

Description

Core Value Focus: Commitment – Coaches should encourage athletes to demonstrate commitment in all aspects of the session. Athletes should be commended for any action relating to the organizations core values

Free Play

Set Up:

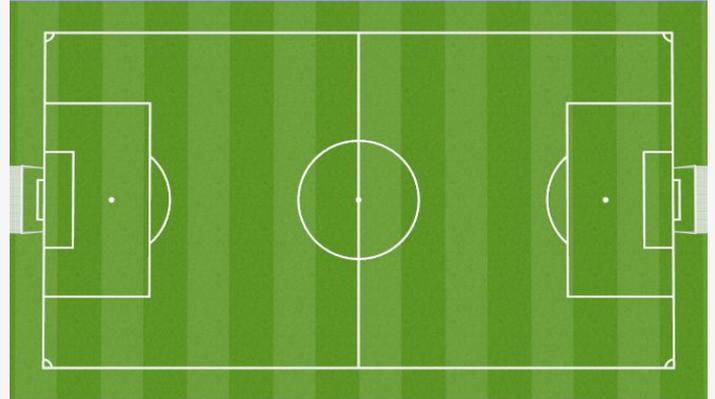
Free play on arrival, allow players to set their own game up and make sure that players have freedom to be creative

Aim:

Players to play without fear and try new things

Coaching Points:

No coaching intervention



1v1 to goal

Set up

4 groups - 2 attacking & 2 defending. 1v1 to goal

Aim

Shooting at one goal progressing into 1v1 - Both sides are to do the same activity but show different progressions in diagram.

1) 4 starting positions - 2 groups of passers and 2 groups of attackers. Each line takes it in turn to play -

Player A passes in to player B who takes a touch around the back of the cone, bring the ball across their body and playing into space. Player B then advances to goal. A joins the back of B and B joins the back of A (Swapping positions and roles each time)

After everyone has had multiple shots, swap over the 2 groups - playing and receiving the ball from different starting positions encourages the use of both feet to move the ball.

Progression (Shown by group 2)

Add progressions:

The passer now becomes the defender and presses after the pass

- As soon as the passer 'A' passes the ball, they run down the line to the goal line and around the cone and on to the field of play. The attacking player can either get a quick shot off or take the defender on in a 1v1 situation.

Aim:

Repetition of different types of finishing - Can they score with power or can they place it into the bottom corners away from the goalie.

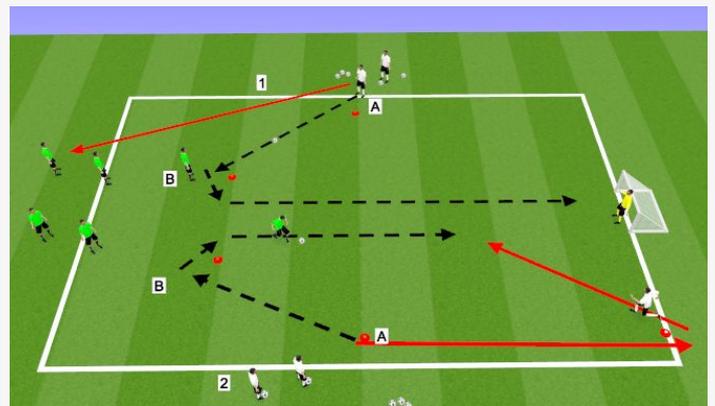
Coaching Points:

Try to get the touch out of your feet to run onto the ball - Positive touches into space

Try not to use your toe

Follow through on contact for more power

Head up - see where the goalie or defenders are



2v1 to goal

Set Up:

2v1s to goal - The team of 2 attackers starts with the ball. As soon as they touch it into play a defender can come and close them down.

Condition the players so they have a specific time limit to score - start with 10 seconds and the better they become the quicker they become too so lower the time limit if appropriate

If the defender wins the ball they get a point by passing the ball back to the keeper or dribbling over the opposite end line

Aim:

Players to recognise how to create goalscoring chances - Movement on and off the ball

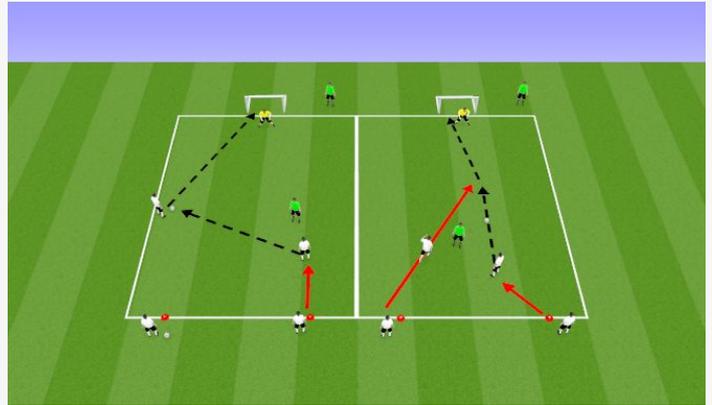
Coaching Points:

Shooting technique

Dribbling technique

Passing technique

Communication - Visual and verbal - talking and hand gestures to communicate where the ball should go



2v2 to goal

Set Up:

2v2's - Flying changes - Quick transitions of Attack to defense - Create goalscoring opportunities.

2 teams and each team are split into working pairs -

Starting pair (1 in diagram) bring on the ball and the opposite 2 defenders come on (2 in diagram) with out a ball.

Which ever team scores stays on the field and become the defending team.

The team that just got scored on (2 in diagram) - those players leave the field but 2 of their team mates (3 in diagram) come on with a ball, to become the new attacking team (team 1 in diagram now defend).

If a team hit a shot and the ball goes wide - rotation is still treated same as the goal - team that hit the shot stay on and 2 new players bring on the new ball

If ball goes out of bounds on sideline for throw/kick they have 3 seconds to get the ball restarted.

Aim:

For players to play in 2v2 situations - both defending and attacking to keep concentration in transition. Creating goalscoring opportunities

Coaching Points:

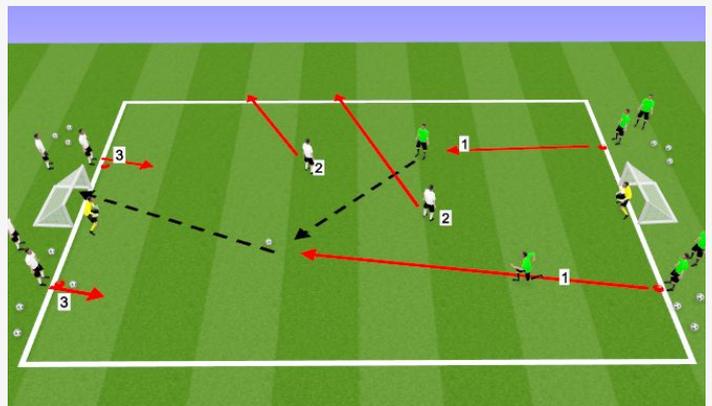
Shooting technique

Passing technique

Dribbling technique

Concentration

Communication



Scrimmage (15mins)

Set Up:

Game at the end, coaches should coach any shooting technique.

Aim:

For players to transfer what they've learnt into the game situation

Coaching Points:

Shooting technique

