

>>> CONNECTION BEFORE CONTENT <<<

 20m x 20m

 1 Ball per Player

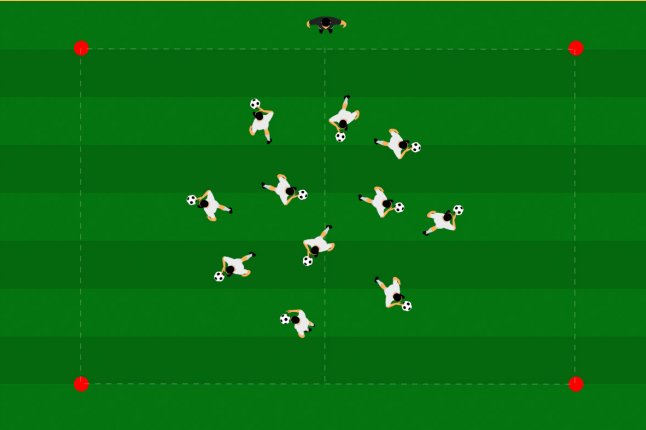
 20 cones

 1/2 number of players

BALL MASTERY - FOUR CORNERS

PURPOSE: WARM UP

 5-10 min



SET-UP

- Define a 20m x 20m area with cones.
- Position four different colour cones/bibs/drink bottles in each corner.

EXERCISE

1. The aim is for players to improve their ball mastery and dribbling.
2. As players join training, have them dribbling inside the square with a ball at their feet.
3. When the coach calls out 'four corners', players must quickly dribble towards a corner adopting the 'football position' – one foot on top of the ball with their hands on hips.
4. Award a point to the players who are quick & still in the corner.

COACHING POINTS

- Take small touches, keep the ball close and under control.
- Keep your head up to see where you are going.
- Praise and encourage players for their efforts.

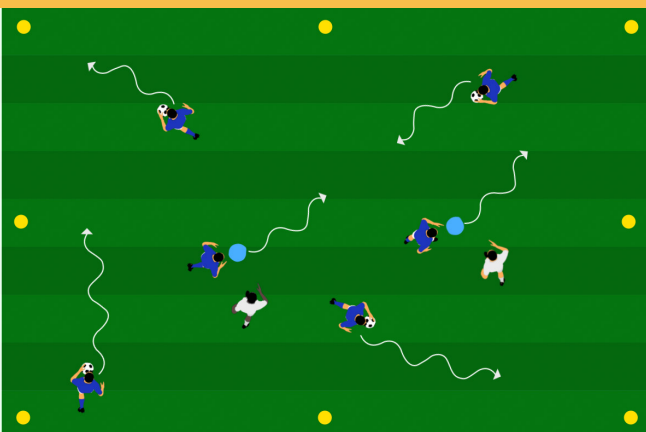
CAN YOU C.H.A.N.G.E I.T ?

- Introduce big toe to little toe dribbling with right and left foot only.
- Introduce big toe to big toe dribbling with both feet.
- Introduce a countdown.
- Challenge players to go as quick as possible.

BEGINNING - SUPERHEROES

PURPOSE: FUN FOOTBALL EXERCISE

 10-15 min



SET-UP

- Define the 20m x 20m area.
- Select two players to be the **SUPERHEROES** and give them a bib to hold in their hand.
- The rest of the players will be the **VILLAINS** with a ball dribbling inside the area.

EXERCISE

1. The aim is to improve players' dribbling and 1v1 ability.
2. The Superheroes attempt to throw their bib at the VILLAINS' ball. If a Superhero hits their ball with a bib, the villain is 'caught' and must freeze where they are.
3. To be unfrozen a fellow villain must 'high five' them.
4. Give the Superheroes 60 seconds to freeze the villains and **save the day!**
5. Let the players choose their own Superhero and Villain.

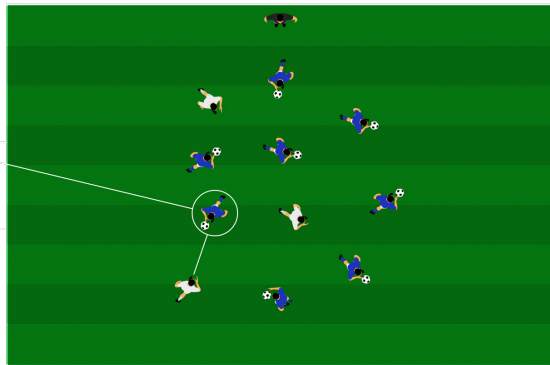
COACHING POINTS

Praise and encourage players to:

- Take small touches to keep the ball close.
- Have their head up to see the field and Superheroes.
- Use skill moves (Superpower) and both feet when dribbling.
- Protect the ball with their body.
- Change direction & accelerate away from Superheroes.

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

- Swap Superheroes.
- Special Power – If a villain 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!
- Too easy? – Add more Superheroes.
- Too hard? – Superheroes must hold a ball in one hand whilst running.

**SET-UP**  

- Define a 20m x 20m 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!

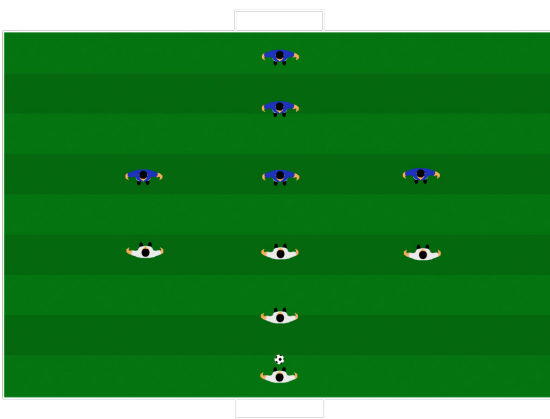
COACHING POINTS

Praise and encourage players to:

- 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 a competition – Bonus points for the shark who scores the most goals, and for a fish who doesn't 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!
- Make it harder – Add more sharks (defenders).

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

- Within the area set up ONE goal on either side and play a normal 4 vs 4 or 5 v 5 game.

EXERCISE  

1. Put the players in a **FORMATION- DIAMOND SHAPE**.
2. When playing a goal kick, ensure the defending team drops back to halfway.
3. Encourage players to try what they have learnt throughout the session.
4. Praise player effort!

COACH OBSERVATION

Are players:

- Trying to keep the ball close when dribbling?
- Using both feet when dribbling and trying to use skill moves?

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