

9-12 Years Skill Centre - Week 8



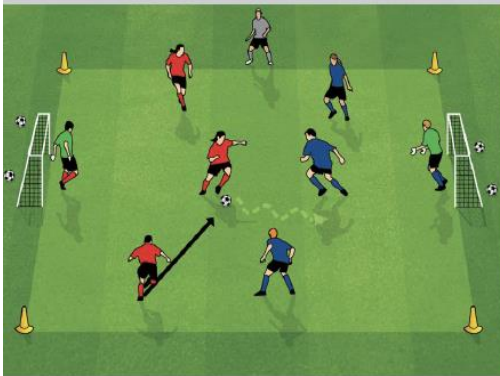
SESSION 8

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

- Today is about creating a shooting opportunity through inventive individual play.

PLAYER TASK EXAMPLES

- Can the player out of possession create a 1v1 opportunity for the player on the ball?
- Can the player in possession dribble in a direction that makes it difficult for the defender to defend both attackers?

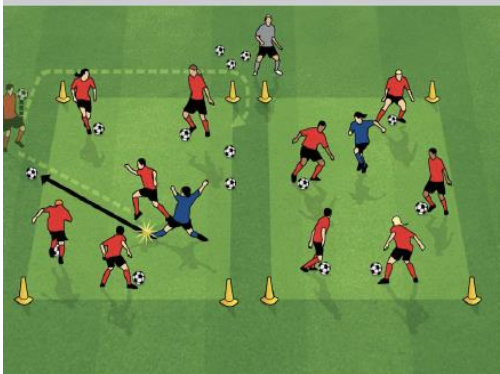
OBSERVATION DISCUSSION

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

SKILL INTRODUCTION

SETUP

- 2 areas of up to 10x10m. Modify area depending on the number of players involved.
- All players have the same coloured bib (Red in picture) except for 1 defender (in Blue).
- All Reds have a ball each.
- Spare footballs placed to the side of pitch.



HOW TO PLAY

- All players dribble around the area using different parts of the foot.
- When coach shouts "Go", Defenders attempt to kick the players football out of the area. Defender attempt to kick as many footballs out as possible during a 30 second time period.
- If a players ball is kicked out, they must perform 3 keeps-ups and dribble around two sides of the square before rejoining.
- Rotate Defenders after each game.

POSSIBLE PROGRESSIONS

1. Players must perform 5 keeps ups before rejoining
2. Add a floating defender who can work across both areas

OUTCOMES

- Close control when dribbling
- Turning away from defenders
- Change of pace and/or direction to get away from defender

SKILL GAME

SETUP

- Area of up to 35x18m. Modify area depending on the number of players involved.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram).
- 2 teams begin on the pitch, 1 team observing.
- Four gates set up around the area (made up with 2 flat cones)
- "Safety Zones" beyond the sidelines of the pitch.
- Spare footballs placed behind the goals.



HOW TO PLAY

- Practice begins from the GK.
- Red & Blue teams play 4v4 against each other.
- Teams are awarded 1pt for scoring a goal.
- Teams are awarded 3pts if the goal scored included dribbling through the gate as part of the build up play.
- Players are allowed to dribble to the safety zone if required. Players can not be tackled in the state zone and must pass / dribble back into the area within 5 seconds.
- 1 minute games before teams are rotated.

POSSIBLE PROGRESSIONS

1. Teams are awarded 1pt for each gate dribbled through, regardless of whether it ends in a goal
2. Players are only allowed in the safety zone for 3 seconds

OUTCOMES

- Dribbling with close control
- Awareness of defenders position
- Dribbling to pass / Dribbling to shoot

OBSERVATION DISCUSSION

- Try to identify the times when players may be able to dribble forwards. What allows them to do this?