1. <u>Skill introduction:</u>

All players running with a ball freely in a grid of approximately 30x30m to warm up.

First 2-3 minutes: low speed/intensity."Use both feet"

Next 2-3 minutes: "accelerate when you see a free space in front of you; now only use your right/left foot"

Now split the players into 4 groups and number them 1 to 4 placing them on all 4 sides

When the coach calls a number, these players run with the ball as quickly as they can across the area and back (opposite group will need to move back to give the others room to turn!)

Now 2 groups at the same time: "take care; vision; if necessary slow down and then accelerate again"

<u>Look out for collisions!</u>

<u>NOTE:</u> keep an eye on the intensity; take opportunities to give them short breaks while making technical points or introducing a variation
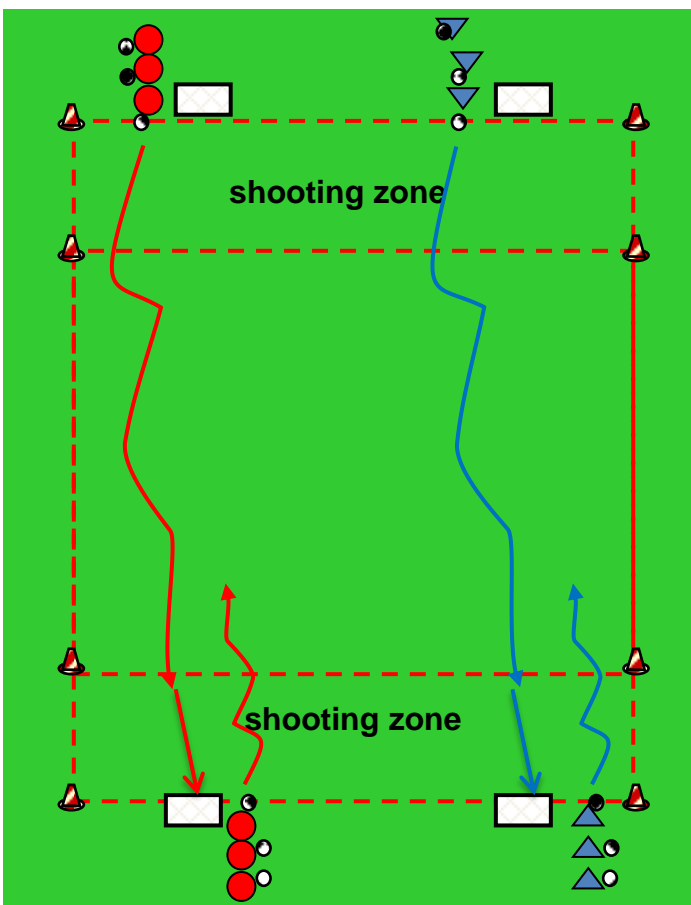
<u>Concluding Challenge:</u> Relay

Grid: 30x20m; 4 small goals (use witches hats or cones) and a 5-7m shooting line at each end. Goals must be relatively closer to each other

Two equal teams (red and blue) positioned as shown in a 30x20 m grid; each player with a ball;

On the coach's signal the first players from each team start running with the ball to the opposite goal. When they enter the shooting zone they pass/shoot the ball into the empty goal.

As soon as the ball passes the goal line the next player can start the in the opposite direction.

If the ball **DOES NOT** go in the goal the player who took the shot MUST go and touch the player waiting to run with the ball before they can start.

Which team can complete one full sequence first?

- Use right foot only
- Use left foot only
- Each player runs twice (first time right foot, second time with left)
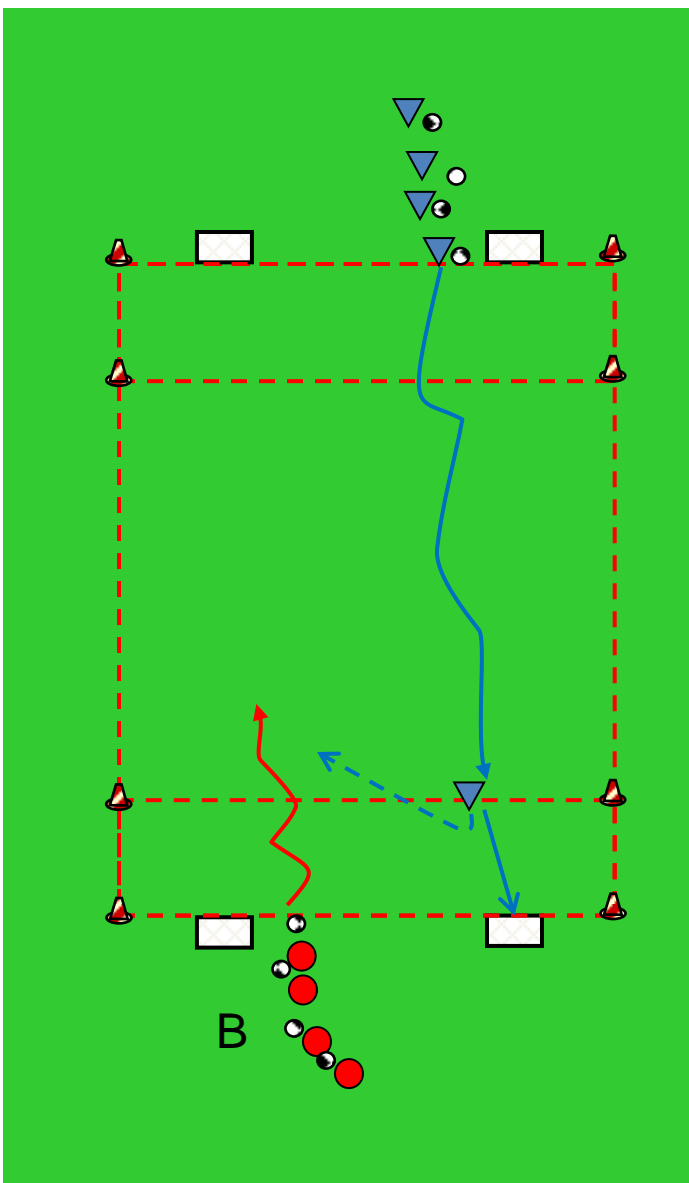
2. Skill training component

- A grid of 30x20m; 4 small goals (or witches hats and cones) and a 5-7m shooting line at each end
- Evenly split teams positioned as shown
- Min 4-max 8 players per grid; if the group is bigger then make two grids
- The exercise starts with the first player of the blue team running with the ball to the opposite shooting line and shooting the ball in the goal
- As soon as the blue player shoots at goal, the red player may start running with the ball to the opposite side.
- As soon as he has shot at goal, the blue player turns and chases the red player to try and catch up with him and prevent him from scoring
- Count the goals! Who scores the most?

Player Tasks / Actions:

"push the ball forward every 3-4 steps"

"run as fast as you can while keeping the ball under control"

"If the defender catches up with you, this is what you can do**" (demonstrate!)**

- Feint to turn and accelerate again
- Feint to stop and accelerate again
- Cut off the defenders line by crossing in front of him
- Take on the defender 1 v 1 if they get in front (scoring in both goals allowed!)
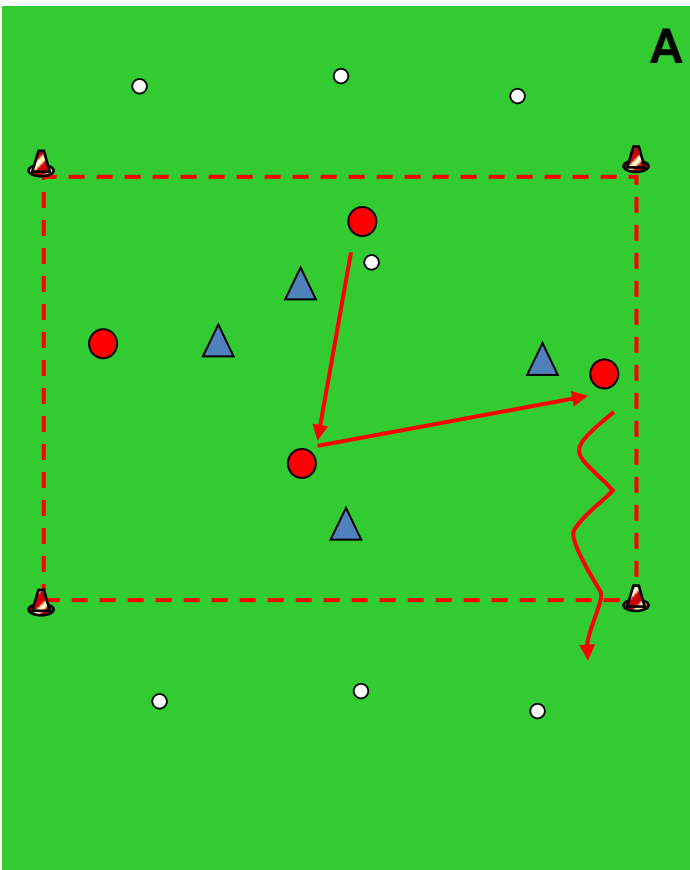
Step Up:

- Place the goals closer to each other
- Make the distance from the shooting line to the goal bigger

Step Down:

- The chaser just races against the to beat him to the shooting line. If the chaser reaches the shooting line first, the runner cannot shoot and score anymore

A

3. <u>Skill game</u>

4 v 4 line football

Grid Size approximately 30m wide by 20m long (pitch shape is short but wide)

Explanation of the game:

- 4 v 4 small sided game; to score a goal a player must run with the ball across the opponent's by-line (see diagram A)

<u>Coaching points:</u>

- "spread out; use the width of the grid"
- "we must have a centre forward and 2 wingers"
- "run with the ball whenever you see space in front of you"
- "don't be afraid to take on opponents"
- "use the feints you learned when a defender is chasing you"
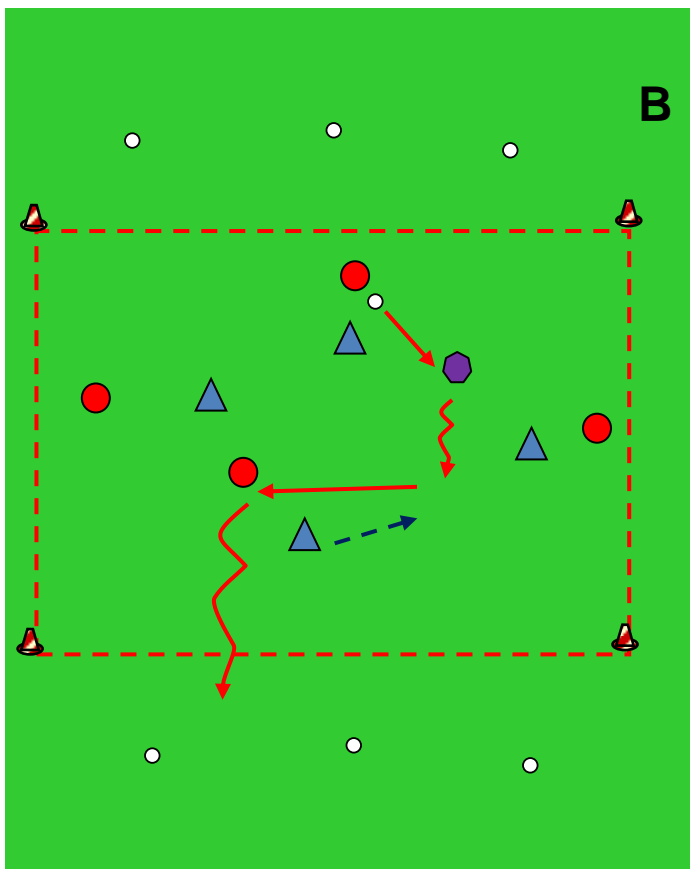
Assess how the game goes: do all players run with the ball regularly and are goals being scored? If the answer is no, make it easier:

- Make the pitch wider
- Add a neutral player ("joker") who always plays with the team that has the ball (numerical advantage of 1 player; see diagram B)
- If still too difficult: bigger numerical advantage (2 jokers)

<u>If too easy:</u>

- Make the field more narrow
- Scoring zones rather than the whole line

B