

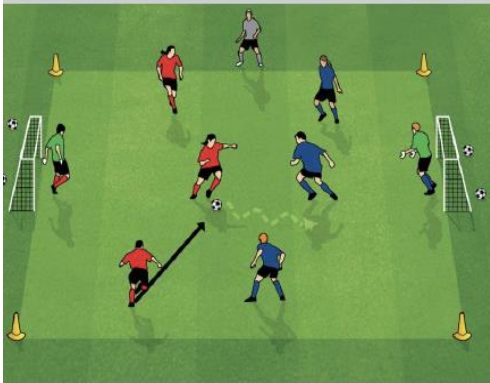
SESSION 13

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.

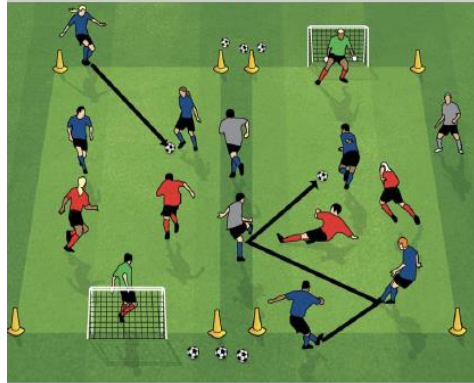
OUTCOMES

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

SKILL TRAINING

SETUP

- Two pitches of up to 25x15m, set up side by side. Modify pitches depending on the number of players involved.
- Goals placed at the diagonally opposite sides of the pitches.
- Shooting channel inserted in front of the goals.
- 6 players start on pitch 1, 4 Red Attackers and 2 Blue Defenders. Same set up on the other pitch but with a yellow attackers.
- Attackers begin with a server off the pitch and another support player in the middle channel. This leaves a 2v2 in the playing area.
- Spare footballs behind support players on each pitch.



HOW TO PLAY

- Session starts with ball played by server into 2 attackers. Ball can be played back to server if necessary.
- Attackers look to combine to shoot at goal and can use the channel support player.
- If attackers score from outside of the shooting zone, they receive 1 point. If they score from the inside, they receive 3 points.
- Defending team are not allowed inside the shooting zone.
- If defending team wins possession of the ball, they attempt to pass back to the server. This adds 1 point to the defending teams score.
- Teams keep their points total as their score.
- Every 2 minutes the defending team are changed.

POSSIBLE PROGRESSIONS

1. Defender is allowed to follow attacker into shooting zone. Only after the attacker has entered.
2. Either the server or middle channel support player can join in to create the 3v2.

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

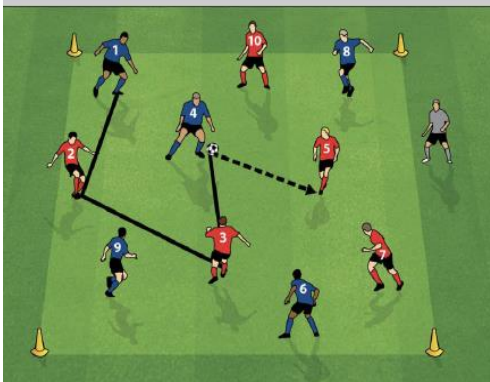
OBSERVATION DISCUSSION

- When attacking, what were the different methods you used to break into the scoring zone? What was most successful?

SKILL INTRODUCTION

SETUP

- Create an area up to 30mx30m. Modify the size depending on the number of players.
- All players start inside the area and are given sequential numbers e.g. 1-10 if there are ten players.
- Place any additional balls around the outside of the area.



HOW TO PLAY

- All players move around inside the square and player 1 starts with the ball
- Player 2 needs to get into a position to receive a pass from player 1
- Player 2 then passes to player 3, and so on, until the last player receives the ball. This player then passes to player 1
- Players should be constantly moving in different directions and different ways

PROGRESSION

1. Introduce another ball or two. The passing should still continue in sequence
2. Divide the area up further and players must pass from one grid to another
3. Players must complete the activity in silence - no verbal communicating

OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players to pass to
- Variation of passing techniques
- Encourages teamwork and communication

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).
- Have footballs around the outside of the area to restart match quickly.
- Have a number of tall cones at either end.
- Place cones at each end of the area to create an end zone.



HOW TO PLAY

- Teams score a point by passing the football and knocking a tall cone over.
- The player who knocked over the cone, picks it up and takes it back to their own team's line. (This gives the other team a quick overload advantage).
- At the end of the game, the team with the most cones wins.

PROGRESSION

1. Teams must complete a number of passes before they are able to shoot at the cones
2. Play game with two footballs at one time

OUTCOMES

- Vision & Awareness
- Decision making - when to pass/when to shoot
- Supporting movement
- Passing accuracy