

>>> CONNECTION BEFORE CONTENT <<<

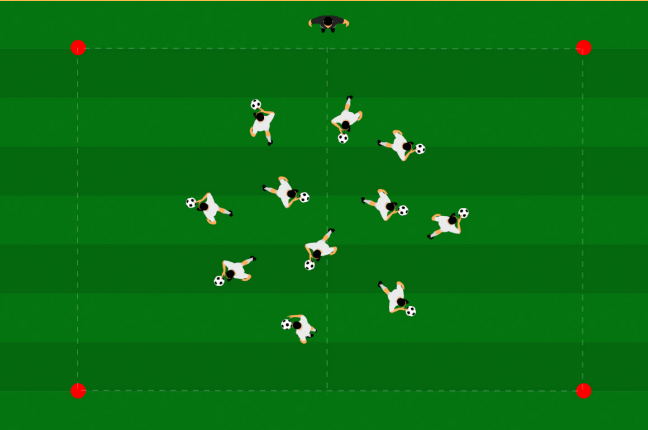
 20m x 20m

 1 Ball per Player

 20 cones

 1/2 number of players

BALL MASTERY - TAILS



PURPOSE: WARM UP

 5-10 min

SET-UP

- Define the 20m x 20m area.
- Provide one bib to each player.
- Have the players fit the bib into the hip of their shorts or into a pocket.
- Position players in the square.

EXERCISE

1. The aim is to develop players' agility, co-ordination & speed.
2. On the coach's call, players will be given 60 seconds to steal as many bibs as possible whilst trying to protect their own – can only steal one bib at a time.
3. Players must not use their hands to hold their bibs, only using change of speed and direction to evade other players.
4. If a player steals a bib, they must place it in their hip / pocket, then continue playing.
5. No bibs can be stolen off a player while they are placing one in their hip / pocket.
6. After 60 seconds count who won! Then play another round.

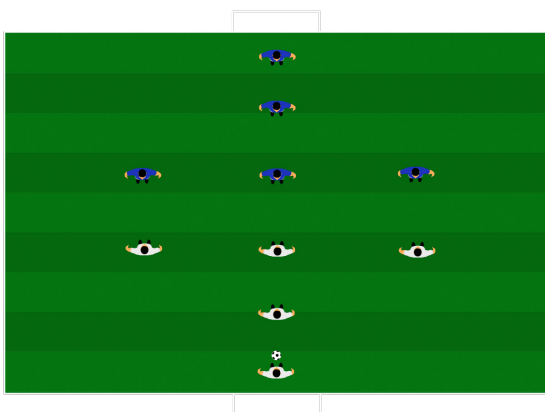
COACHING POINTS

- Role model players that are doing well.
- Encourage players to:
 - Keep moving.
 - Change their direction & speed to evade others.
 - Look up to see other players and avoid losing their bib.
 - Use their body to protect their ball & bib.

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

- Give each player a ball to dribble with. Players must always have control of their ball.
- Dribbling Style – players can only dribble with right or left foot.

WHOLE - MATCH



PURPOSE: CHALLENGE GAME SENSE

 10-15 min

SET-UP

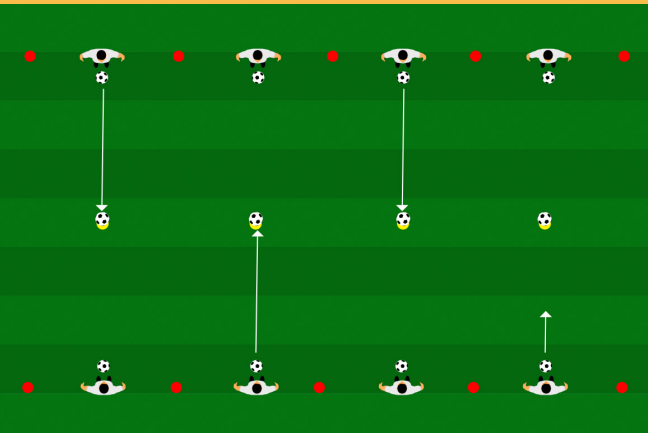
- Within the area set up ONE goal on either side and play a normal 4 vs 4 or 5 v 5 game.

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!

COACHING POINTS

- How can you help individual players improve without stopping the match?
- Allow players to express themselves.
- Provide encouragement.

**SET-UP** 

- In the middle of your area, set up a line of cones roughly 3 metres apart.
- Place a ball or water bottle on each cone in the middle.
- Split players into pairs, positioning a player on either side of the middle cone (7 metres away).
- Give a ball to one player in each pair.

EXERCISE 

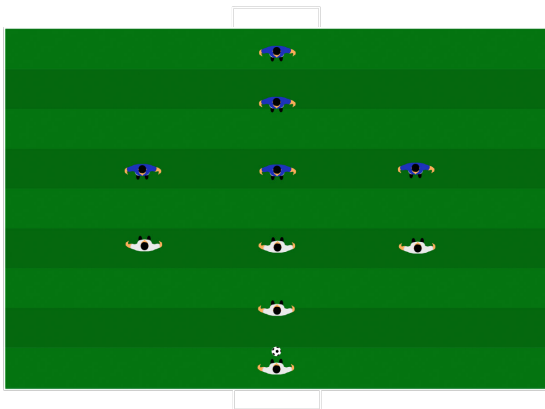
1. The aim is to develop players' striking the ball (passing) technique and accuracy.
2. Each pair takes turns attempting to knock the ball or water bottle off their middle cone.
3. If they hit the target, they receive 1 point and must quickly put the ball / water bottle back on the cone.
4. If they miss, their partner collects the ball and tries to do the same from their side.
5. Make it a competition – How many points can each pair get in 60 seconds?!

COACHING POINTS

- Control the ball first before passing it towards the target.
- Place their non-kicking foot next to the ball, pointing it towards the target (Point & Step).
- Using the inside of their foot to pass for higher accuracy (Push).
- Accuracy first, then increase power.

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

- One foot only - Right foot / Left foot.
- Alternate passing – Left foot pass then right foot pass.
- Swap partners.
- Make it harder by moving the players further away from the target.
- Make it easier by moving the players closer to the target.

WHOLE - 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.
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COACH OBSERVATION

Are players:

- Trying to keep the ball close when dribbling?
- Trying to dribble & pass into space quickly?
- Using both feet when dribbling and trying to use skill moves?

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