

9-12 Years Skill Centre - Week 16



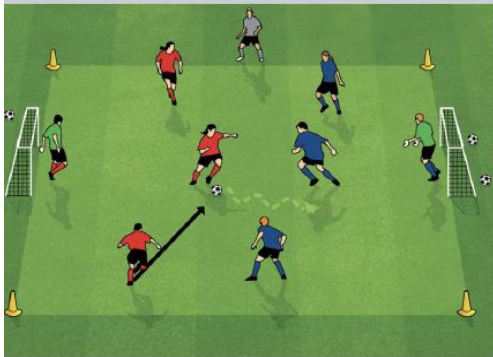
SESSION 16

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.

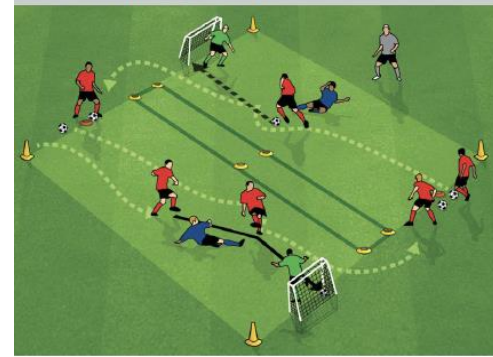
OUTCOMES

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

SKILL TRAINING

SETUP

- Area of up to 20x22m. Modify area depending on number and age of players involved.
- Split the area into two 10 x 20m areas divided by a 2m channel. A goal is to be placed at opposite ends of the halves, faced by a starting cone - creating a circuit.
- Attackers (Red) to start behind the two starting cones, with one defender in each half of the area.
- Footballs are placed at the starting cones.



HOW TO PLAY

- Attackers (Reds) try to dribble past the defender and attempt to score in the goal.
- When the ball goes out of play / goal is scored attacker retrieves their ball and moves to the other starting cone.
- Attackers are allowed to work in groups of one or two.
- Rotate the defenders on a regular basis.

PROGRESSION

1. Introduce a time limit for players to score
2. Introduce a "Floating" defender. This player begins in the channel and can enter either half at any time to create a team of two defenders
3. Attackers are only allowed to attack on their own
4. Defenders win 1 point in they win possession and pass ball to the starting cone

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?

OUTCOMES

- Dribbling with close control and use of both feet
- Change of direction & speed to beat defenders
- Acceleration once passed a defender
- Positive reaction if successful (shoot) or not (chase back)

SKILL INTRODUCTION

SETUP

- Area of up to 15x15m. Modify area depending on the number of players involved.
- All players have the same coloured bib (Red in picture) except for 2 Taggers (in Blue).
- All Reds have a ball each. Taggers must link arms and have 1 ball between them.
- 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", Taggers begin tagging the Reds. Taggers attempt to tag as many players as possible during a 30 second time period.
- If a player is tagged, they must take their ball to the outside of the area and dribble around two sides of the square before rejoining.
- Rotate Taggers after each game.

POSSIBLE PROGRESSIONS

1. Tagged players must perform 5x keeps ups before they can come back in (alter number where necessary)
2. Taggers operate as a single player with a ball each

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 18x25m. Modify area depending on the number of players involved.
- Goals at each end. (Big goals with GKs or smaller goals without)
- 2 teams of 3 players, bibbed in different colours (Red & Blue in diagram).
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players.



HOW TO PLAY

- Teams play 3v3 against each other.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- No restarts from the side. Restart from GKs.
- 2 minute games before teams are rotated.

POSSIBLE PROGRESSIONS

1. Teams are awarded 2pts if they score in the opponents half.
2. Make the pitch width smaller

OUTCOMES

- Drawing / Engaging an opponent
- Decision Making - when to pass / when to travel
- Awareness of opportunities for attacking 1v1

DRINKS BREAK DISCUSSION

- What does the other team do successfully when attacking?