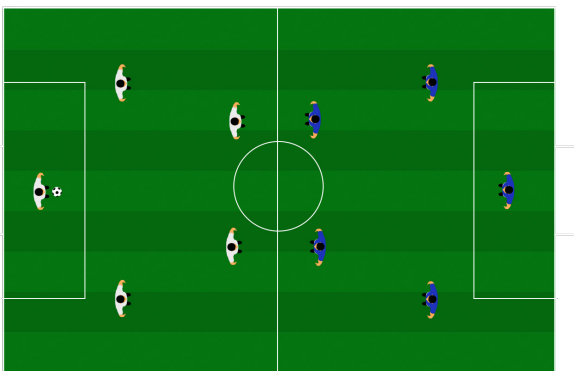
COACHING POINTS

Praise and encourage players to:

- Scan to see where there is space, defenders and team mates.
- Move into a position to enable a first touch that goes into space/away from a defender (open body).
- Play firm & accurate passes to teammates.

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

- Introduce touch constraint – players must take a minimum of two touches.
- Swap players around if one team is dominating or place a three-touch maximum constraint on them.
- Make the fields bigger or smaller to make it easier or harder for the players.

WHOLE - MATCH**PURPOSE: PLAY & ENJOY!**
 20-25 min
**SET-UP** 

- Within the area set up **ONE** goal on either side.
- Mark out a halfway line.

EXERCISE 

1. Play a match.
2. Put the players in a formation that includes: Goalkeeper, Defenders, Midfielders, Attackers.
3. **Include condition** – All players (except goalkeeper) must be over the halfway line for a goal to count.
4. Praise player effort!
5. Play a normal match without conditions for the last 10 minutes.

COACH OBSERVATION

Are players trying to:

- Trying to maintain possession?
- Trying to pass firmly and accurately to teammates?

COACHING REFLECTION

- How did your set up influence the session delivery?
- Which activities worked well?
- Which activities did the players enjoy?
- Which activities did you enjoy?
- Are the players physically active enough?

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