

>>> 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 - SCISSORS/PAPER/ROCK

PURPOSE: PLAYERS 'DOING' ON ARRIVAL

 5-10 min



SET-UP 

- Define the 30m x 25m area.
- Pair players up.

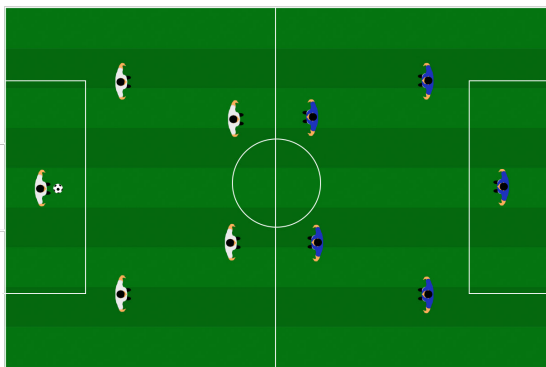
EXERCISE 

1. Each pair of players play a best of three series of scissors/paper/rock.
2. The player who wins goes and finds another person who has won. The person who lost becomes the 'supporter/cheerleader' for the person who beat them.
3. Repeat the above until there is the final showdown between the last two players.
4. The coach should play too.

WHOLE - MATCH

PURPOSE: CHALLENGE GAME SENSE

 15 min



SET-UP 

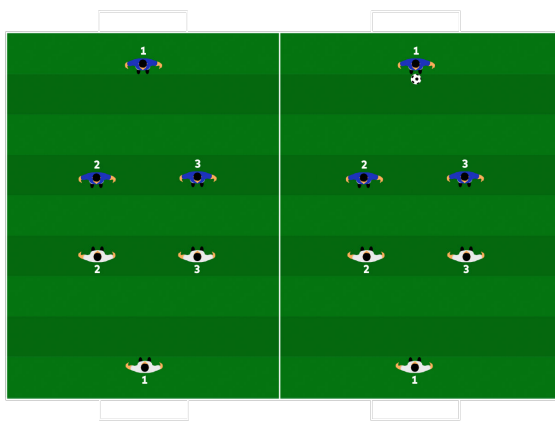
- Define a 30m x 25m field.
- One goal at each end.
- Split the players into two even teams.

EXERCISE 

1. Play a match.
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?

COACHING POINTS

- Encourage players to take their first touch forward & into space.
- How can you support individual players without stopping the match?

**SET-UP** 

- Set up two mini fields that are 25m x 15m in size.
- Place a goal (or two cones as a goal) at each end of the mini fields.
- Split the players into even teams – Field 1 (3v3), Field 2 (3v3).

EXERCISE 

1. The aim is to develop players' first touch effectiveness in a small-sided game situation.
2. Play 3-minute games on both fields.
3. After the 3 minutes, determine which team won. Swap the teams/players around and play more rounds of 3-minute games.

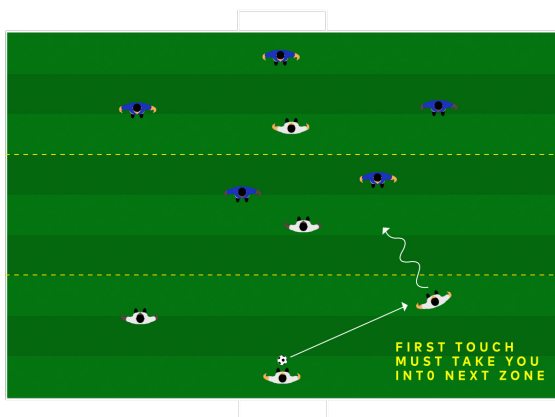
COACHING POINTS

Praise and encourage players to:

- Scan to see where there is space, defenders and team mates.
- Adopt position to drive forward into space/past a defender with their first touch.
- Play firm & accurate passes to teammates.

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

- Introduce touch constraint – players must take a minimum of two touches.
- Swap players around if one team is dominating or place a three-touch maximum constraint on them.
- Introduce touch constraint – players cannot take more than three touches.
- Make the fields bigger or smaller to make it easier or harder for the players.

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

- Within the area set up **ONE** goal on either side.
- Split the field into three horizontal zones (For condition).

EXERCISE 

1. Play a match.
2. Put the players in a formation that includes: Goalkeeper, Defenders, Midfielders, Attackers.
3. Introduce the following Condition.
4. Split the players up in the following (adjust based on your player numbers):
 - Goalkeeper in each goal
 - 2 vs 1 in each end zone
 - 1 vs 1 in the middle zone
 Rule – To move forward **WITH** the ball you must take your first touch into the next zone. Forward passes are allowed

COACH OBSERVATION

Are players trying to:

- Trying to drive forward with their first touch?
- Trying to take their first touch into space and/or away from defenders?

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