

>>> 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 WHO IS BEHIND YOU

ARRIVAL ACTIVITY - TAILS

PURPOSE: PLAYERS 'DOING' ON ARRIVAL

 5-10 min



SET-UP

- Set up a 30 x 25m area.
- Place players inside the area.
- Provide half of the players with a bib to tuck into their shorts.

EXERCISE

1. The aim is to develop players' agility, coordination & speed.
2. On the coach's call, players have 60 seconds to steal as many bibs as possible whilst trying to protect their own – can only steal one bib at a time.
3. Players must not use their hands to protect their bibs, only using change of speed & direction to evade other players.
4. If a player steals a bib - 3 seconds to place it in their hip then continue playing.
5. No bibs can be stolen off a player while they are placing one in their hip.
6. After 60 seconds count who won! Then play another round.

COACHING POINTS

Encourage players to:


- Keep moving.
- Change their direction & speed to evade others.
- Look up to see other players and avoid losing their bib.
- Use their body to protect their ball & bib.

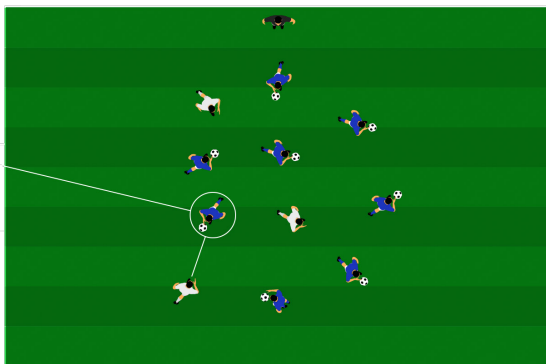
CAN YOU C.H.A.N.G.E I.T ?

- Introduce 'golden bibs' – Different coloured bib(s) that are worth 5 points.

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

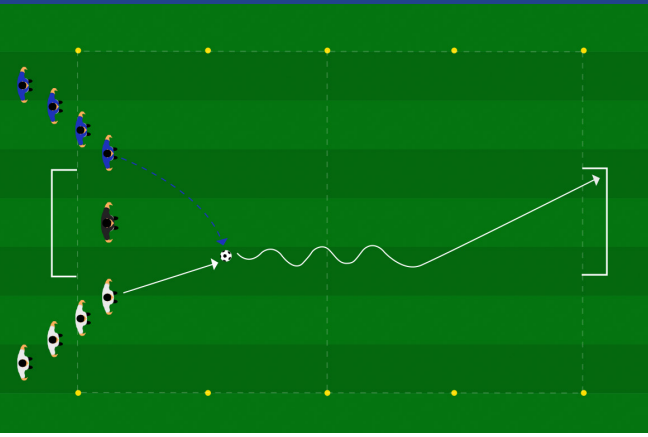
1. The aim is to challenge players' 1v1 ability (attacking and defending).
2. Select two players to be the **SHARKS**, with bibs on.
3. All other players must have a ball at their feet.
4. On the coach's call, the sharks must enter the **OCEAN** (Field) and attempt to tackle the ball off the **FISH** (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

- 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** 

- 30m x 25m area.
- Mark out a 'scoring zone' 5 metres from the goal.
- Split the players into two even teams on either side of the goal.

EXERCISE 

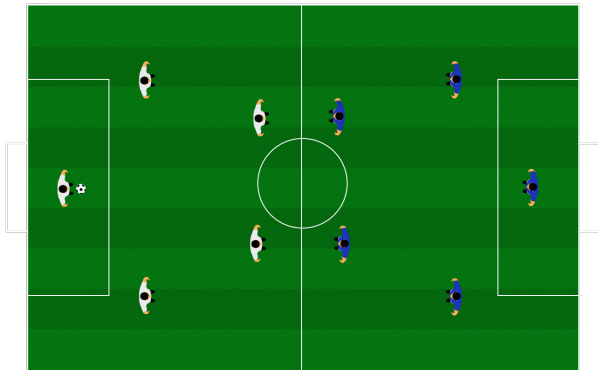
1. The aim is to develop players' 1v1, Running with the Ball & shooting ability.
2. The coach plays a ball in front of one player who must dribble into the scoring zone and shoot at goal before the defender tackles them! Goal = 2 points!
3. If the defender wins the ball they can score in the coach's goal. Defender goal = 3 points!
4. Swap the teams around after each player has 3 turns.
5. Maintain the competition element & ensure the players are keeping score of their points. Award bonus points for players who use skill & deception when scoring goals.

COACHING POINTS

- Dribble with the ball out in front of you.
- Use a change of direction, speed or skill to deceive the defender.
- Use your body to protect/shield the ball.
- Cut the defender off by dribbling across them.

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

- Introduce time limit – The attackers have 7 seconds to score!
- Change the angle or starting point of the coach/attacker/defender for variety.
- Introduce a goalkeeper to make it harder to score.

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

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

EXERCISE 

1. Play a normal 4 vs 4 or 5 v 5 game.
2. Put the players in a formation that includes: Goalkeeper, Defenders, Midfielders, Attackers.
3. When playing a goal kick, ensure the defending team drops back to halfway.
4. Encourage players to try what they have learnt throughout the session.
5. Praise player effort!

COACH OBSERVATION

Are players:

- Trying to dribble into space quickly?
- Trying to dribble with their head up, and change direction?
- Trying to beat defenders in 1 on 1 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