

## >>> CONNECTION BEFORE CONTENT <<<

 30m x 25m

 1 Ball per Player

 20 cones

 10 1/2 number of players

CORE SKILL - FIRST TOUCH

ASPECT - TO DRIVE FORWARD

ARRIVAL ACTIVITY - JUGGLING

PURPOSE: PLAYERS 'DOING' ON ARRIVAL

 5-10 min



### SET-UP

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

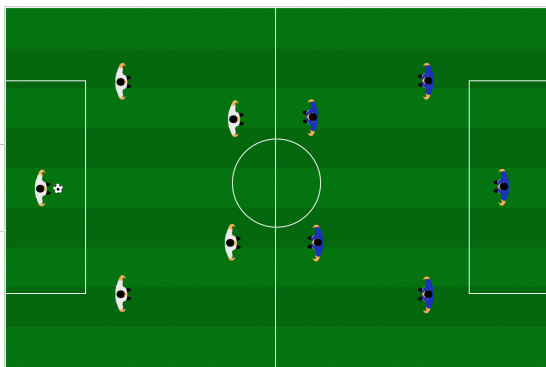
### EXERCISE

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

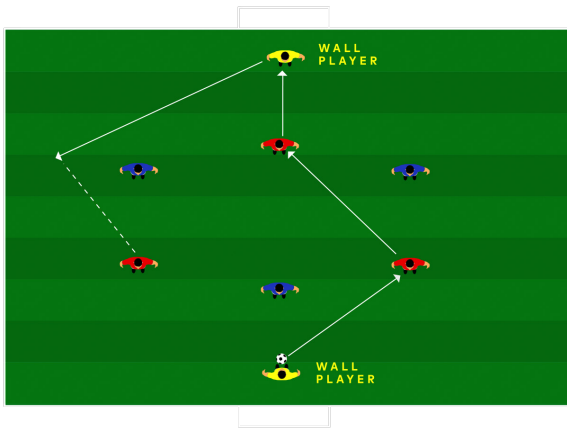
- Define a 30m x 25m field.
- One goal at each end.
- Split the players into two even teams.

### EXERCISE

1. Play a normal match to develop players' game sense & effectiveness.
2. Put the players in a formation that includes: Goalkeeper, Defenders, Midfielders, Attackers.
3. Observe the players – Are they taking a successful first touch? Are they using their first touch to drive forward into space?
4. At half-time, stop the game and ask the players what they need to do to successfully drive forward with their first touch?

COACHING POINTS

- Provide players with praise when they take a successful first touch and/or drive forward with their first touch into space.
- How can you support individual players without stopping the match?

**SET-UP** 

- Define a 30m x 25m area.
- Split the players into two even teams within the area.
- Select two players from each team to be wall players, positioned on each end line.

**EXERCISE** 

1. The aim is to develop players' ability to successfully drive forward with their first touch.
2. The challenge for each team is to keep the ball and successfully pass the ball from one wall player to the other as quickly as possible.
3. Keep count of points scored, 1 point = pass from one wall player to the other.
4. Swap the wall players every 2-3 minutes and continue playing.

**COACHING POINTS**

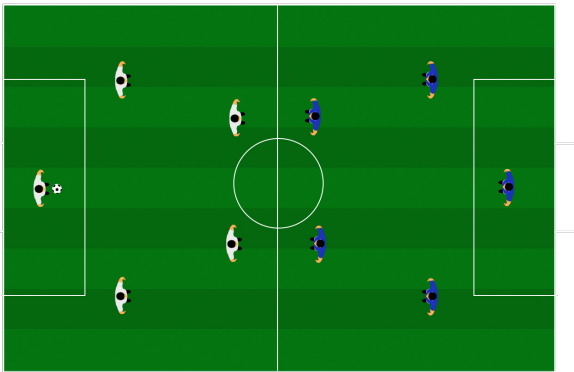
Praise and encourage players to:

- Provide the ball carrier with passing options Left, Right, Middle & Far.
- Scan the field before receiving the ball to see the space and defenders.
- Adopt a position to enable a first touch that goes forward to play forward.

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

Touch Constraints:

- Maximum of two or three touch.
- Minimum of two touch.

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

- 30m x 25m area, with one goal on either side.
- Split players into two teams.
- Include goalkeepers.

**EXERCISE** 

1. Play a match .
2. Put the players in a formation that includes: Goalkeeper, Defenders, Midfielders, Attackers.
3. Include condition – Minimum of two touches.
4. Challenge players to adopt positions where they can receive the ball then score!
5. Finish by playing a game without conditions.

**COACH OBSERVATION**

Are players trying to:

- Trying to drive forward with their first touch?
- Trying to provide passing options to their teammates?

**COACHING REFLECTION**

- What did you work on during the session?
- Did players receive 300+ touches of the ball?
- How did you provide positive feedback to players?
- Did you see any players trying to do what was practiced during the session?
- 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