

>>> CONNECTION BEFORE CONTENT <<<

 30m x 25m

 1 Ball per Player

 20 cones

 10 1/2 number of players

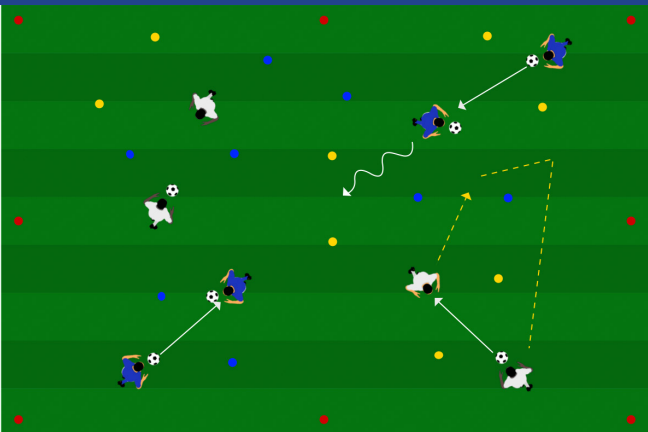
CORE SKILL - STRIKING THE BALL

ASPECT - TO CREATE GOALS FROM WIDE AREAS

ARRIVAL ACTIVITY - PASSING GATES

PURPOSE: PLAYERS 'DOING' ON ARRIVAL

 5-10 min



SET-UP 

- Within the 30m x 25m field, set up a series of gates using the cones of the same colour for each gate.
- Split players into pairs, one ball each pair.

EXERCISE 

1. The aim is to develop players' passing ability.
2. Have players stand between a gate and complete 10 passes on each foot.
3. After 20 seconds stop them and see who wins.
4. Challenge players to beat their first-round score

COACHING POINTS

- Inside of the foot strike, locked ankle, standing foot facing forward.
- Firm & accurate pass.
- Scan & have head up to see field and gates.

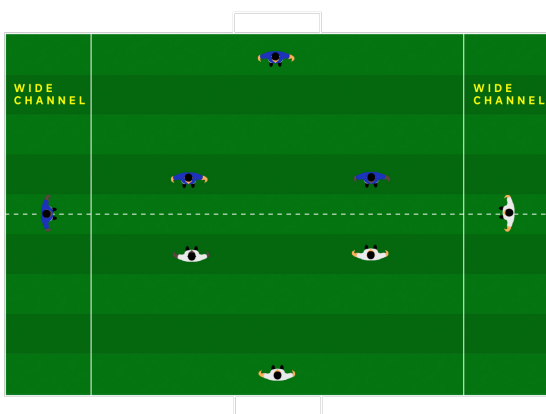
CAN YOU C.H.A.N.G.E I.T ?

- Alternate feet (pass with right, then pass with left).
- Players must now move around as a pair, earning 1 point for each gate they pass between.
- Cannot go through the gate of the same colour consecutively.
- Add defenders for a challenge!

WHOLE - MATCH - WIDE ZONES

PURPOSE: CHALLENGE GAME SENSE

 15 min



SET-UP 

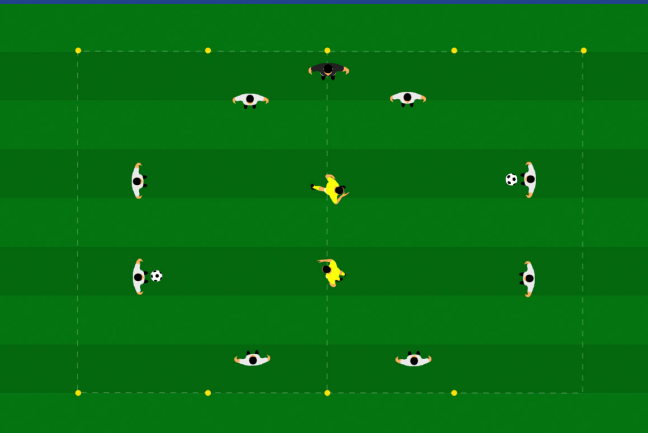
- 30m x 25m area.
- Goals on each end.
- Mark out two wide channels (5m in width).
- Split players into two even teams, including goalkeepers.
- Place a wide player (neutral) in each of the wide zones.

EXERCISE 

1. Both teams attempt to score goals and win the game.
2. Wide players are neutral and play on the team in possession. They are not allowed to leave their zone.
3. Wide players are only allowed 3 touches maximum.
4. Players in the middle cannot enter the wide zones.
5. Every 4 minutes, rotate the wide players.

COACHING POINTS

- How can you support individual players without stopping the game?
- Challenge players to play forward passes
- Encourage passes to the wide players

**SET-UP**  

- Set up a 20m x 20m area, marking out 4 grids within.
- Evenly spread players around the outside of the area.
- Place two players in the middle who will be the defenders.

**EXERCISE**  

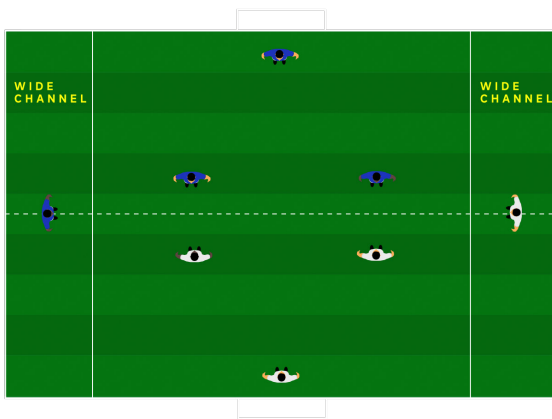
1. The aim is to develop players' ability to strike the ball (pass), maintain possession, and/or play penetrating passes
2. The players on the outside attempt to make as many successful passes in a row as possible, keeping the ball away from the two defenders in the middle (Piggy in the middle!)
3. The two defenders in the middle attempt to win the ball (tackle/intercept).
4. Play 60 second rounds, rotating the defenders in the middle each time.
5. Point system:
  - 1 successful pass by attackers = 1 point
  - A successful pass into a grid without defenders = 2 points
  - A successful pass in between the defenders = 3 points
  - Defender's tackle/intercept the ball = 2 points

**COACHING POINTS**

- Scan to see the space & defenders and communicate to teammates.
- Firm & accurate passing – locked ankle, inside of foot pass, still head / body, follow through after pass.
- Move first touch in the direction of next action and into space away from defenders.
- Encourage players to pass the ball quickly - beyond or between (killer pass) defenders.

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

- Add more/less defenders.
- Attackers (outside players) can only take 2 touches max.
- Make the area bigger/smaller.

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

Same set up as previous wide zone match

- Split players into two even teams include goalkeepers.
- Place one wide player (neutral) in each of the wide zones.

**EXERCISE**  

1. Both teams attempt to score goals and win the game.
2. Wide players are neutral and play on the team in possession. They are only allowed 3 touches maximum.
3. Players in the middle cannot enter the wide zones.
4. Every 4 minutes, rotate the wide players.
5. **Condition** - A goal scored directly after passing to a wide player is worth 2 points.
6. Play a normal match for the last 10 minutes.

**COACH OBSERVATION**

Are players trying to:

- Play penetrating / killer passes to wide players?
- Moving off the ball to receive penetrating / killer passes?

**COACHING REFLECTION****WRAP UP!**

- 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?

*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