

# 9-12 Years Skill Centre - Week 7



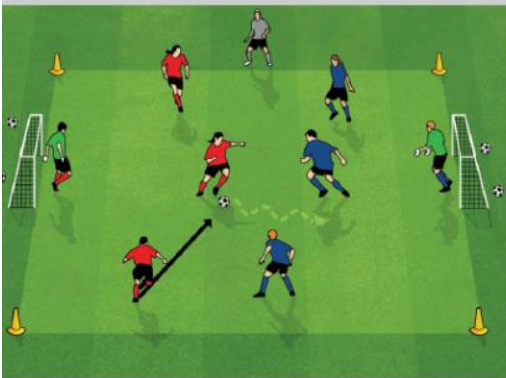
## SESSION 7

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

- Area of up to 20x20m. Modify area depending on the number of players involved.
- 2 equal teams of 6 players, bibbed accordingly.
- 4 Red and 4 Blue players inside the area. 2 target players from each team on alternate sides of the square (as shown in the diagram).



#### HOW TO PLAY

- Target Player begins practice by passing into a Red 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 Blues win possession, they attempt to pass to a blue target player and play in the different direction.
- Coach rotates target players on a regular basis.

#### POSSIBLE PROGRESSIONS

1. Attackers must make at least two passes inside the area before transferring to a target player
2. Target players have 2 touches only to pass the ball back into the area

#### EXERCISE TASK

- Today is about switching play as quickly possible, whilst keeping safe possession of the ball

#### PLAYER TASK EXAMPLES

- Can you receive the ball to play forwards first?
- Can you support the player in possession in order to play a forward pass?
- Can you scan your surroundings so that when you receive the ball you know where to play?

#### OBSERVATION DISCUSSION

- What can your team mates do to help you when you receive the ball?

### SKILL INTRODUCTION

#### SETUP

- Circle areas with a diameter up to 20m. Modify area depending on the number of players involved.
- Square area in the centre of the circle, made of cones.
- 2 groups of equal numbers, bibbed in different colours (Red & Blue in diagram).
- Reds begin in the middle. Blues 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, travel through the square and pass to another Blue player.
- Reds then repeat, receiving the ball from a different Blue player.
- Blue players must keep the ball moving at all times.
- Change roles after 1 minute.

#### POSSIBLE PROGRESSIONS

1. Encourage players receiving in the ball to try and perform a "no touch turn" when possible
2. Make the square in the middle smaller
3. Introduce a defender into the circle who attempts to stop players dribbling through the square

#### OUTCOMES

- 1st touch control - changing direction
- Timing of 1st touch into space
- Receiving to turn / Awareness of surroundings

#### DRINKS BREAK DISCUSSION

- When was it difficult to travel through the square? What did you have to do to ensure you travelled through easily?

### SKILL GAME

#### SETUP

- Area of up to 40x30m. Modify area depending on the number and age of players.
- Divide the players into 2 teams and bib accordingly (Reds / Blues).
- Insert a channel running across the middle of the pitch. This is the "Safe Zone".
- Have footballs around the area to restart match quickly.



#### HOW TO PLAY

- Reds and Blues play in a regular small sided game, aiming to score in the opponents goal.
- One player from each team is allowed to play in the "Safe Zone". When in possession of the ball in the "Safe Zone", players can not be tackled.
- Other players are allowed to move through the "Safe Zone" but can not receive possession of the ball in there.
- Rotate "Safe Zone" players after a certain period of time.

#### PROGRESSION

1. Players can be tackled in the safe zone after 5 seconds of possession
2. Any player can receive the ball in the safe zone (only one player from each team allowed in the "safe zone" at any one time)

#### OUTCOMES

- Receiving the ball to play forwards
- Movement to receive the ball
- Passing accuracy