

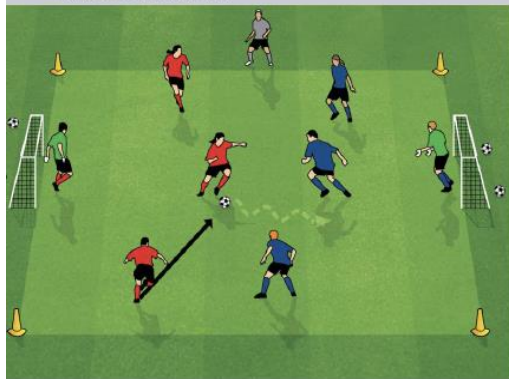
SESSION 11

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.

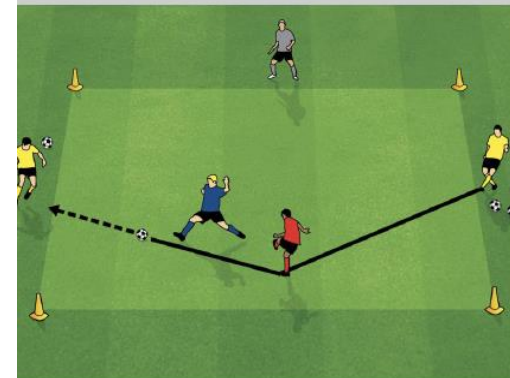
OUTCOMES

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

SKILL TRAINING

SETUP

- Area of up to 10x15m. Modify area depending on the number of players involved.
- 2 players begin inside the area, 1 Red playing against 1 Blue.
- 2 target players at each end of the area.
- Supply of footballs behind each target player.



HOW TO PLAY

- Play begins when a target plays into the Red attacker, who attempts to transfer the ball to the opposite target player.
- If successful, red attacker receives 1pt and then attacks in the opposite direction.
- Red player can pass back to the target player twice only before attempt to transfer the ball.
- If blue defender wins possession of the ball, they pass to a target and then become the attacker.
- Rotate the players every minute.

POSSIBLE PROGRESSIONS

1. Players can pass back to the target player once only before attempting to attack.
2. Opposite target player can drop into area to become a 2nd attacker, creating a 2v1.

EXERCISE TASK

- Can we transfer the ball from target player to target player as quickly as possible?

PLAYER TASK EXAMPLES

- Can you position yourself to receive the ball facing forwards?
- Can players out of possession predict when the next pass is going to go and move accordingly?

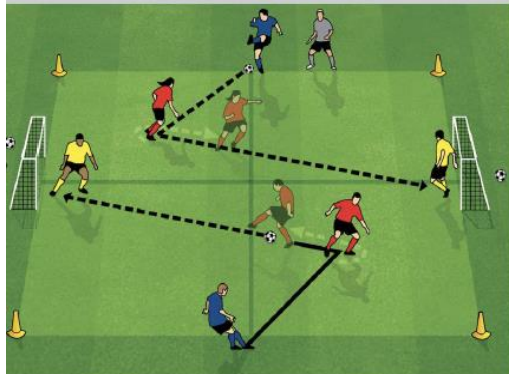
OBSERVATION DISCUSSION

- Ideally what would your team mate need to have in order for you to pass them the ball?

SKILL INTRODUCTION

SETUP

- Area of 20x20m. Modify area depending on the number of players involved.
- Area divided into quarters, using cones.
- 3 pairs of players, bibbed in different colours (Red, Yellow & Blue in diagram)
- Reds begin in the middle. Other two teams begin as support players on the outside.
- Blue support players begin with a ball.
- Duplicate area for the other 6 players.



HOW TO PLAY

- Red players receive ball from a Blue, must change direction with their 1st touch before playing out to a yellow.
- If Reds receive a ball from a Yellow they must pass to a Blue.
- Change roles after 1 minute.

POSSIBLE PROGRESSIONS

1. Encourage Red players to take their first touch into a different quarter before playing out
2. After Reds receive the ball, they attempt to score in the goal before receiving another ball from the opposite Blue
3. Service from the outside players is from hands, provided at different heights

OUTCOMES

- 1st touch control toward goal
- Changing Direction with 1st touch

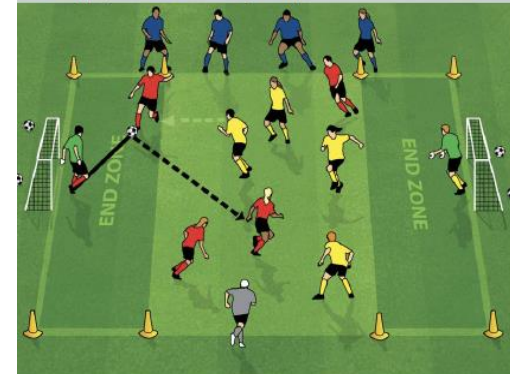
DRINKS BREAK DISCUSSION

- What types of 1st touch did you next to take in order to attack quickly?

SKILL GAME

SETUP

- Area of up to 40x30m, with 8m end zones. Modify area depending on the number of players involved.
- Goals, with GKs, at each end of the area.
- Players divided into 3 teams of 4, 2 teams playing in the middle area and 1 team observing.
- Supply of footballs with each goalkeeper.



HOW TO PLAY

- Play begins when GK passes the ball into the Red team. Reds then attack the opposition goal.
- Red team are allowed to have one player drop into their defensive end zone to receive the ball. This player is unopposed.
- Same rules for the yellow team in possession.
- Rotate the teams every two minutes.

POSSIBLE PROGRESSION

1. Players have a maximum time of 3 seconds in their defensive end zone.
2. Opposition are allowed to send a 1 defender into the end zone. If they do, another attacker is allowed to drop.

OUTCOMES

- Receiving to play forwards first
- 1st touch towards goal / away from defender
- Movement to support player in possession