

# 9-12 Years Skill Centre - Week 9



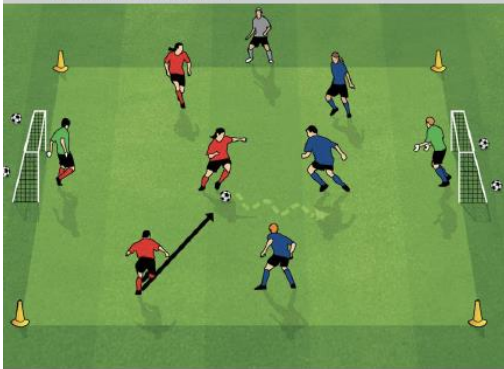
## SESSION 9

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.

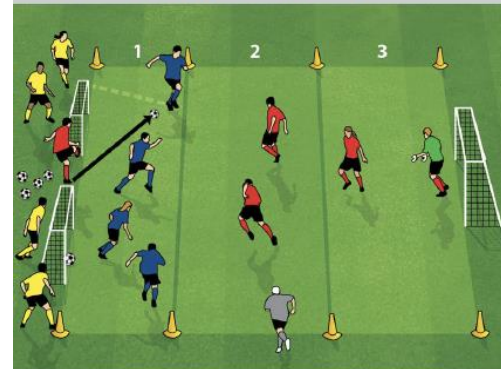
#### OUTCOMES

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

### SKILL TRAINING

#### SETUP

- One pitch of up to 15x35m, divided into 3 areas. Modify pitches depending on the number of players involved. Area 1 is 5x15m, Area 2 is 12x15m, Area 3 is 18x15m.
- 1 goal placed at the end of Area 3, 2 smaller goals placed at opposite end of Area 1.
- Split into three teams of 4 players and bib accordingly. Two teams are playing, whilst one is observing, who switch with the Blues after each attack.
- 4 blue attackers begin in area 1. 1 Red defender begins in Area 3, 2 in Area 2 and 1 behind Area 1. Defenders are restricted to Areas 1 & 2.



#### HOW TO PLAY

- Practice begins with a defender passing the ball into the blue attackers. They attempt to move up the pitch to shoot at goal.
- Goals can be scored from Area 3 only.
- All attackers can play in areas 1 & 2 but only 2 attackers can progress to Area 3.
- 2 defenders must remain in Area 2 and 1 defender and GK must remain in Area 3.
- If defenders win possession then they attempt to quickly score in the smaller goals.
- Once attack has finished the Blues swap with the yellows.
- Every 90secs defenders are changed.

#### POSSIBLE PROGRESSIONS

1. 1 defender in Area 2 is able to move back into Area 3 once the ball has been played in
2. Attackers must make a predetermined number of passes before travelling to Area 3
3. All defenders and attackers are allowed in Areas 2 & 3

#### EXERCISE TASK

- As a team can we pass the ball effectively to create goal scoring opportunity?

#### PLAYER TASK EXAMPLES

- Can the players out of possession position themselves so the ball player has three passing opportunities?
- Can the player in possession select the correct pass that gives the best opportunity to score?

#### OBSERVATION DISCUSSION

- When is the best time not to attack and why?

### SKILL INTRODUCTION

#### SETUP

- Area of up to 20x20m. Modify area depending on the number of players involved.
- Area divided into 9 squares as shown in diagram.
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram).
- Each team has one football.



#### HOW TO PLAY

- Teams aim to keep possession and attempt to pass the ball with different parts of their foot.
- Players not in possession are to perform dynamic warm up movements before receiving the ball.
- Player are allowed to move freely around the whole area.
- Every 60secs players are to leave the ball to perform dynamic warm up movements.

#### POSSIBLE PROGRESSIONS

1. Encourage players to play first time passes when appropriate
2. Players receiving a ball must move into a different square to receive
3. Players attempt to receive a ball inside a square, in which no other players are standing

#### OUTCOMES

- Accuracy / Weight of passing
- Multidirectional movement to receive to ball
- Awareness of surroundings

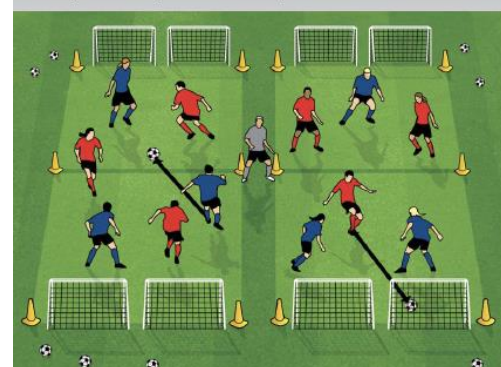
#### DRINKS BREAK DISCUSSION

- What information is useful to know before receiving the ball?

### SKILL GAME

#### SETUP

- Area of up to 35x30m, divided into two 15x30m pitches. Modify area depending on the number of players involved.
- 2 teams of equal numbers, bibbed in different colours (Red & Blue in diagram). 2 teams of 3 players on each pitch.
- 2 small goals placed at each end of the pitch
- Spare footballs placed at the end of pitches.



#### HOW TO PLAY

- Teams play 3v3 against each other.
- Team must score in opponents half of the pitch.
- Conceding team restarts play.
- Kick Ins from the side.
- 90 second games before teams are rotated.

#### POSSIBLE PROGRESSIONS

1. Teams must complete 2 passes as a team before scoring
2. Teams must score with a 1st time finish

#### OUTCOMES

- Accuracy / Weight of passing
- Decision Making - when to pass to score
- Awareness of team mates, opposition and position on the pitch

#### DRINKS BREAK DISCUSSION

- As a team, what are you currently doing that is helping you score goals?