

>>> 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 IN FRONT OF YOU

ARRIVAL ACTIVITY - COUNTRIES

PURPOSE: PLAYERS 'DOING' ON ARRIVAL

 5-10 min



SET-UP

- Define the 30m x 25m area.
- Each player has a ball.

EXERCISE

1. Each player has a ball dribbling inside the area.
2. Name each side (line) of the square a different country.
3. On the coach's call ('**AUSTRALIA**') players must dribble as quick as possible to the correct side and stop their ball on the line.
4. Point system: First player to stop their ball on the correct country (line) receives 3 points! Second player = 2 points, Third player = 1 point
5. Get the players to keep score of their points!

COACHING POINTS

Praise and encourage players to:

- Use laces to push the ball in front while running.
- Lean forward with their chest over the ball.
- Change direction, accelerate, and use both feet with dribbling.

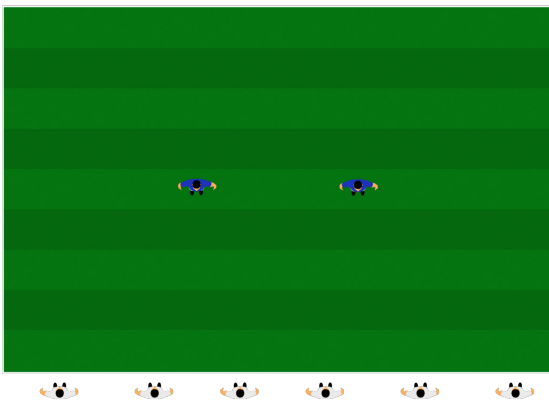
CAN YOU C.H.A.N.G.E I.T ?

- Introduce dribbling skills: Pull Push, right/left foot only, Cruyff turn.
- Introduce opposites: Players must dribble to opposite country line.
- Call out two countries: Players must dribble to one country then the other.
- Pairs: Partner the players up and the first pair to stop their ball on the country (line) are the winners.

SKILL INTRO - SOCCER RUSH

PURPOSE: INTRO OF CORE SKILL

 15 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 baseline.
- 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, they swap bibs and the defender becomes an attacker.
4. Swap defenders around every 60 – 90 seconds.
5. Play multiple rounds and get the players to keep count of their points!

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:
 - Attackers dribble from end to end, stopping their ball on the end line.
 - Defenders try to steal a ball and score in a goal, gaining 2 points.
 - If an attacker loses their ball they can try to win it back. If the defender scores they swap roles.
- Increase/Decrease the amount of defenders.
- Players must perform a skill move in the middle zone when dribbling.

**SET-UP**  

- Place **TWO** goals on each end of the field near to the corner
- Split players into even teams
- Have the players stand on opposite sides of the field, between the goals
- Choose one team to start with the balls – attackers

EXERCISE 

1. The aim is to develop players' 1v1 attacking and defending ability
2. When the coach calls **"GO"**, play begins with the attacker attempting to quickly beat the defender and score in one of the two goals
3. If the defender wins the ball, they attempt to score too
4. To give the players high repetition, call out **"GO"** every 7 seconds
5. The ball is dead once a goal is scored, the ball goes out, or the time limit is reached. Restart quickly with new players

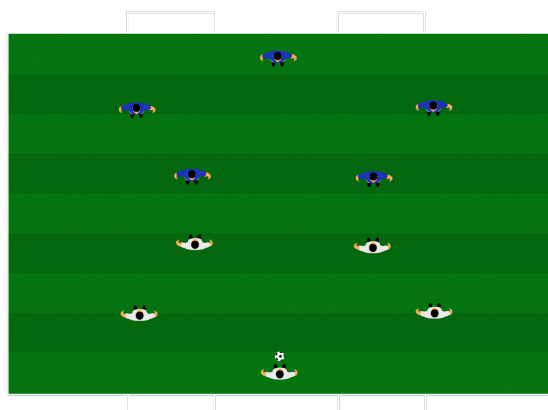
COACHING POINTS

Praise and encourage players to:

- Attack the defender at speed
- 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
- Accelerate after deceiving / beating the defender

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

- Swap the attacking and defending team around
- Introduce a scoring system: Have a team captain on each team keep track of their teams' points: Shot goal = 1 point, dribbling into a goal = 2 points
- Introduce skill move challenge: Each team chooses a skill that is worth 3 points if they successfully perform the skill then score.
- To increase inclusion and challenge players' perception, have two or more 1v1s going on at the same time.

SKILL GAME - MATCH - 4 GOALS**PURPOSE: PLAY & ENJOY!****SET-UP**  

- Set up two small goals on each end line of the field (place in the corners).
- Split the players into two even teams.

EXERCISE 

1. Play a match - Each team has two goals to score into (and defend!)
2. Normal goal = 1 point, scoring after beating a player 1v1 = 3 points.
3. Encourage players to spread out, switch the play and attack both goals.
4. At half-time, give each team two minutes to discuss how they will create 1v1 situations and score more goals.

COACH OBSERVATION

Are players:

- Trying to dribble and pass into space?
- Attacking both goals regularly?
- Attempting to beat defenders in 1v1 situations?

COACHING REFLECTION

- 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?

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