

# 9-12 Years Skill Centre - Week 5



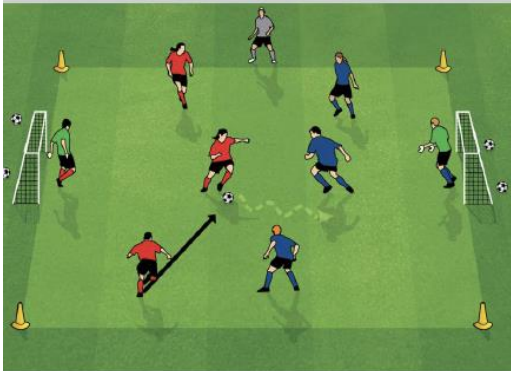
## SESSION 5

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.

#### OUTCOMES

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

### SKILL TRAINING

#### SETUP

- 2 areas of up to 10x10m. Modify area depending on the number of players involved.
- Goals placed at opposite ends of the area, 18m away from the squares (as shown in diagram)
- Session begins with a 4v1 in each of the 10x10 squares, with a support player outside.
- Support player begins on the opposite side to the goal they are attacking, with a supply of spare footballs.



#### HOW TO PLAY

- Support Player begins practice by passing into the four attackers.
- Attackers combine as a team to release a player out of the square to have 1v1 with GK. The ball must be passed to break out of the square.
- Attackers use the line of the square (closest to the goal) as an offside line.
- Defender must remain in the square.
- If defender wins possession, they attempt to pass to the support player. This resets the attackers score to zero.
- After 5 attempts, rotate players so that support players and defenders are changed.

#### POSSIBLE PROGRESSIONS

1. Attackers must make at least three passes inside the area before releasing player
2. Defender is allowed to break out of square to track attacker
3. Increase the number of defenders in the squares (4v2)

#### EXERCISE TASK

- Combine to play a "through ball" for a goal scoring opportunity

#### PLAYER TASK EXAMPLES

- Can you identify when to retain possession of the ball and when to attempt a through ball?
- Can the attackers play through ball which allows the striker to shoot first time?

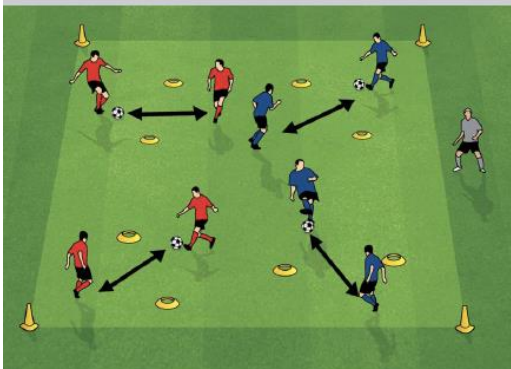
#### OBSERVATION DISCUSSION

- What do you find most difficult about playing through balls?

### SKILL INTRODUCTION

#### SETUP

- Area 30x30m
- Players pair up, with 1 ball between them
- Each pair is given 2 cones each
- Pairs are asked to find a space in the square and place their cones on the floor, approximately 4m away from each other, creating a "Gate"



#### HOW TO PLAY

- Pairs pass the ball to each other 3 times through the gate
- Once 3 passes are completed, pair move to a different gate, and repeat the process
- This continues until the coach stops session and pairs return to their original gate

#### PROGRESSION

1. Pairs have 1 minute to visit as many gates as possible (passing ball through the gates 3 times). Pairs count how many gates they visit to get their score
2. Repeat with 2 passes at each gate and try to beat previous score
3. Repeat with 1 pass at each gate and try to beat previous score

#### OUTCOMES

- Passing the ball over short distances
- Variation of passing techniques
- Awareness of spatial surroundings

### SKILL GAME

#### SETUP

- Area of up to 50x30m. 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.
- Spare footballs placed in the goals.



#### HOW TO PLAY

- Teams play in a regular small sided game.
- The amount of passes that you make in the build up to scoring counts as the goal total (6 passes = 6 goals).
- Kick Ins when the ball goes out of play.
- Conceding team restarts play.
- 5 minute games with drinks breaks in between.

#### POSSIBLE PROGRESSIONS

1. No Kick Ins from the side. Play restarts from the GK

#### OUTCOMES

- Accuracy and weight of pass
- Decision Making - when to attack / when to wait
- Awareness of team mates, opposition and position on the pitch

#### DRINKS BREAK DISCUSSION

- During the game, when we're the best times to attack?