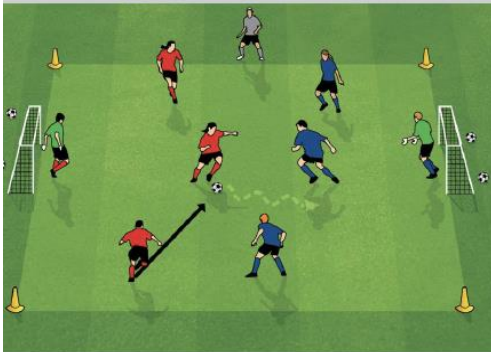


SESSION 14

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 30x18m. Modify area depending on the number of players involved.
- Goals at either end of the area, with GKs.
- 2 teams of equal numbers, bibbed in different colours (Red & Blue in diagram).
- Both teams start at opposite ends of the pitch, stood next to their goals.
- Spare footballs by the coach on half way line.
- Players allocated numbers from Number 1-6.



HOW TO PLAY

- Coach passes a ball into the pitch and calls a number.
- The players with that number allocated, run to the ball and play a 1v1. Both players attempt to score in the opponents goal.
- If the ball goes out of play, players are given 6 seconds to rejoin the team mates.
- If either team scores, they win 1 point.

PROGRESSION

1. Coach calls out more than one number, creating 2v2, 3v3, 4v4 etc

EXERCISE TASK

- Can the attacking team attack quickly and effectively to create a goal scoring opportunity?

PLAYER TASK EXAMPLES

- Can the attackers engage with the defence as close to their goal as possible?
- Can the player out of possession position themselves so that they support the player in possession as well as creating a 1v1 opportunity?
- Can the player in possession draw the defender towards them creating space to pass to their team mate?

OBSERVATION DISCUSSION

- After beating a defender, what can the attacker do to give them the greatest opportunity of a shot on goal?

SKILL INTRODUCTION

SETUP

- Area of up to 15x15m. Modify area depending on the ability of players involved.
- A halfway line in the area and two 3m gates at each end.
- Two teams of equal numbers, starting opposite each other in the middle gate.
- All footballs with the Red team to start.
- Duplicate pitch to ensure players are not waiting for too long (No more than three in a line).



HOW TO PLAY

- Red defender passes into blue attacker and closes down. Red defender must pass the halfway line (waiting next to gates is not allowed).
- Blue attacker attempt to score through the left or right gate (1pt).
- If Red defender wins possession they attempt to dribble through the Blue gates.
- After each go, players move to the back of the opponents line. This means that they will swap roles on their next go.
- Teams scores are kept.

POSSIBLE PROGRESSIONS

1. Players start from different starting points around the area
2. Teams play 2v2 but the 2nd players must run around a designated cone before joining the practice (shown with Number 2s in diagram)

OUTCOMES

- Movement of the body and / or ball to get the defender off balance
- Change of pace and/or direction to get away from defender
- Tricks and turns to beat a player 1v1
- Use of supporting attacker - decision making of when to pass / when not to

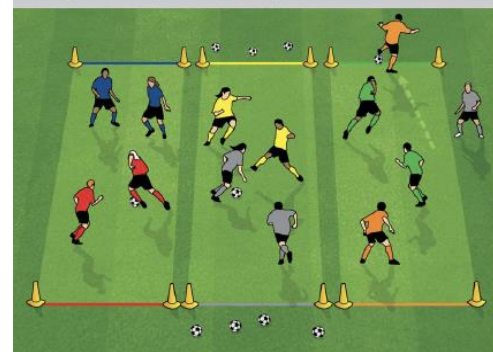
DRINKS BREAK DISCUSSION

- When you were the supporting attacker (team mate in possession), what was your role?

SKILL GAME

SETUP

- Area of up to 30x20m, divided into three 10x20m pitches. Modify area depending on the number of players involved.
- 6 teams of equal numbers, bibbed in different colours. 2 teams on each pitch (2v2).
- Spare footballs placed to the side of pitches.



HOW TO PLAY

- Teams play 2v2 against each other.
- Teams score by stopping the ball on the opponents end line.
- Conceding team restarts play.
- Dribble ins from the side.
- 60 second games before teams are rotated.

POSSIBLE PROGRESSIONS

1. Introduce ladder system so that the winning team moves up a pitch and losing team moves down

OUTCOMES

- Awareness of team mate, opposition and position on the pitch
- Supporting runs off the ball to create passing opportunity / 1v1
- Pressing, support and cover when defending

DRINKS BREAK DISCUSSION

- Who did you find difficult to play against and why?