

9-12 Years Skill Centre - Week 1



SESSION 1

PLAYING MOMENT **ATTACKING** | CORE SKILL **STRIKING THE BALL** | FOCUS **SHORT PASSING**

SKILL ARRIVAL

- SETUP**
- Area of up to 12x20m. Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
 - Small goals at each end of the area.
 - Bibs placed to the side of the pitch for players to pick up on arrival.
 - Spare footballs placed to the side of goals.
 - Another replica pitch set up alongside for another group of players (or players can set up themselves)



HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

SKILL OUTCOMES

- An environment of "play" encourages players to be creative and try new things.

SKILL TRAINING

- SETUP**
- Area of up to 12x15m. Modify area depending on the number of players involved.
 - Session begins with 2 Blue Attackers, 2 Red Defenders and 2 Yellow Target Players.
 - Target Players begin on opposite ends of the area, with a supply of spare footballs.



HOW TO PLAY

- Target Player begins practice by passing into a Blue attacker.
- Objective is to transfer the ball accurately to the opposite target player.
- If achieved the practice is repeated in the opposite direction. Challenge for attackers is to see how many times they can consecutively transfer the ball to an opposite target player (1pt for each time).
- If defender wins possession, they attempt to pass to a target player. This resets the Blue attackers score to zero.
- After 1 minute, rotate players so that target players and defenders are changed.

POSSIBLE PROGRESSIONS

1. Blue attackers must make at least one pass inside the area before transferring to a target player.
2. If Blue attackers pass ball into target player with a 1st time pass it counts as 2pts.
3. Target players have 3 seconds to pass the ball back into the area.

EXERCISE TASK

- Can we transfer the ball to the opposite target player as quickly and safely as possible?

PLAYER TASK EXAMPLES

- Can the attackers position themselves to receive a ball and play forwards first time?
- Can the attacker away from the ball position themselves either to receive the ball or create a 1v1 opportunity for the player in possession?

DRINKS BREAK DISCUSSION

- If you want to play a quick, 1st time pass, what sort of pass would you need to receive?

SKILL INTRODUCTION

- SETUP**
- Area of up to 20x20m. Modify area depending on the number of players involved.
 - 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram)
 - Each team has one football.



HOW TO PLAY

- Teams aim to keep possession and attempt to pass the ball with different parts of their foot.
- Players not in possession are to perform dynamic warm up movements before receiving the ball.
- Encourage players to play first time passes when appropriate.
- Every 60secs players are to leave the ball to perform dynamic warm up movements.

POSSIBLE PROGRESSIONS

1. Encourage players to play "1-2s" around a player of a different colour
2. Encourage players to pass through the middle of two players of a different colour
3. Teams now pass in a sequence. Blues to Reds, Reds to Yellows, Yellows to Blues. Encourage players to play "Round the Corner" passes.

SKILL OUTCOMES

- Accuracy / Weight of passing
- Multidirectional movement to receive to ball
- Awareness of surroundings

DRINKS BREAK DISCUSSION

- How did you communicate with the person in possession of the ball?

SKILL GAME

- SETUP**
- Area of up to 30x30m, divided into two 15x30m pitches. Modify area depending on the number of players involved.
 - 4 teams of equal numbers, bibbed in different colours (Red, Yellow, Green & Blue in diagram). 2 teams on each pitch.
 - 2 small goals placed at either end of the area, with 5m no scoring zone.
 - Spare footballs placed to the side of pitches.



HOW TO PLAY

- Teams play 3v3 against each other.
- Teams score by passing into the opposition's goals, from outside of the no-scoring zone.
- Kick ins from the side.
- 90 second games before teams are rotated.

PROGRESSION

1. Teams must complete 2 passes as a team before scoring
2. Teams must score with a 1st time pass

SKILL OUTCOMES

- Accuracy / Weight of passing
- Decision Making - when to pass to score
- Awareness of team mates, opposition and position on the pitch

DRINKS BREAK DISCUSSION

- As a team, what are you currently doing that is helping you score goals?