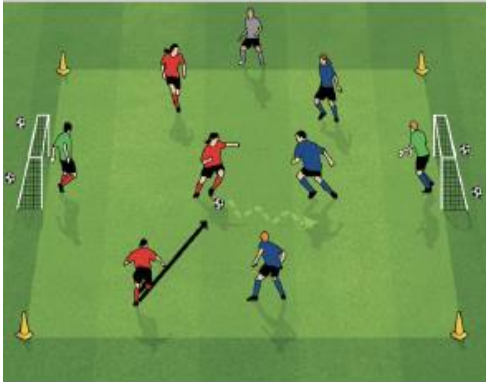


SESSION 2

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.

OUTCOMES

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

SKILL TRAINING

SETUP

- **Area of up to 30x30.** Modify area depending on the number and age of players involved.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow, & Blue in diagram). 2 teams taking part in activity, 1 observing.
- 4 mini goals placed on each side of the area.
- 12 footballs placed in the middle of the area.



HOW TO PLAY

- The Blue attacking team attempt to score as many goals as possible in 12 attempts.
- Attacking players must play 1v1 at their designated goal.
- If defenders win possession they attempt to pass the ball to a yellow player.
- When an attack concludes, Blue attackers take a football from the middle and begin again.
- When the number of footballs available decreases to 3, attackers can join together to create 2v1s / 2v2s / 3v2s etc.
- Once last ball has been played, team adds up their score and teams rotate roles (Yellows attack / Blues Defend / Reds observe)

POSSIBLE PROGRESSIONS

1. Introduce a time limit for the team to have their 12 attacks

EXERCISE TASK

- Today is about tackling an opponent in a 1v1

PLAYER TASK EXAMPLES

- Can you close down the attacker and engage them as far away from the goal as possible?
- Can you position your body so that you force the attacker to play with their weaker foot?
- Can you choose the correct time to steal the ball, choosing the moment where you can clearly see all of the ball?

OBSERVATION DISCUSSION

- When is the best time to try and tackle the attacker? What may you see happen at this time?

SKILL INTRODUCTION

SETUP

- **Area of up to 25x25m.** Modify area depending on the number and age of players.
- Players are in pairs, in different coloured bibs.
- One ball between each pair.
- Place different coloured gates around the area.



HOW TO PLAY

- Players all play in a 1v1 against each other.
- The aim is to dribble through the gates. Goals can be scored from either side of the gate. Players are not allowed to score through the same gate twice in a row.
- If defending player wins the ball then they try to score through the gates.
- Play for a set time or play till someone gets a set amount of goals.

PROGRESSION

1. Players can only score through certain colour gates
2. Different points available for dribbling through different coloured gates

OUTCOMES

- Speed and angle of approach.
- Decision making - when to tackle / when to delay.

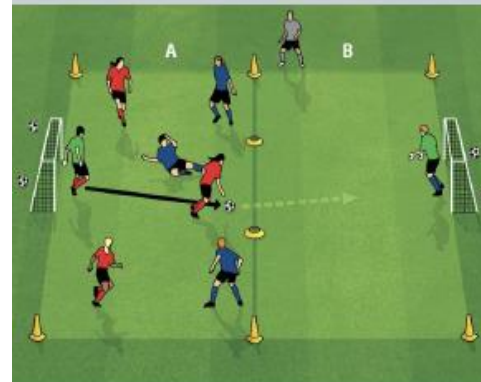
DRINKS BREAK DISCUSSION

- What do you find hardest about tackling an opponent?

SKILL GAME

SETUP

- **Area of up to 40x20m, divided into two 20x20m halves.** Modify area depending on the number of players involved.
- 2 teams of equal numbers, bibbed in different colours (Red & Blue in diagram).
- **Line of cones / flat spots placed on halfway line.**



HOW TO PLAY

- Teams play 3v3 against each other + GKs
- Red GK starts the game in Area A, Red team must combine until a player dribbles over the halfway line entering Area B. Attackers then attempt to score.
- If Red scores the game restarts in Area A.
- If Blue defenders win the ball in Area A they can immediately score. If Blue score, game restarts in Area B with Blue GK.
- If Blue GK wins ball in Area B, play continues from Area B with blues in possession
- Kick ins from the side.
- 90 second games before teams are rotated.

POSSIBLE PROGRESSIONS

1. Team in possession must attempt to dribble into Area B within 20 seconds otherwise they surrender possession to opposition.
2. Narrow the pitch.

OUTCOMES

- Speed and angle of approach.
- Body position to encourage attacker in a particular direction
- Decision making - when to tackle / when to delay.

DRINKS BREAK DISCUSSION

- In order to prevent a goal scoring opportunity, what does a defender need to do?