

>>> CONNECTION BEFORE CONTENT <<<

 30m x 25m

 1 Ball per Player

 20 cones

 10 1/2 number of players

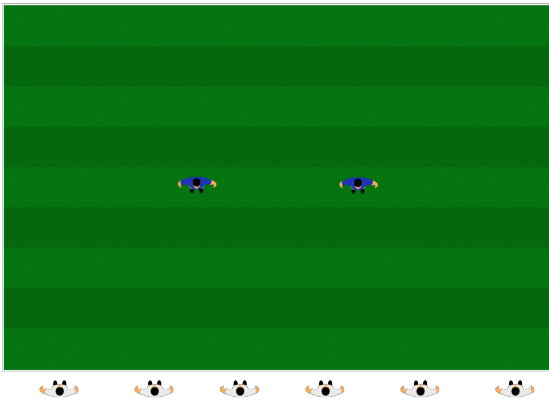
CORE SKILL - 1 VS 1

ASPECT - DRIVING INTO SPACE

ARRIVAL ACTIVITY - SOCCER RUSH

PURPOSE: PLAYERS 'DOING' ON ARRIVAL

 5-10 min



SET-UP

- 30m x 25m area, mark out a middle zone 5 metres wide.
- Place a goal on each sideline.
- Players are lined up on the base line.
- Select **TWO** defenders who are positioned in the middle zone.

EXERCISE

1. The aim is to develop players' running with the ball, 1v1 attacking and defending capabilities.
2. The practice begins without balls. On the count '1...2...3...Soccer rush', the attackers must attempt to run from one side to the other without getting tipped by a defender.
3. If a defender tips someone with two hands, the person tipped becomes a defender (build ups).
4. Swap defenders after each round.

COACHING POINTS

Praise and encourage players to:

- 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.
- If they get tackled, win the ball back!


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

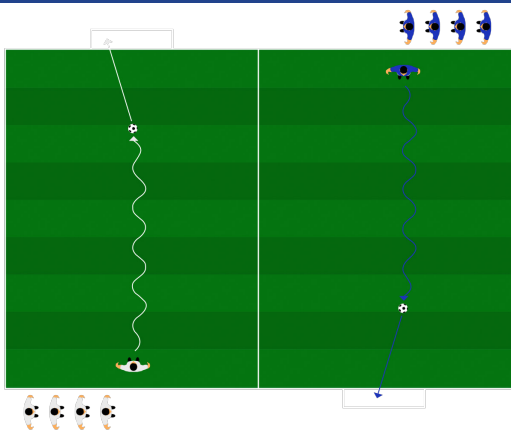
Introduce balls:

- The attackers must dribble their ball from one side to the other, stopping their ball on the end line.
- The defenders must steal an attacker's ball and attempt to dribble it to the end line.
- If an attacker loses their ball they can try and win it back before their ball is stopped on the line.
- Increase/Decrease the amount of defenders.
- Introduce skill moves – Players must attempt a skill move in the middle zone when dribbling from one side to the other.

SKILL INTRO - CHASE - INTRODUCTION

PURPOSE: INTRO OF CORE SKILL

 15 min



SET-UP

- Set up a 30m x 25m area.
- Split the field into two - vertically.
- Position goals at each end of the field as shown.
- Have each team line up on the end line, facing a goal.

EXERCISE

1. The aim is to develop players' running with the ball ability.
2. The first player in each line runs with the ball (RWB) down the field and shoots in the goal as they arrive within the end zone (cones).
3. Once they shoot, the next player in line begins!

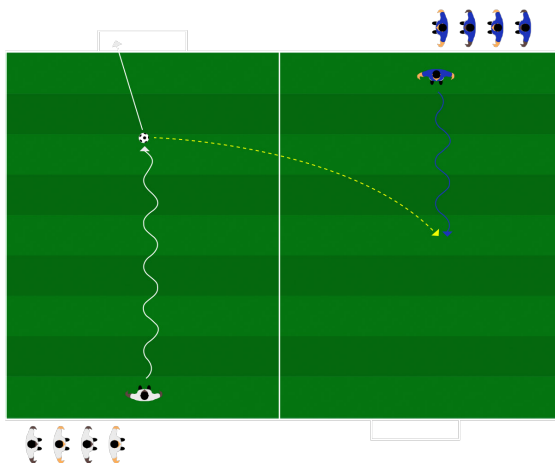
COACHING POINTS

Praise and encourage players to:

- Dribble at speed with their head up.
- Use the top of their toes/laces to touch the ball when running with ball at speed.
- Technique: Toes points down, ankle locked, body upright.

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

- Challenge – Players to take **THREE** touches whilst they are running with the ball, pushing it in front three strides, at speed, in control.
- Ask players to use their opposite / weaker foot.
- Make it a competition to see which player scores first per round. Keep score.

**SET-UP**  

- Use the exact same set up and teams as before.

EXERCISE  

- This activity flows on from the above. Players will now be placed under pressure to develop their RWB.
- One team will begin by RWB and shooting once they have entered the 'end zone' or final line of cones (see red cones in diagram).
- As soon as blue shoots, the red player can begin, racing towards their goal. The blue player, without their ball, will **CHASE** the red player, applying pressure and attempting to tackle them.
- As soon as the red player shoots, the next blue player starts, with the red player now giving chase. The activity continues in this cycle.
Note: The blue players should **ALWAYS** end up on their own side, retrieving the ball that the red player shot.

COACHING POINTS

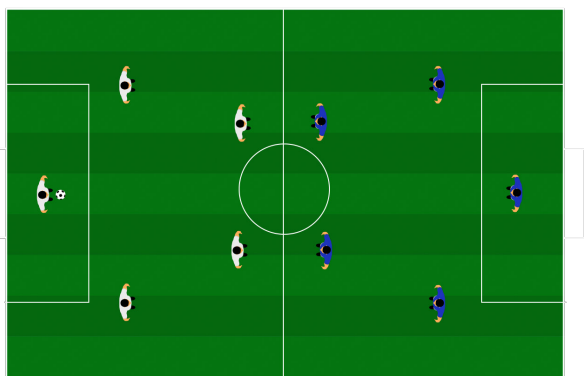
- Remind players to **CHASE** after they have taken a shot
- Praise and encourage players to:
 - RWB with their head up.
 - Check their shoulder to see where the defender is whilst they are RWB.
 - RWB across the path of the defender to cut them off.
 - Dribble with the furthest foot from the defender.

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

- Make it a competition: 1 point for a goal, see which team wins!
- Mix up the partners.
- Swap the goals/lines around, with the defender approaching from the left-hand side.

SKILL GAME - MATCH**PURPOSE: PLAY & ENJOY!**

20-25 min

**SET-UP**  

- Within the area set up **ONE** goal on either side.

EXERCISE  

- Play a normal game.
- Put the players in a formation that includes: Goalkeeper, Defenders, Midfielders, Attackers.
- When playing a goal kick, ensure the defending team drops back to halfway.
- Encourage players to try what they have learnt throughout the session.
- Praise player effort!

COACH OBSERVATION

Are players:

- Driving into space by RWB?
- Positioning themselves to drive into space?

COACHING REFLECTION**WRAP UP!**

- Did you start activities within 90 seconds?
- Were players engaged throughout?
- Did you have all the equipment ready to go?
- What did you learn this session?
- Did you start activities within 90 seconds?

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