

ACTIVITY #1

Set up: All players positioned in the designated area as shown.

Instructions: WARMUP ACTIVITY:

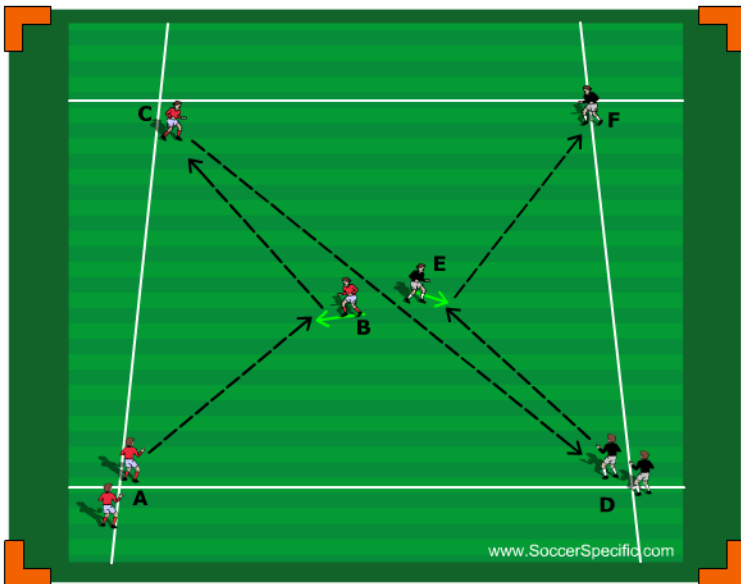
- (1) Players perform a range of movements - jogging, shuffling etc to gradually prepare the body.
- (2) Players asked to use movements to create space for themselves - feints, cuts, change-of-direction
- (3) Players are paired up - one partner acts as 'catcher' - the other partner must avoid being tagged; change roles after being tagged.
- (4) Designate 1 player as 'catcher' - all other players must avoid the catcher; several balls are circulated with the hands - if you have a ball you cannot be tagged.

Total: 10 minutes

Coaching Points: Gradually prepare the body for the session

Learning Objectives:

Movements to create space, Use of disguise, Use of acceleration / deceleration, Balance and agility to avoid opponents



ACTIVITY #2

Set up: Players organised in the corners of the grid as shown; 2 players start the activity in the center of the grid.

Instructions: PASSING SEQUENCE:

Player (A) passes to (B) who sets up (C) for a longer pass to (D). Players (D), (E) + (F) then repeat the sequence. Rotation - players A-B-C rotate with each other; D-E-F rotate with each other.

*Can introduce 2 balls depending on ability.

Progression 1: Aim for 1-touch play

Progression 2: Allow B/E to lay-off to either corner player

Progression 3: Introduce opponent / defender in the central area - team in possession use free play to transfer the ball to opposite side of the grid.

*Increase to 2 Defenders depending on ability

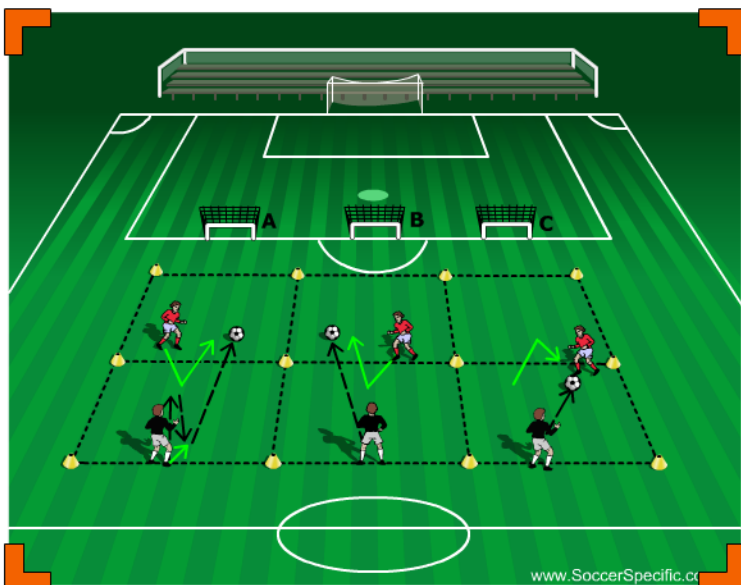
Coaching Points: Decision-making: to use 1 or 2 touch play

Movements to create space + angles

Use of disguise

Variation in passes: lofted, chipped, short, driven

Receiving; control with body behind the ball



ACTIVITY #3

Set up: Players organised in working pairs as shown. Mini-goals are utilised.

Instructions: INDIVIDUAL MOVEMENTS TO CREATE SPACE:

Players rehearse various movements -

Group A: Target player (Red) moves towards Passer (Black) and exchanges passes; the Target player now accelerates at an angle to receive the return pass on the side - player must score with next touch.

Group B: Target Player comes short but does not receive an initial pass; he immediately changes direction to receive the throughball on the side - Player must attempt to score with next touch.

Group C: Target Player goes long before coming short to receive the pass in a half-turned position - player must control in front and attempt to score with 2nd touch.

*Alternate working players

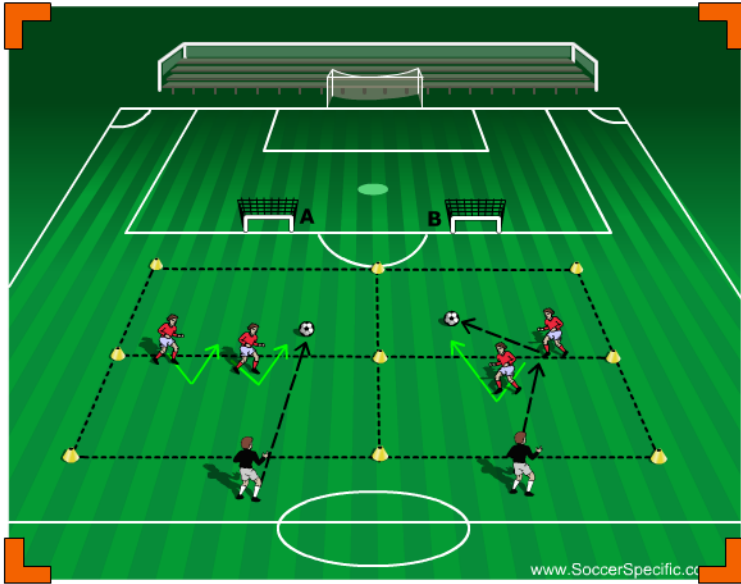
Total Time: 15min

Coaching Points: Movements should be quick but late

Use of disguise

Weight and pace of pass

Communication (verbal / non-verbal) with passer



ACTIVITY #4

Set up: Players organised in groups of 3 / 4. Mini-goals are utilised.

Instructions: WORKING IN PAIRS - MOVEMENTS TO CREATE SPACE:

Players rehearse various movements -

Group A: Target players (Red) time their movement to come short to receive long - the Passer must deliver the ball into space on the side of the attacking player; player must attempt to score with 1st touch.

Group B: The first Target player moves short to simulate receiving a pass; the Target player dummies the pass and spins to receive the through-ball from the 2nd Target player.

*Alternate working pairs

Total Time: 15min

Coaching Points: Movements should be quick but late

Timing / angles of runs

Use of disguise

Weight and pace of pass

Communication (verbal / non-verbal) with passer + partner

ACTIVITY #5

Set up: A 7v7 is organised as follows: 5v5 in central area, 1 Striker in each endzone, Goalkeepers in each goal

*May be increased to 8v8 / 9v9 depending on available numbers.

Instructions: EMPHASIS ON MOVEMENTS TO CREATE SPACE / OPPORTUNITIES TO SCORE:

Initially both teams have a ball - they circulate the ball until opportunity arises to play forward to their advanced / attacking player for a shot on goal.

Progressions;

(1) Add a second Striker in the end zone - Strikers now working in pairs

(2) Only 1 ball; now in a game format - 2 Strikers against 1 Defender in endzone.

(3) Allow midfielder runner to also penetrate the endzone

(4) Remove all restrictions - normal 7v7 or 8v8 game.

Total time: 30-40min

Coaching Points: Timing and angles of Attackers movements

Use of disguise

Weight, angle, direction of passes

Timing of runs by working pairs

Communication amongst all players (verbal / non-verbal)

