

Arrival games

Small side games or a soccer activity to get the players engaged on arrival



Y shape (15 mins)

Set Up:

Simple Passing Pattern - In a Y shape, play starts with 1 playing into 2 who receives on back foot to open out and play into 3 (alternate which side receives the ball each time) who then passes back to a player who is waiting to go next (4).

Progression (Right hand side) -

A passes to B who sets the ball back to A. (plays the way they are facing)

A then plays a long ball to C who sets back to B (who has opened their body to see both player A and C)

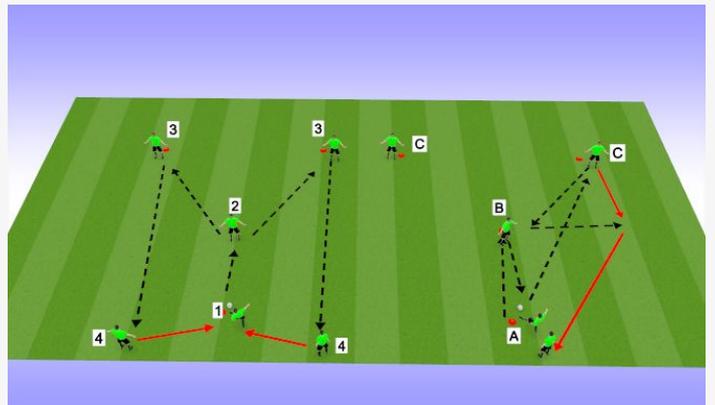
C then lays it off to B who plays a wall pass to C who is now running into open space and completes the cycle by dribbling with speed to the back of the line

Aim:

- To encourage players to open out and think of different ways to receive and play the ball

Coaching Points:

- Movement opposite to player on the ball - don't close down spaces
- Trigger points of when to move - receivers body position should indicate where they want the ball
- Positive touch out of feet each time
- Concentration



Combination Shooting 1 (15 mins)

Setup 2 times - going to both goals -

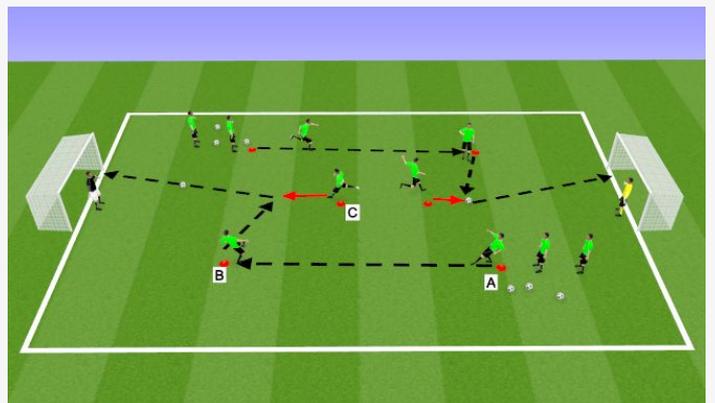
As shown above - Player A passes in to player B you set back / plays the way they are facing into the path of player C who comes and meets the ball - striking it first time - C then joins the other group (At their position A) after getting their ball

Progression - Swap starting position - encouraging players to use other foot to control / set / shoot with - Start and position B - pass in to A who then sets to what used to be the other group's player C

Progression 2 - Once B sets their pass they close down player C in a 1v1 type situation to apply pressure to the shooter

Coaching Points:

- First time strike
- Adjust to direction, angle of ball
- Weight of pass / set / shot



Score - they run (15 mins)

2 teams in competition -

One team shooting - one team running / dribbling

Team running / dribbling - make distance suitable for your team and their fitness levels

Team shooting - simple rotation - play for time - shooters need to work hard to recycle balls and to keep playing

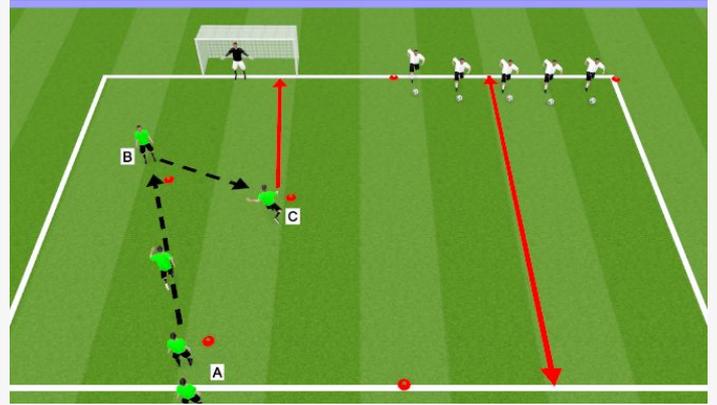
Player A plays the ball in to team mate B who sets it off for shooter who hits a shot - follow your pass / shot - shooter joins back of line A

If the shooting team score - their competitors run / dribble one length of the desired distance - if shooting team miss, no one needs to run

Play for a set time and give both teams equal opportunities

Coaching points -

- Shooting technique
- Fun competition / fitness - dont make it too serious
- Work hard



Scrimmage

Let them play but reiterate what was covered in the session

