

>>> CONNECTION BEFORE CONTENT <<<

 20m x 20m

 1 Ball per Player

 20 cones

 1/2 number of players

BALL MASTERY - TRAFFIC LIGHTS

PURPOSE: WARM UP

 5-10 min

SET-UP

- Define the 20m x 20m area.

EXERCISE

- The aim is for players to improve their ball mastery and dribbling ability.
- Each player has a ball dribbling inside the area performing ball mastery skills, listening for instructions from the coach.

BALL = CAR

COACHING POINTS

- Take small touches to 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 ?

- Red light – Stop, football position (foot on top of the ball with hands on hips).
- Green light – Go, dribble & move.
- Windscreen wipers – dribble using the inside of your feet.
- Petrol Station– Players must dribble to an outside cone and perform 10 Sole taps, placing the sole of their foot on the top of their ball consecutively.
- U-turn – Players must complete a turn i.e., Drag back.
- Traffic Jam – Have the kids stop the ball, sit on it, and pretend to honk at the car in front (make noise!)
- Ask the players to come up with their own! Enjoy it!

BEGINNING - SOCCER RUSH

PURPOSE: FUN FOOTBALL EXERCISE

 10-15 min

SET-UP

- 20m x 20m 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

- The aim is to develop players' running with the ball, 1v1 attacking and defending capabilities.
- 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.
- If a defender tips someone with two hands, they become a defender.
- Play multiple rounds and get the players to keep count of their points!

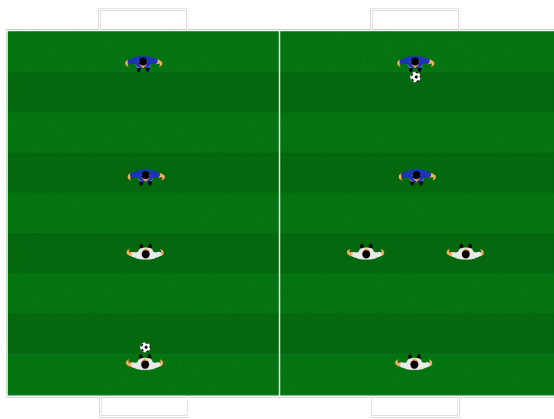
COACHING POINTS

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 must dribble and stop their ball on the end line. Players must take two touches in the middle zone.
 - Defenders try to steal a ball and dribble it to the end line to become an attacker.
 - Loose your ball, win it back before the defender stops it on the end line.
 - If the defender is successful, they swap with the attacker.
- Increase/Decrease the amount of defenders.
- Introduce goals - Defenders try and steal a ball then score in a goal.
- Introduce skill moves - Players must perform a skill move in the middle zone.

**SET-UP** 

- Set up two mini-fields, 20m x 10m size.
- One goal at each end.
- Split the players into four even teams (if you have an odd number, one team(s) can have an extra player).

EXERCISE 

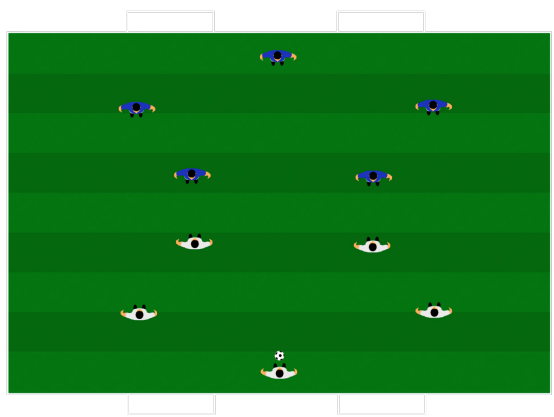
1. The aim is to develop players' decision making & skill in a small-sided game.
2. Organise two teams per field to play a mini match against each other.
3. After 4 minutes, swap the teams around to play a new opponent.

COACHING POINTS

- Aim to play forward and towards goal.
- Win the ball back quickly & protect your goal.

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

- Ensure pairs are even, swap pairs if they aren't!

END - FOUR GOAL FOOTBALL**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. Dribbling the ball into a goal = 2 points, shooting into a goal = 1 point.
3. Encourage players to spread out into a **DIAMOND** shape, switch the play and attack both goals (avoid the traffic, go to the highway!)
4. On goal kicks, ensure the defending team drops back to halfway.
5. Keep the game flowing and continuous by rolling in a new ball when the ball goes out or is dead.
6. Award individual player points when: Players try what they have learnt in the session, show great effort OR perform a great skill move, pass, shot or tackle.

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

- How did your set up influence the session delivery?
- Which activities worked well?
- Which activities did the players enjoy?
- Are the players physically active enough?

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