

9-12 Years Skill Centre - Week 4

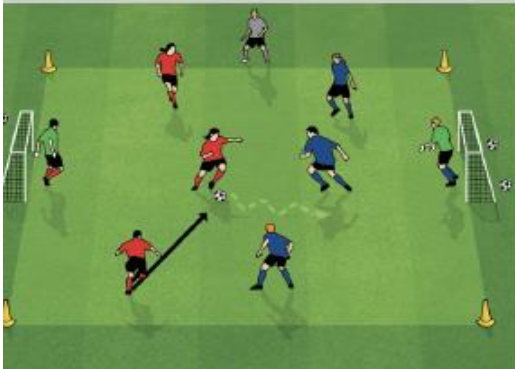


SESSION 4

PLAYING MOMENT ATTACKING | CORE SKILL TRAVELLING WITH THE BALL | FOCUS DRIBBLING

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 10x25m, set up side by side but running in the opposite direction. Modify pitches depending on the number of players involved.
 - Each pitch has areas marked out, shown on the diagram as area 1, 2 & 3.
 - Goals placed at the diagonally opposite sides of the pitches.
 - 6 players start in each pitch, 2 pairs of Red Attackers and 1 pair of Blue Defenders.
 - Defenders are restricted to Areas 1 & 2.
 - Spare footballs behind starting point on each pitch.



HOW TO PLAY

- A pair of Red attackers begin by entering Area 1, creating 2v1. They attempt to move up the pitch to shoot at goal.
- Goals can be scored from any area.
- Once attack has finished the pair of attackers move to the starting position on the other pitch.
- Every 90secs defenders are changed.

POSSIBLE PROGRESSIONS

1. Defender in Area 2 is able to move back into Area 3 once the ball has moved into there
2. Attacking players can only score in Area 3
3. Where numbers allow, introduce a floating defender who can join either pitch at any time

EXERCISE TASK

- Dribbling to create a goal scoring opportunity

PLAYER TASK EXAMPLES

- Can the attacker away from the ball position themselves where they can receive the ball but also create a 1v1 for the player in possession
- Can the ball player travel quickly to engage the defender as close to the goal as possible
- Can the ball player travel at an angle that makes it difficult for the defender to mark both attackers?

OBSERVATION DISCUSSION

- When attacking, what made you decide to pass or dribble?

SKILL INTRODUCTION

- SETUP**
- Area of up to 20x30m. Modify area depending on the number of players involved.
 - 6 yellow "gates" made with cones randomly placed around the area.
 - All Red players have a ball each.
 - 2 Blue players start game without a ball.
 - All players start the session inside of the playing area.



HOW TO PLAY

- Red players dribble the ball around the square and, where possible, attempt to dribble through yellow gates.
- 2 Blue players move from gate to gate, stopping players from dribbling through (no tackling).
- Red players keep a count of how many gates they have dribbled through.
- 1 minute games before defenders are rotated.

POSSIBLE PROGRESSIONS

1. Defenders are allowed to tackle. If defenders tackle successfully, they attempt to dribble ball out of the area. This resets the Red players score to zero
2. Red players are encouraged to alternate foot used to dribble after each gate passed through
3. Add another Blue Defender

OUTCOMES

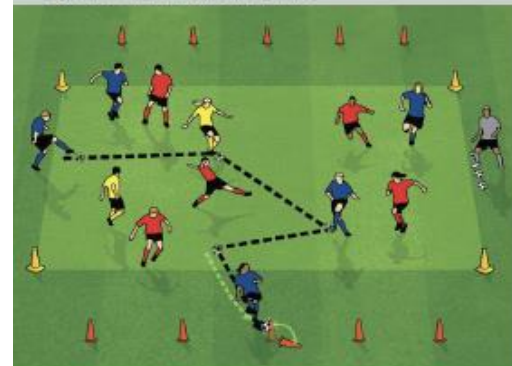
- Dribbling with control
- Change of direction whilst remaining in possession

DRINKS BREAK DISCUSSION

- What do you need to do in order to dribble the ball effectively?

SKILL GAME

- SETUP**
- Area of up to 20x30m. Modify area depending on the number of players involved.
 - 2 teams of equal numbers, bibbed in different colours (Red & Blue in diagram).
 - 2 floater players in Yellow.
 - 5 tall cones placed at either end of the area, 5m away from the area (Football on flat cones if tall cones are not available)
 - Spare footballs placed to the side of pitches



HOW TO PLAY

- Teams score by dribbling over the opposition end line and knocking over an opponents tall cone.
- Team in possession combines and attempt to create an opportunity for a team mate to dribble across end line.
- Floater players are unable to dribble across scoring line.
- Defending team are not allowed to follow into scoring zone.
- Conceding team restarts play.
- Kick ins from the side.
- 2 minute games before floater players are rotated.

POSSIBLE PROGRESSIONS

1. 1 defender is allowed to follow attacker into scoring area
2. Floater players are removed to take away the overload

OUTCOMES

- Dribbling under control
- Decision Making - when to pass / when to dribble
- Awareness of team mates, opposition and position on the pitch

DRINKS BREAK DISCUSSION

- During this game, when was the best time to attempt a dribble to score?