

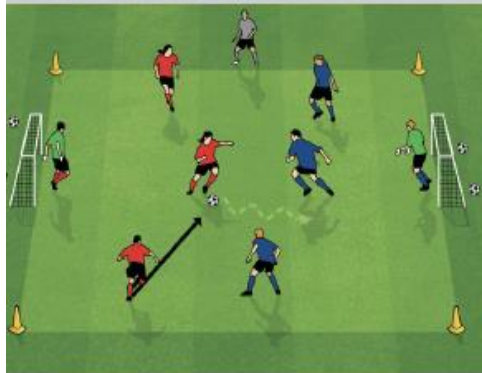
SESSION 3

PLAYING MOMENT ATTACKING | CORE SKILL RECEIVING THE BALL | FOCUS RECEIVING TO ATTACK

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

- Two pitches of up to 40x25m, set up side by side. Modify pitches depending on the number of players involved.
- Each pitch has a half way line marked, to be used as an offside line.
- Goals placed at the diagonally opposite sides of the pitches.
- 6 players start in each pitch. 4 Red Attackers and 2 Blue Defenders.
- Red attackers begin with a support player off the pitch, 2 midfielders and the first ball and 1 striker in the second half of the pitch.
- Blue defenders have 1 player in each half of the pitch.
- Spare footballs behind support players on each pitch.



HOW TO PLAY

- Session starts with ball played by support player into 2 midfielders. Ball can be passed back to support player if necessary, creating a 3v1.
- Midfielders look to combine and play into striker. 1 midfielder is allowed to make run into attacking half, creating a 2v1 to shoot at goal.
- Once attack has finished the attacker moves to the other pitch to become the support player. Support players move into midfield and a midfielder becomes the striker, creating a rotation.
- Every 60secs defenders are changed.

POSSIBLE PROGRESSIONS

1. Encourage players to score with a first time finish
2. Encourage players to try to play without using the support player
3. Midfielders can dribble into attacking half when appropriate
4. Where numbers allow, introduce a floating defender who can join either pitch at any time

EXERCISE TASK

- Can we combine to get our forwards into a goal scoring position?

PLAYER TASK EXAMPLES

- Can you receive the ball to pass or dribble towards goal?
- Can you pass to the forward so that they can shoot first time?
- (Forward) Can you lose the defender to take a first time shot?

OBSERVATION DISCUSSION

- When you were a defender, what do the attackers do to make your job difficult?

SKILL INTRODUCTION

SETUP

- Circle areas with a diameter up to 20m. Modify area depending on the number of players involved.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram)
- Reds begin in the middle. Other two teams begin as support players on the outside.
- All of the Blue support players begin with a ball.



HOW TO PLAY

- Red players receive ball from a Blue, must change direction with their 1st touch before playing out to a yellow.
- If Reds receive a ball from a Yellow they must pass to a Blue.
- Change roles after 1 minute.

POSSIBLE PROGRESSIONS

1. Encourage players in the middle to take 2 touches only
2. Encourage players to turn with their 1st touch / perform a no touch turn
3. Service from the outside players is from hands, provided at different heights

OUTCOMES

- 1st touch control
- Changing Direction with 1st touch
- Receiving to turn / Awareness of surroundings

DRINKS BREAK DISCUSSION

- How often did you pass the ball within two touches? What did you do well which allowed you to do this?

SKILL GAME

SETUP

- Area of up to 50x30m. Modify area depending on number and age of players involved.
- Two teams of equal numbers, bibbed accordingly.
- Four cones placed around the outside of the pitch where "Servers" stand. Servers are numbered 1, 2, 3 and 4.
- One football to play with, with additional footballs available with each server on the outside.



HOW TO PLAY

- The game begins with the coach calling a number out (1,2,3 or 4).
- The Server of that number passes the ball to the first player who moves into space and calls for the ball.
- Teams aim to score in the opposition's goal, as in a regular game.
- When the ball goes out of play, the coach calls another number.
- Rotate servers as often as possible.

PROGRESSION

1. Servers on the outside must pass to another server before passing in
2. Server is allowed to join in as a "Floater" player

OUTCOMES

- Receiving player checking their surroundings before controlling the ball
- Can the receiving player play forward first?
- 1st touch into space or away from defender
- Decision Making - when to turn and when not to?
- Movement to receive- trying to lose the defender