

>>> CONNECTION BEFORE CONTENT <<<

 20m x 20m

 1 Ball per Player

 20 cones

 10 1/2 number of players

BALL MASTERY - FOLLOW THE LEADER

PURPOSE: WARM UP

 5-10 min



SET-UP

- Define the 20m x 20m area.
- Place players into pairs inside the area.

EXERCISE

1. The aim is to develop players' perception, agility, and dribbling capabilities.
2. Have the players choose one person as the leader in the pair.
3. Begin without balls. On the coach's call, the leader will move around the area stopping, starting, and dodging in any direction. The follower must follow & mimic their movements.
4. After 60 seconds swap the leader and play another round.

COACHING POINTS

- Keep your head up to see where you are going, and where the leader is.
- Take small touches to keep the ball close and under control.
- To lose their follower, encourage players to:
 - Accelerate into space.
 - Use skill moves, change direction, and stop/start, regularly

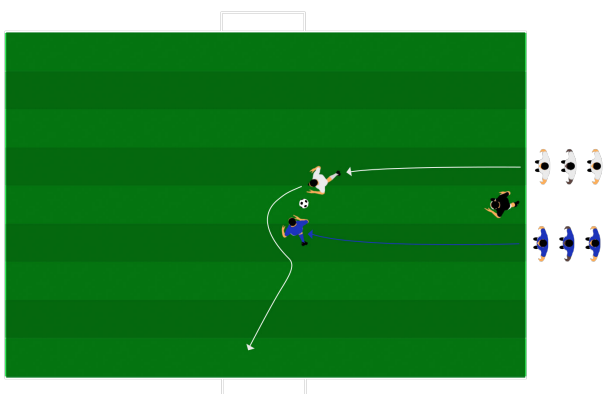
CAN YOU C.H.A.N.G.E I.T ?

- Have players perform football movements and/or animal movements.
- Give each player a ball – The leader and follower must always keep their ball close to them.
- Swap partners.
- Challenge the follower to tip the leader as many times as possible, whilst keeping their ball under control.
- If it is too hard, play the activity without the balls.

BEGINNING - 1 VS 1 - SIDE BY SIDE

PURPOSE: FUN FOOTBALL EXERCISE

 10-15 min



SET-UP

- Within 20m x 20m area set up **ONE** goal on either side.
- Split the players up into two even teams and have them standing on the sideline.
- The Coach stands between the teams with the balls.

EXERCISE

1. The aim is to develop players' 1v1 and shooting ability.
2. The practice begins with the coach calling "**GO**", playing a ball into the middle of the playing area.
3. The first player in each team must run out, win the ball and score in one of the goals within 7 seconds.
4. If the ball goes out / is dead, restart with a new pair of players.
5. Make it a competition and have the players keep count of their points!

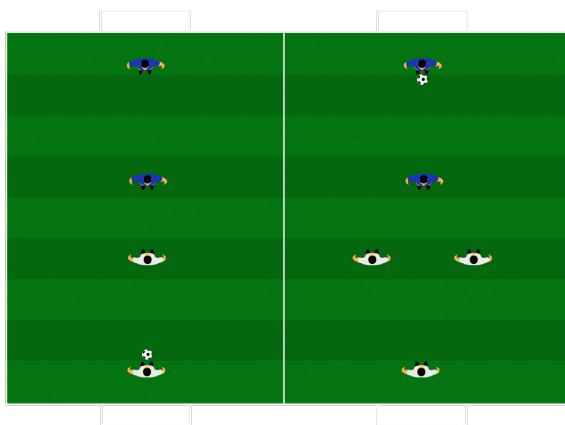
COACHING POINTS

Praise and encourage players to:

- Take small touches to keep the ball close – positive touch towards goal.
- Have their head up to see the defender, space, and goal.
- Change direction & speed, and accelerate away from the defender.
- Use skill moves and both feet when dribbling.
- Protect the ball by using their body.

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

- Change player starting position – Two hands on the ground, face away from the field or lie down.
- Swap sides and mix up the player order.
- Introduce skill moves (Tricky time) – 3 points if you do a skill move then score.
- For higher engagement, have multiple 1v1s going at the same time.

**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  

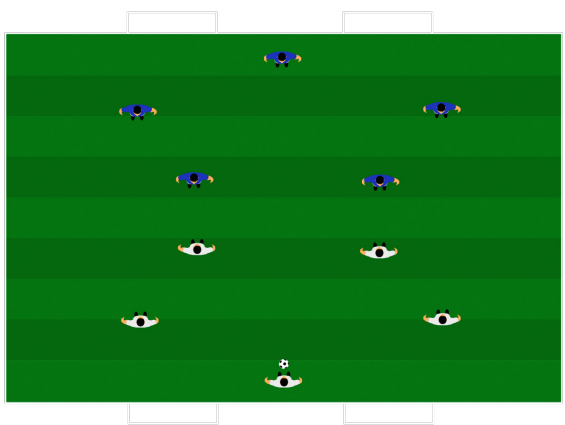
1. The aim is to develop players' decision making & skill in a small-sided game.
2. Organise two teams per field to play a mini match against each other.
3. After 4 minutes, swap the teams around to play a new opponent.

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. Award individual player points when:
 - Players try what they have learnt in the session.
 - Show great effort.
 - Perform a great skill move, pass, shot or tackle.

COACH OBSERVATION

Are players:

- Trying to dribble and pass into space?
- Attacking both goals regularly?
- Individually receiving a fair amount of time with the ball?

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?
- 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