

### Ball Mastery (15 mins)

Ball Mastery: Each player with a ball dribbling around, introduce dribbling pattern with different parts of feet ie, inside outside right foot across body to inside outside left

Change pattern - have them use different feet - do different skill moves / turns

Progression: Knock out - Split into two teams, attempt to hit opponents ball with your ball. If you get hit, take knee and team mate must give you high five. First team to have all the opposition on their knees at one time, wins.

Aim

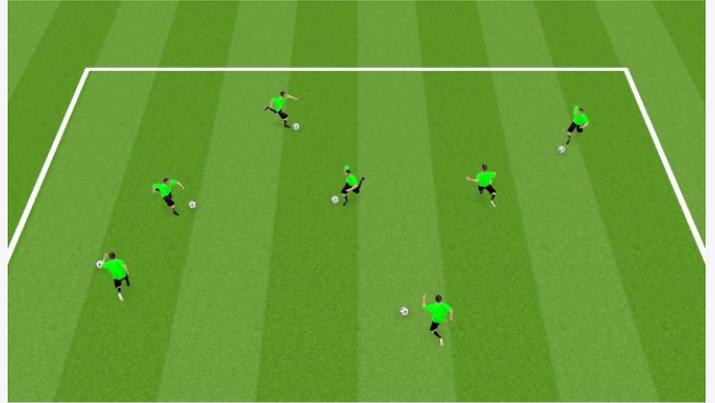
Improve ball manipulation, body shape and movement

Coaching Points

Touch to space

Head up to find space

Close control to protect ball



### Ball Mastery- Ball Striking (10 mins)

In pairs- they take turns to volley the ball back and forth to each other - when striking the ball have toes pointed down - try and hit middle of the ball and do not make the ball spin.

Progress to half volley (allow ball to bounce), then have ball on the ground - Again having the toes pointed down using 'laces' to strike the ball.

Focus on using both feet. (10 strikes with one foot then 10 with the other)

Aim

Create muscle memory on ball striking

Coaching Points:

Laces - Toes pointed down

Ankle locked

Planted foot aimed at target wide stance

Arms out for balance. Knee over the ball (Knee should cover the foot on the ground)

Follow through on ball, hit through ball - striking foot should land a big step in front of planted foot due to momentum

Head over ball / lean forward to keep the ball low. Lean back and strike bottom of the ball to get height on it.



### Beat the goalie (20 mins)

Groups of 3, 2 cones in the middle, a suitable distance apart (making a goal). One player at either end and a 'goalie' in the middle cones/goal

If a goal gets scored, the goalie stays there, if the goalie saves the ball, they swap out with who ever they saved it from

Aim:

Improve striking technique, use of laces.

Improve accuracy of shot.

Hitting the ball hard and low (power)

Coaching Points:

i. Approach from angle

ii. Step into ball, see the 10, knee and head over ball.

iii. Use laces, toe down

iv. Lock ankle, follow through and hit right through ball

v. Afterwards, follow shot.



## Game Related (20 mins)

2 teams - each team has one player in the area around the goal (shaded area in diagram). this player will be the target / set player. Set player moves freely within shaded area - Team mates try to get the target player the ball, who will pass it back to anyone on their team, this receiving player will try to score with the first touch. If shot is not on, possess the ball until an opportunity can be created.

If a goal is scored and the target player was not used - **1 point**

If a goal is scored after receiving the ball from the target player but goal scorer took more than 1 touch - **2 points**

If a goal is scored after receiving the ball from the target player with 1 touch - **3 points**

### **Coaching Points:**

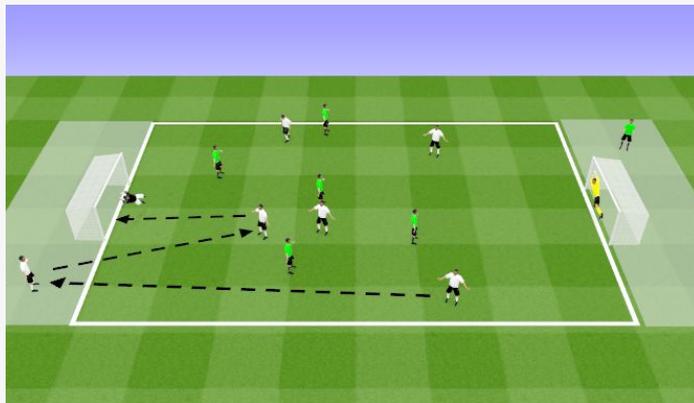
Get into passing lanes

Can you break lines of defense

Body shape to face forward

Read body shape and language of team mates to support early

Quality of pass and decision



## Scrimmage (20 mins)

Normal scrimmage with 2 goals, two points for first time finish

Coaching Points:

All coaching points from session, coach individuals.

