



PRIMARY PLAYBOOK

40 unique full
session plans

Session Plans
split across -
1st - 6th class

Over 100 unique
FUN games

Focus on
story-based
games

Basic theme-
based sessions -
Passing,
Dribbling &
Shooting

Inclusion of tag
games

EACH SESSION CONTAINS

Ball mastery
arrival

Gradual build in
game formats
1v1, 2v2, 3v3 & 4v4

3 different
games
including
progressions



SESSION STRUCTURE

BALL MASTERY - 6/8 Mins

PRACTICE 1 - 6/8 Mins

PRACTICE 2 - 6/8 Mins

PRACTICE 3 - 6/8 Mins

SMALL SIDED GAME - 20 Mins

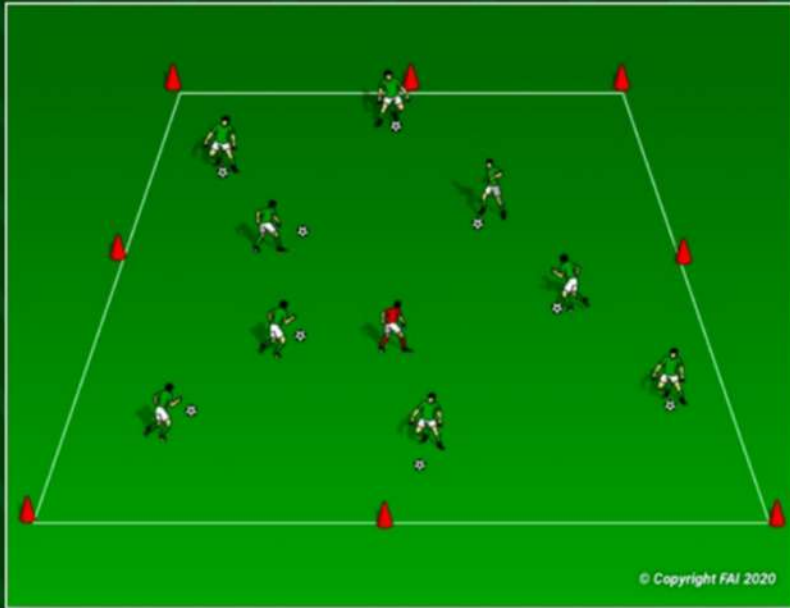


SESSION SAMPLE

THEME - DRIBBLING



SHARK



Objective

A fun practice designed to improve player's dribbling and awareness.

Theme

Dribbling practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

ATTACK

Organisation

Area: 25 X 25 metres

1 Ball each

Coach or player plays as Shark

Method

- Players dribble anywhere inside the area.
Coach/Player plays as Shark
- to tackle players with the football and knock outside the area.
- As opposed to knock outs the player retrieves the ball and get back in
- the water. They can keep count of how many time they were attacked
- by the shark. Lowest wins!
- Make it fun!
- Coach can control to Shark Attack players equally so weaker players
- get a fair chance.

Roles & Responsibilities



HUNGRY



Objective

A fun practice designed to improve player's dribbling and awareness.

Theme

Dribbling practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

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Action, allow the players to experience the action being practiced

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HIPPPOS

Organisation

Area 25x20 with a 5x20 central area(river)

All green players with a ball

Three reds (Hippos) are in the middle (river)

Method

- Players must dribble the ball across the river and make it safely to the
- other side without a hippo snatching their ball.
- Players count how many times they have successfully made it across.
- If a hippo touches your ball you go back to zero

Roles & Responsibilities



BANK



Objective

Practiced designed to improve players dribbling & running with the ball actions

Theme

Dribbling practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

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ROBBERS

Organisation

Set up a 20x20 yard playing area as shown in Diagram with 3x3 areas in each corners filled with footballs.

Method

- Players must steal a ball(money) from the opponent's square(bank)
- and dribble it back to theirs.
- Team with the most Footballs in their grid at the end win.
- Players can only take one ball at a time.

Roles & Responsibilities



BATTLE



Objective

Practiced designed to improve players dribbling & running with the ball actions

Theme

Dribbling practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

SHIPS

Organisation

Area: 25x20 metres

Group split in two starting on separate ends of the area

Each player with a ball

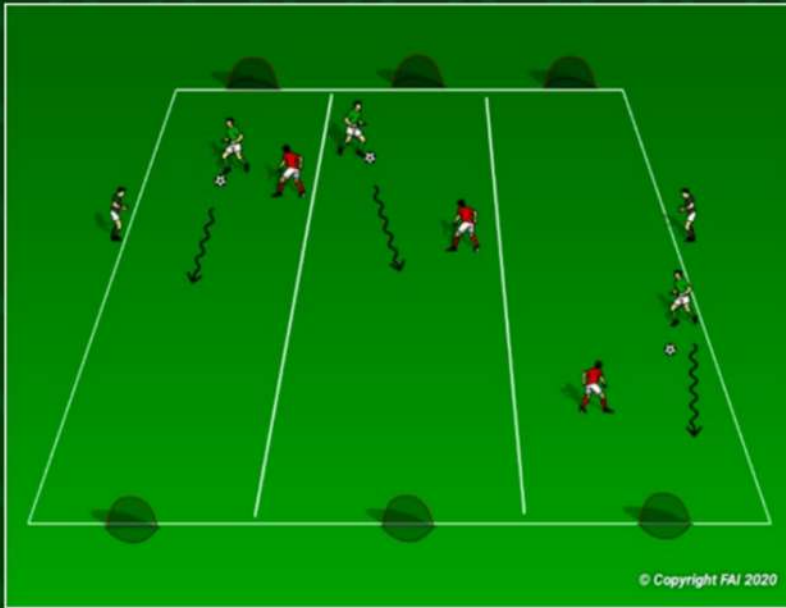
Method

- Players imagine they are battle ships heading into battle against the enemy. To score you must knock an opposing players ball out of the grid whilst protecting your own ball.
- If your ball leaves the grid your ship has sunk and you remain outside the grid.
- At the end of the battle, the team who has sunk all opponents team ships wins.

Roles & Responsibilities



STREET



Objective

A fun practice designed to improve player's dribbling and awareness.

Theme

1v1 Mini Games

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

FOOTBALL

Organisation

Area: 12 X 18 meters

Goals are 2-3m wide or utilize pop up goals

Each game last 2 mins and players swap over

If the ball goes out of play, players can dribble back in.

Players score into the mini goals

Method

- Players score into their designated goal

Roles & Responsibilities

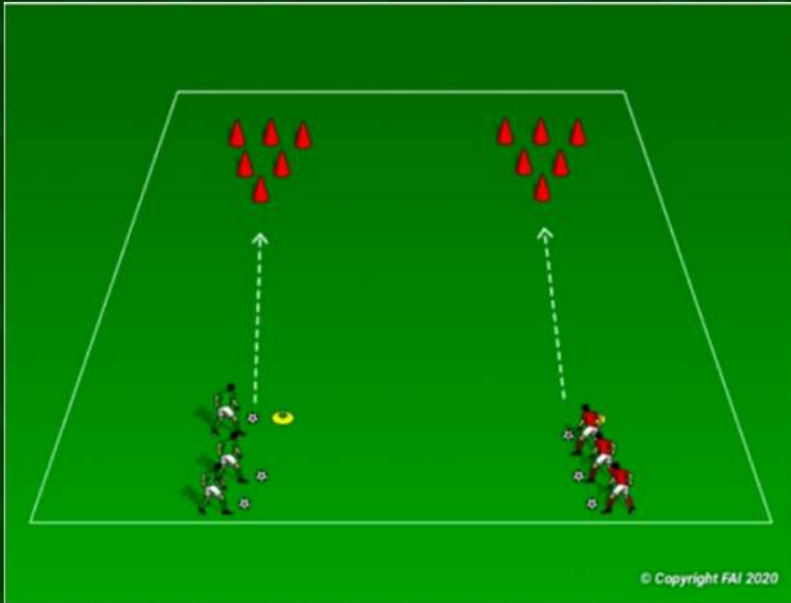
A large white rounded rectangle with a green border, intended for a diagram or notes.

SESSION SAMPLE

THEME - PASSING



FOOTBALL



Objective

Practice designed to improve players basic passing actions

Theme

Passing practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

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Action, allow the players to experience the action being practiced

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BOWLING

Organisation

Up to 4 players per team, each team with their pins (cones) set out ten yards in front of them as shown in diagram.

Method

- Pass the ball and knock over as many cones as you can. If you miss the cones, run to get your ball and dribble back to the start line before passing again.
- When you've knocked over at least one cone, get your ball and dribble to the back of the line to wait your next turn.
- Coaches can keep score & you can play 10 shots each

Roles & Responsibilities



CLEAN



Objective

Fun warm up practice design to set the scene for a passing practice

Theme

Warm Up - Passing

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

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Action, allow the players to experience the action being practiced

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YOUR BEDROOM

Organisation

Area: 30x30 metres split in half

Group split in two, one team either side.

Both with a large supply of footballs

Method

- Each team tries to keep its own half “clean”, by “clearing” the
- balls.
- The team with the least balls in their half wins at the end
- of the allotted time.

Roles & Responsibilities



SCORE IN



Objective

Practice designed to improve players basic passing actions

Theme

Passing practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

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Action, allow the players to experience the action being practiced

L



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THE GATES

Organisation

Area: 30 X 20 metres

1 Ball between 2 players

Gates (2 cones) or a hurdle randomly spread out around the grid.

Method

- Player with the ball dribbles to a gate or hurdle, teammate follows and stands on opposite side of the gate, player 1 passes the ball through the gate to their teammate and he then selects the next gate and their teammate follows, if the gate is being used then select a different one that is free.

Roles & Responsibilities



FOOTBALL

Objective

Practice designed to improve players basic passing actions

Theme

Passing practice



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I



Introduce the theme of the day

D



Demonstrate the actions being practiced

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Explain the technique of each action within a logical sequence

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HOCKEY

Organisation

Players are split into teams of three with a goal 2 yards wide (make bigger or smaller as required) placed in the center of the grid.

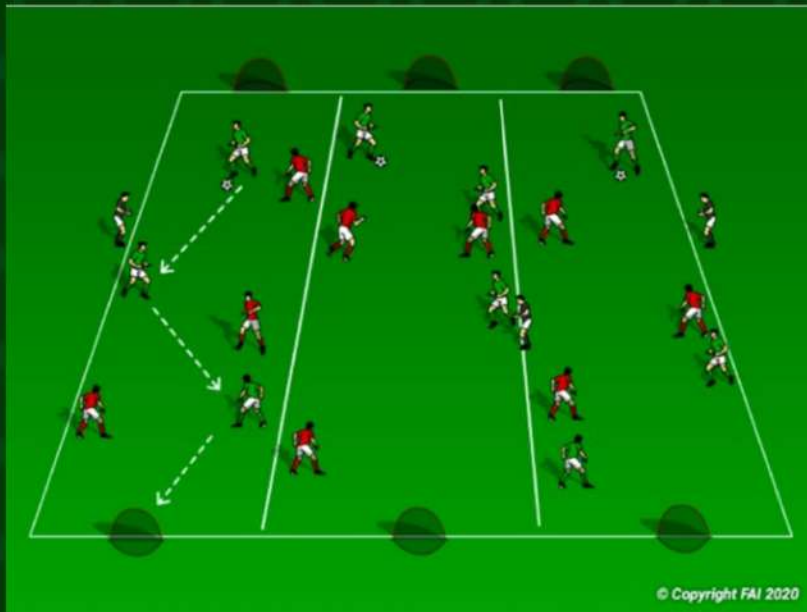
Method

- Players pass and move in the designated area
- Players score by passing to a team mate through the central goal

Roles & Responsibilities



MINI



Objective

3v3 Game to score using players ability to pass and combine

Theme

Passing game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

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Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WORLD CUP

Organisation

Area: 15x20 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can dribble back in

No goalkeepers are allowed

Method

- Players pass and combine to score into goal

Roles & Responsibilities



SESSION SAMPLE

THEME - SHOOTING



COUNT

Objective

A fun game designed to allow players practice their shooting & dribbling actions

Theme

Shooting/Dribbling Practice



I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



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DOWN

Organisation

Area 25x20 with a 15x20 dribbling area

All players with a ball are number 1-6

A goal without a GK

Method

- Players dribble the ball around the grid
- When a players number is called they dribbled out of the are and have a shot on goal.

Roles & Responsibilities



ABC'S WITH



Objective

Improve players basic motor skills

Theme

Basic Motor Skill Development

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



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A BALL

Organisation

4 Stations as per diagram.

4 cones set out one foot between cones then 4 yards to ball and cone with 5- or 10-yard distance for shooting

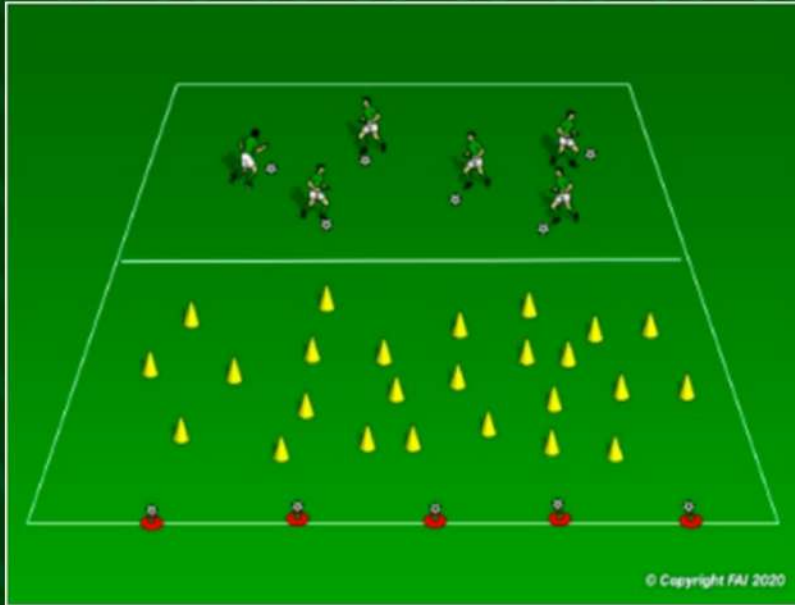
Use cones, ladders, hurdles or balance beam depending on equipment available. Be Creative.

Method

1. Agility - Side Shuffle in and out of the cones
2. Speed - Ladder drill, one step in each square (cones can be used)
3. Balance – Single leg hops over 4 cones
4. Co ordination - Double Leg or Bunny hops over hurdles

Roles & Responsibilities





Objective

A fun game designed to allow players practice their dribbling & passing actions

Theme

Dribbling/passing Practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

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Action, allow the players to experience the action being practiced

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FIELD

Organisation

Area 30x20 split in half

Half of the area has loads of cones (mines) with balls on cones at the end as targets

All players with a ball and a number

Method

- Players dribble around the safe zone. When their number is called they must dribble through the mine field. If a player hits a designated number of cones they must go back to the safe zone as they have been hit.
- If they make it through safely they try to knock a ball off a cone by passing their ball at it.

Roles & Responsibilities



NUMBERS



Objective

A fun game designed to allow players practice their shooting & dribbling actions

Theme

Shooting/Dribbling Practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

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Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

SHOOTING

Organisation

Area 25x20 with a goal either end
All players with number 1-4

Method

- Coach calls a number, passes ball onto pitch & the corresponding player from each team enters the pitch and plays 1v1 to try and score in their opponents goal.
- Game ends with a goal, when the ball leaves play or after a set time.

Roles & Responsibilities



4 GOAL



Objective

A small sided game to improve player's shooting actions.

Theme

Shooting game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

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Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

GAME

Organisation

Area: 30 X 20 metres

4 goals, 2 at each end as pictured.

No Goalkeepers.

Area divided in half by cones on the sideline.

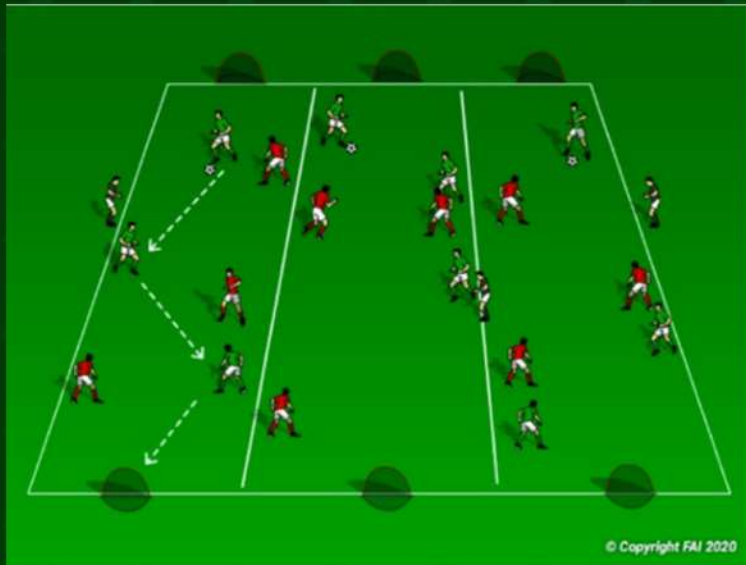
Method

- Split players into 2 teams. They can score into either of the 2 goals they are attacking.
- Game starts with teams allowed to shoot from anywhere on the pitch.
- If ball goes out on sideline allow a goal to be score from a kick in to encourage more shooting opportunities.

Roles & Responsibilities



MINI



Objective

3v3 Game to score using players ability to pass and combine

Theme

Passing game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WORLD CUP

Organisation

Area: 15x20 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can dribble back in

No goalkeepers are allowed

Method

- Players pass and combine to score into goal

Roles & Responsibilities



1st & 2nd CLASS SESSIONS



1st & 2nd

Session	Theme	As They Arrive/Warm Up	Practice 1
1	Dribbling	Free style Dribbling	Monkeys Tails
2	Dribbling	Ball Mastery	Cops & Robbers
3	Dribbling	Tigers Tails	Simon Says
4	Dribbling	Multi Directional Dribbling	ABC's
5	Dribbling	Cups & Saucers	Chase The Coach
6	Passing	Ball Mastery	Hungry Hippos
7	Passing	Basic Passing	ABC's
8	Passing	Ball Mastery	Clean your Room

CLASS MATRIX

Practice 2	Practice 3	Small Sided Game
Stuck in The Mud	Traffic Lights	1v1 Street Football
Basic Dribbling	1v1 Street Football	1v1 Street Football
Ship Sea Shore	Treasure Chest	1v1 Street Football
Dribbling Relays	1v1 Multi Goal	1v1 Street Football
Bank Robbers	Get out of Jail	2v2 Mini Games
Football Marbles	Football Bowling	2v2 Mini Games
1v1 Hit The Target	Target Practice	2v2 Mini Games
Pass it On	Football Bowls	2v2 Mini Games

SESSION

1

THEME - DRIBBLING



BALL MASTERY



Objective

A Warm up as players arrive improve dribbling & ball mastery actions

Theme

Dribbling Warm up

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WARM UP

Organisation

Area: 25x20 meters

1 ball per player

Players work freely inside the area with the ball at their feet

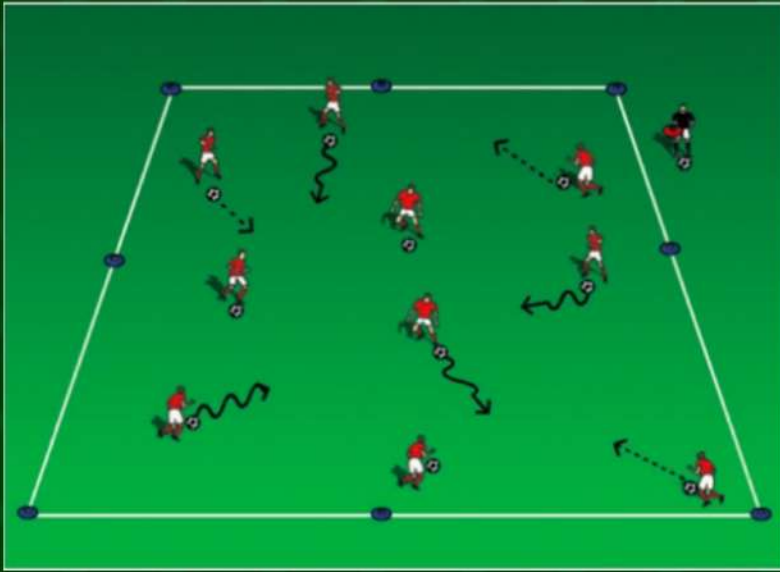
Method

- Players dribble around the grid freely listening to different calls from the coach i.e.. Sit on ball, toe taps etc.

Roles & Responsibilities



TRAFFIC



Objective

A practice designed to improve players dribbling & awareness

Theme

Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

LIGHTS

Organisation

Area: 20 X 20 meters

Each player has a ball

Coach has 3 cones, one red, one orange, one green

Method

- Green means go, orange means pause, red means stop
- Add in different activities for orange i.e., hop on one leg, toe taps
- Coach controls the pace of the activity by the speed of signals

Roles & Responsibilities



STUCK IN



Objective

A practiced designed to improve players basic motor skills & dribbling

Theme

Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

THE MUD

Organisation

Area: 30 X 20 metres

Players have a ball, two players are chasers

Method

- Players dribble away from chasers, if they are caught they must stand still with their arms out. To be freed another player must crawl under there legs

Roles & Responsibilites



MONKEY



Objective

A practiced designed to improve players basic motor skills & dribbling

Theme

Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

TAILS

Organisation

Area: 30 X 20 metres

Players have a ball and a bib that they place in their pocket or tucked into their waist band

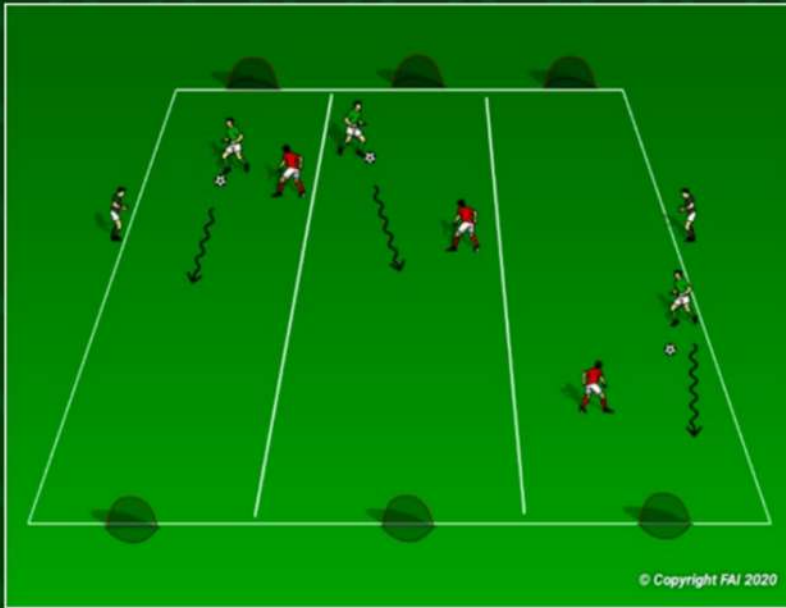
Method

- Players dribble their football and try to steal other players bibs (tails), The players with the most tails at the end wins

Roles & Responsibilities



STREET



Objective

A fun practice designed to improve player's dribbling and awareness.

Theme

1v1 Mini Games

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

FOOTBALL

Organisation

Area: 12 X 18 meters

Goals are 2-3m wide or utilize pop up goals

Each game last 2 mins and players swap over

If the ball goes out of play, players can dribble back in.

Players score into the mini goals

Method

- Players score into their designated goal

Roles & Responsibilities



SESSION 2

THEME - DRIBBLING



BALL MASTERY



Objective

A Warm up as players arrive improve dribbling & ball mastery actions

Theme

Dribbling Warm up

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WARM UP

Organisation

Area: 15x20 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can dribble back in

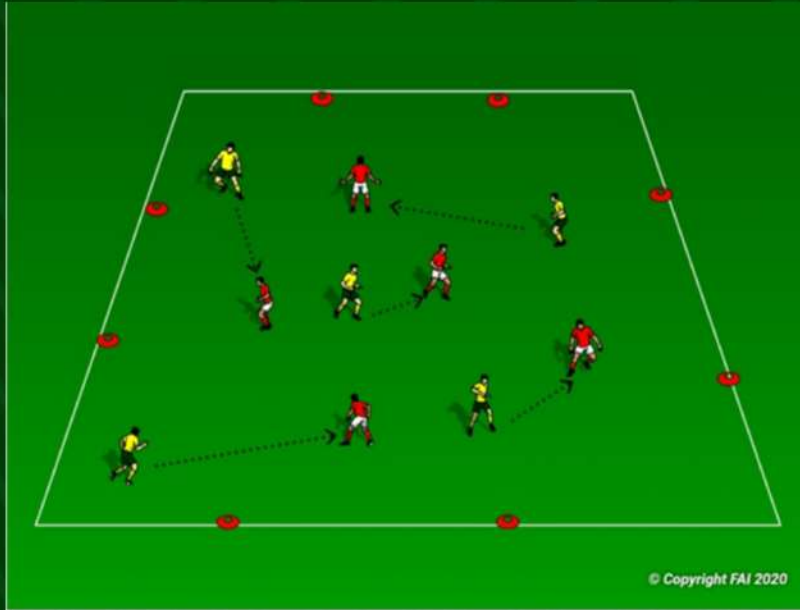
No goalkeepers are allowed

Method

- Players pass and combine to score into goal

Roles & Responsibilities





Objective

A tag game warm up improve player's basic motor skills

Theme

Tag game – Basic Motor Skills

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

ROBBERS

Organisation

Area: 30 X 30 meters

2 teams of 5

Reds / Yellows

Players must stay within coned area

5 minutes

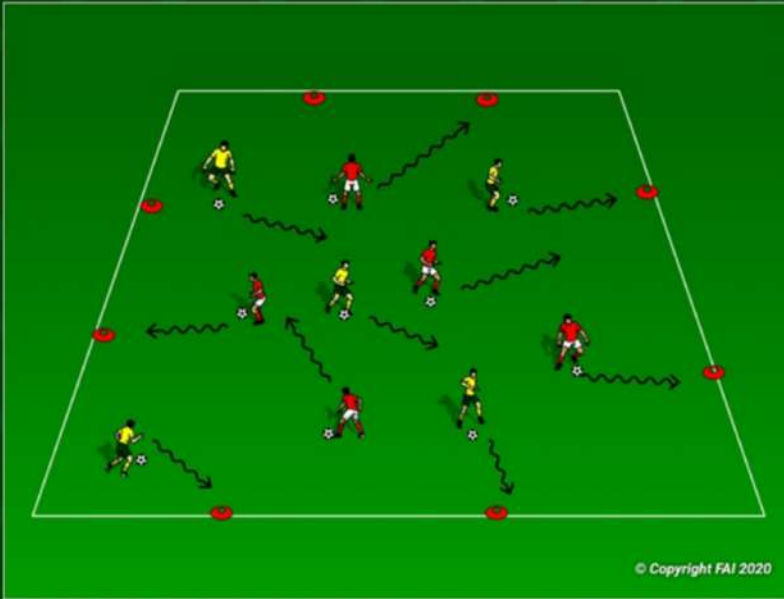
Method

- Players will take turns at chasing each other within a timeframe
 - Yellow(cop) individual chases red(robber) for 30 secs
 - Red individual chases Yellow for 30 secs
 - Repeat until each players has chased each other.
-
- Progression – Robbers must dribble ball whilst cops must try take it from them

Roles & Responsibilities



BASIC



Objective

A practice to improve dribbling

Theme

Dribbling Practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

DRIBBLING

Organisation

Area: 30 X 20 metres

Each player has a ball

Stay within area marked

Players can dribble around cones

10–12 minutes

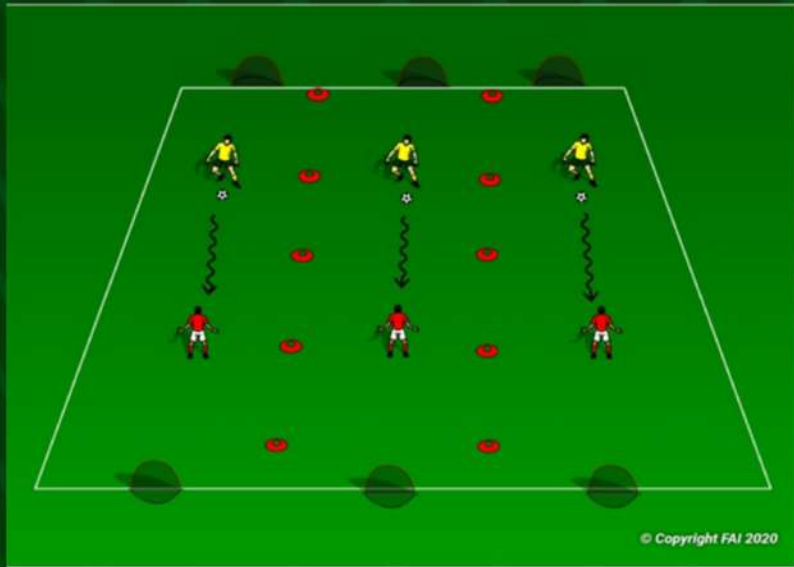
Method

- Players are encouraged to keep the ball close
- To learn how to change direction
- To encourage use of both feet

Roles & Responsibilities



CHAMPIONS



Objective

A practice designed to improve players on Dribbling actions

Theme

Dribbling Practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

LEAGUE

Organisation

Area: 30 X 20

Pitch coned off into small areas with goals

Red v Yellow

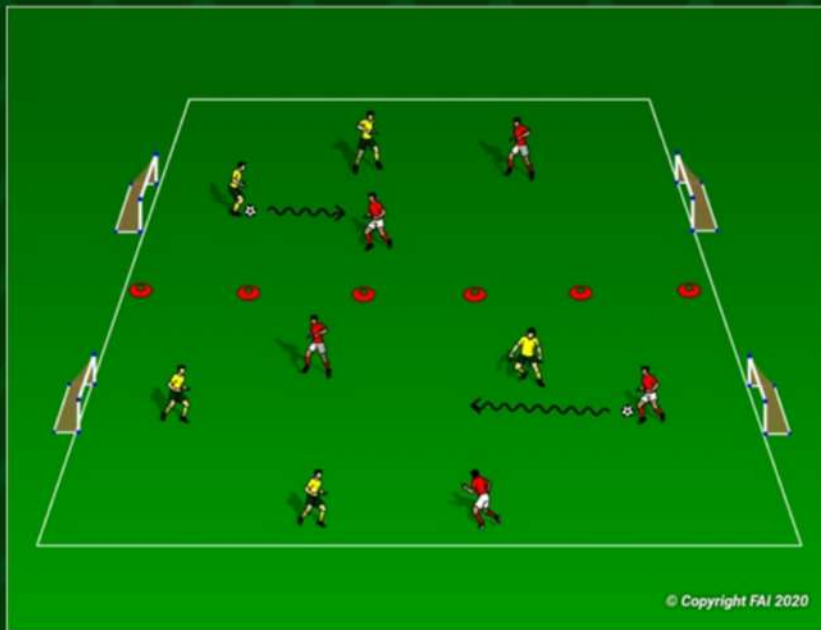
Pitch 1 is Champions League, Pitch 2 is Premier Division, Pitch 3 is First Division

Method

- Players must beat their opponent and score in the goal, if the opponent wins the ball they can score in the goal the other end.
- Players must stay within the area marked out. Winning players move up pitches, losing players move down with the aim to get to the Champions league.

Roles & Responsibilities





Objective

A Game designed to improve players Dribbling/Attacking actions

Theme

SSG's with focus on Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WORLD CUP

Organisation

Area: 30 X 20

2 Pitches coned off into small areas with goals

2 V 2 and a 3V3 game

Reds v Yellows

Options to change opponents

15 minutes X 3, 5 min games

Method

- Players work together to beat their opponents and score in the goal, if the opponents wins the ball he can score in the goal the other end.
- Players must stay within the area marked out.

Roles & Responsibilities



SESSION

3

THEME - DRIBBLING



TIGERS

Objective

A Fun Warm up designed to improve players basic motor skills

Theme

Warm up – Tag Game



I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

TAILS

Organisation

Area: 25 X 25 metres

1 Bib each player

Method

- All players tuck a bib (tiger tail) inside the belt of their bottoms ensuring there is a tiger's tail (not a bunnys tail)
- On coaches call player must try steel the bib from other players.
- Players are only allowed touch the tail no other part of the player.
- Play for 1 minute, player with most tails wins.
- Can do teams only get opposite colour. Player who loses tail must stand still. Player who robs tail must place in belt as another tail.
- Active team mates can rob tail back and free up still players. (older players)

Roles & Responsibilities



SIMON



Objective

A fun practice to improve player's basic motor skills and dribbling actions.

Theme

Dribbling Practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

SAYS

Organisation

Area: 25 X 25 metres

With/without football

1 Ball per player

Method

- Players dribble/jog around the area. On the coaches call the players perform the action but only if 'Simon Says'
- Simon says – jump high, hop on one leg, knell down, turn around, sit in the ball, swap balls, do a superman on the ball, run/dribble around a cone etc. Adjust the actions to suit the age and ability of the players.
- Maybe do a consequence e.g. pe wee, donkey etc.
- Keep it fun!

Roles & Responsibilities



SHIP, SEA,



Objective

A Fun Practice to improve a players ABCs and Dribbling actions.

Theme

Dribbling Practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

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Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

SHORE

Organisation

Area: 25 X 25 metres

Cones marking out the Ship, the Sea and the Shore

With and without football

1 Ball each

Method

- On Coaches call of Ship Sea or Shore, players runs to that area or line and stay there until next call.
- Encourage player to keep head when running and be aware of other player to avoid collision.
- Increase the speed at which calls are made so as players have less time to think and call when in mid run for quick reactions and fun.
- Introduce balls for players to dribble and players must stop the ball on the line
-

Roles & Responsibilities



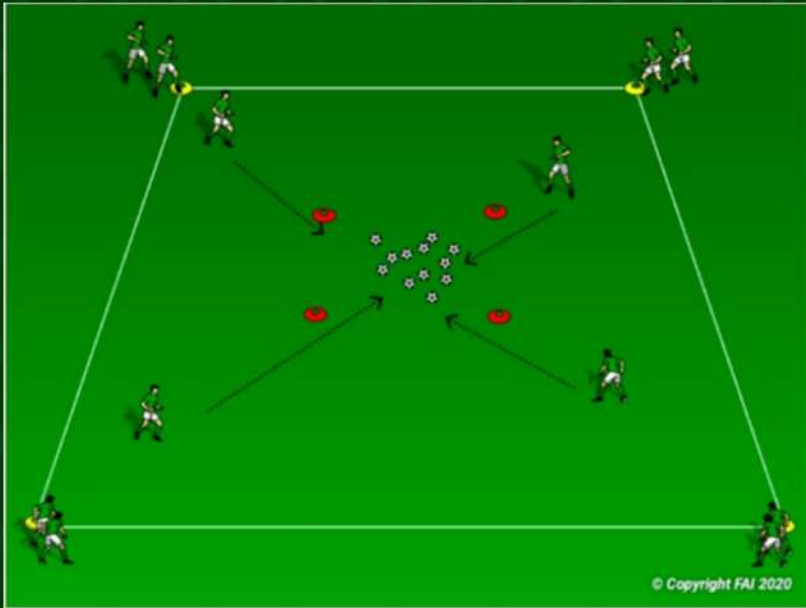
TREASURE

Objective

A practice designed to improve the players basic motor skills.

Theme

Agility, balance & coordination with a ball



I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

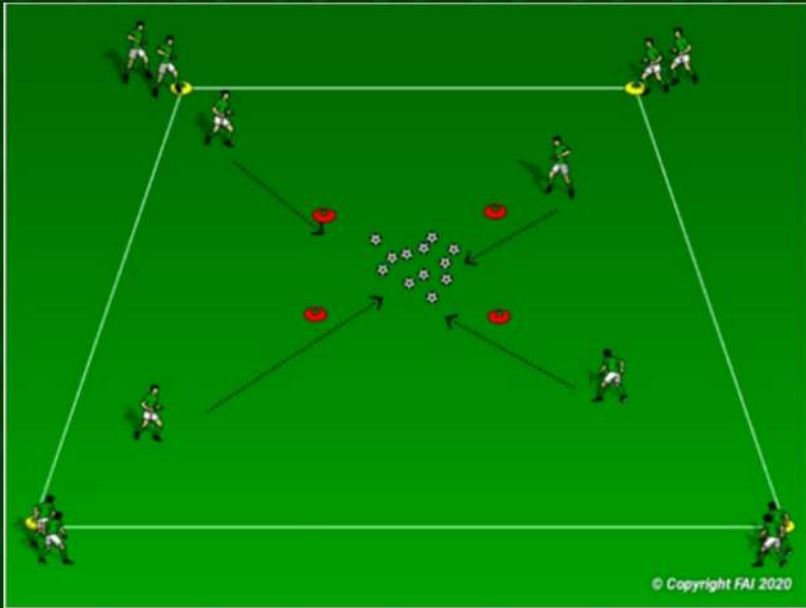
TREASURE

Objective

A practice designed to improve the players basic motor skills.

Theme

Agility, balance & coordination with a ball



I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

CHEST

Organisation

Area: 30 X 20 meters

Place a number of balls/bibs (treasure) in the middle grid

Split group into 4 teams

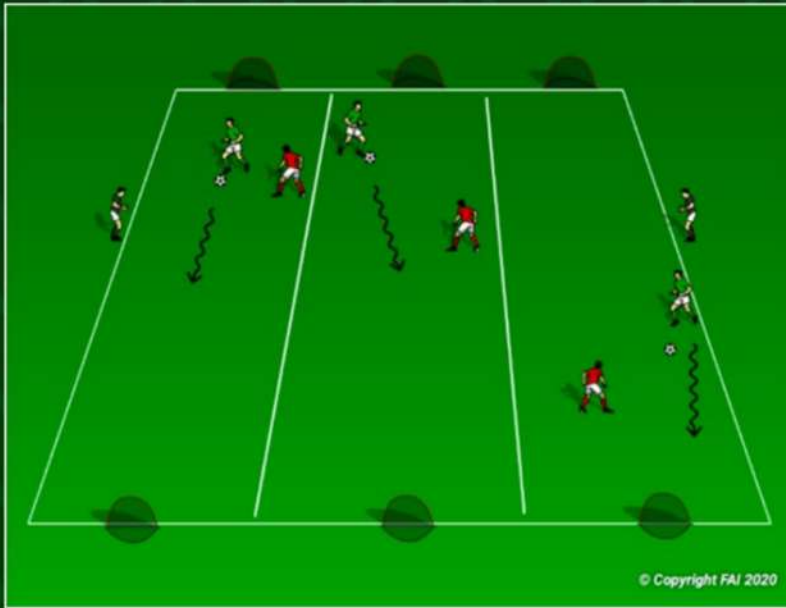
Method

- Dribble, pass, throw as many balls back to your teams area one by one
- Keep going until all treasure has been collected
- Team with most when all is gone win

Roles & Responsibilities



STREET



Objective

A fun practice designed to improve player's dribbling and awareness.

Theme

1v1 Mini Games

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

FOOTBALL

Organisation

Area: 12 X 18 meters

Goals are 2-3m wide or utilize pop up goals

Each game last 2 mins and players swap over

If the ball goes out of play, players can dribble back in.

Players score into the mini goals

Method

- Players score into their designated goal

Roles & Responsibilities



SESSION

4

THEME - DRIBBLING



WARM UP



Objective

A Warmup to improve player's Individual control, creativity and confidence on the ball

Theme

Dribbling Warm up

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

ARRIVAL

Organisation

Area: 30 X 20 metres

1 Ball per player

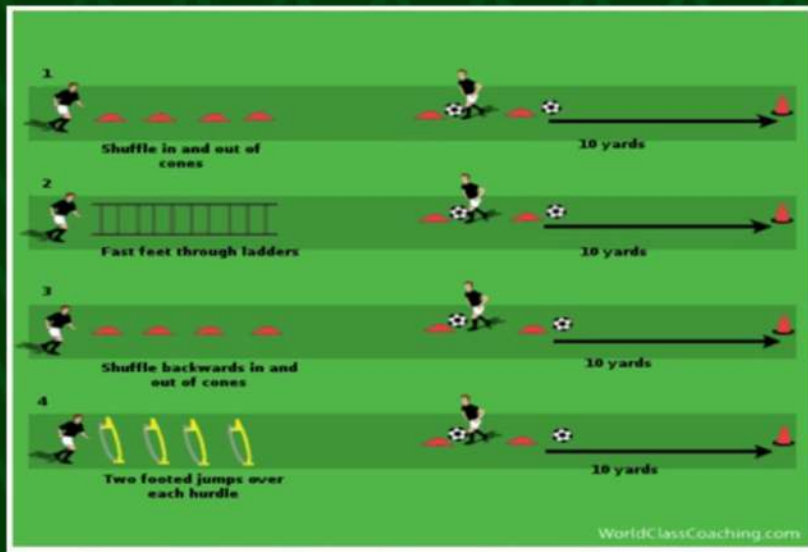
Method

- Players dribble in random fashion around the grid.
- They listen to the coaches calls:
- Stop the Ball Right Foot on the Ball and Dribble again.
- Stop the Ball Left Foot on the Ball and Dribble again.
- Knee on the Ball
- Sit/Bum on the Ball
- Belly on the Ball
- Elbow on the Ball
- Head on the Ball

Roles & Responsibilities



A,B,C'S



Objective

Improve players basic motor skills through A,B,C's

Theme

Dribbling and Athletic Development

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WITH A BALL

Organisation

4 Stations as per diagram.

4 cones set out one foot between cones then 4 yards to ball and cone with 5- or 10-yard distance for dribbling ball

Use cones, ladders, hurdles or balance beam depending on equipment available. Be Creative.

Method

- 1. Agility - Side Shuffle in and out of the cones
- 2. Speed - Ladder drill, one step in each square (cones can be used)
- 3. Balance – Single leg hops over 4 cones
- 4. Co ordination - Double Leg or Bunny hops over hurdles

Roles & Responsibilities



DRIBBLING



Objective

Develop Players control of the ball while Dribbling different distances and at different speeds.

Theme

Dribbling Practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

RELAYS

Organisation

This is a relay.

2 players per start cone, which will dictate the size of the grid and number of cones required.

Have 3 cones equally spaced out at 4 yards apart starting from the first cone in a straight line from the start

Method

- Ask first player from each pairing to dribble out to the first cone and back.
- Then the next player goes. Vary which cone they go to each time or have them go to multiple cones.

Roles & Responsibilities



MULTI GOAL



Objective

Dribble through one of the gates to score

Theme

Dribbling 1v1

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

GAME

Organisation

Set up a 20x20 yard playing area as shown in Diagram.

Pair players up 1v1

Place 4,5,6 etc. goals using cones around the edges of the pitch

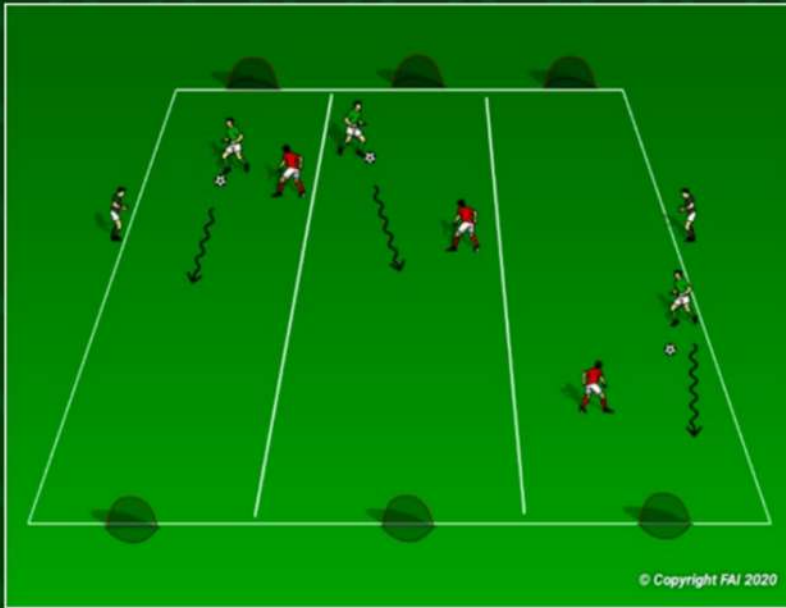
Method

- Players must beat opponent and dribble through any one of the goals in order to score.
- 1) Player who scores keeps going to see how many they get before being tackled
- 2) Possession switches to opponent after every goal.

Roles & Responsibilities



STREET



Objective

A fun practice designed to improve player's dribbling and awareness.

Theme

1v1 Mini Games

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

FOOTBALL

Organisation

Area: 12 X 18 meters

Goals are 2-3m wide or utilize pop up goals

Each game last 2 mins and players swap over

If the ball goes out of play, players can dribble back in.

Players score into the mini goals

Method

- Players score into their designated goal

Roles & Responsibilities

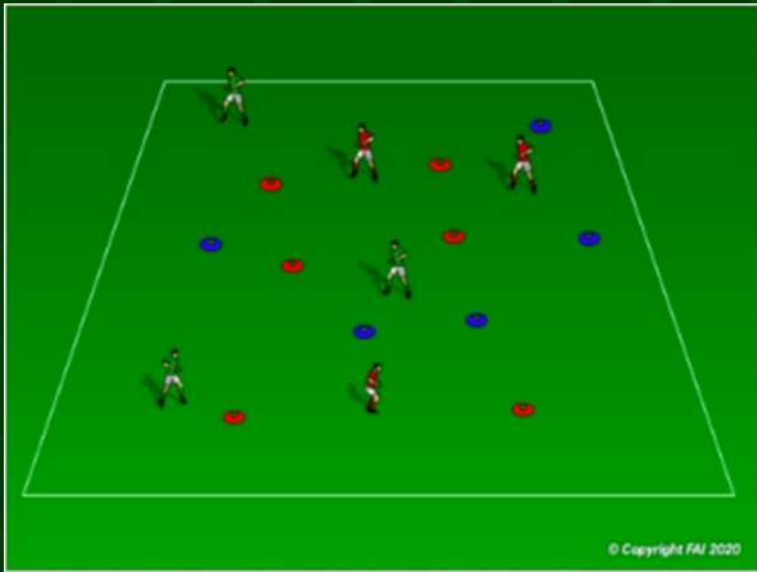


SESSION

5

THEME - DRIBBLING





Objective

A fun warm up tag game designed to allow players practice their basic motor skills & dribbling actions

Theme

Dribbling Warm up

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

SAUCERS

Organisation

Area 20x20

Cones spread out around the grid, some upside down, some upright

Group split into two teams

Method

- Red team runs around the grid trying to turn cones upside down,
 - Greens try to put them upright. Game last for 30 seconds.
 - The team who has most cones their way wins.
-
- Progression – Every player has a ball & must dribble around the grid whilst trying to turn cones up or down

Roles & Responsibilities



CHASE THE

Objective

Fun warm up game designed to improve players dribbling & passing actions

Theme

Dribbling/Passing Warm up

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

COACH

Organisation

Set up a 20x20 yard playing area as shown in Diagram.

Each player with a ball

Coach without a ball

Method

- Players must dribble around the area and try to hit a coach on the legs as they run around.
- Progression: split players into 2 teams and keep score every time they hit a coach and see who scores the most.

Roles & Responsibilities





Objective

Practiced designed to improve players dribbling & running with the ball actions

Theme

Dribbling Practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

ROBBERS

Organisation

Set up a 20x20 yard playing area as shown in Diagram with 3 x3 areas in each corners filled with footballs.

Method

Roles & Responsibilities



GET OUT



Objective

A small sided game to improve player's dribbling actions

Theme

Dribbling Practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

OF JAIL

Organisation

Area: 20 X 20

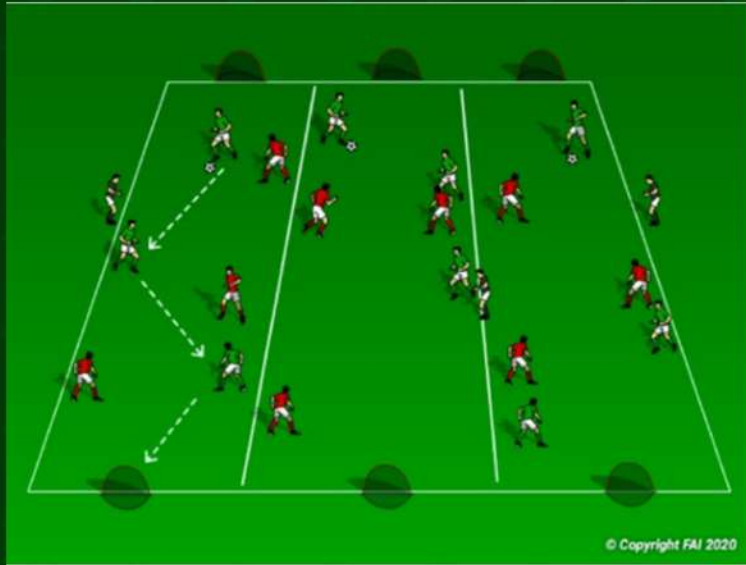
Method

- Play 2v2 in the playing area with a teammate stationed in a triangle in the two opposite corners of the pitch as shown in diagram.
- Teammate is released from the corner(jail) when a player from his/her team dribbles up and gives them the ball and then takes their place as they dribble out towards the opposite corner.

Roles & Responsibilities



2V2 MINI



Objective

2v2 Game to score using players ability to dribble and combine

Theme

Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

GAMES

Organisation

Area: 10x15 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game If the ball leaves the pitch players can dribble back in

No goalkeepers are allowed

Method

Roles & Responsibilities



SESSION

6

THEME - PASSING



BALL MASTERY



Objective

A Warm up as players arrive improve dribbling & ball mastery actions

Theme

Dribbling Warm up

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WARM UP

Organisation

Area: 25x20 meters

1 ball per player

Players work freely inside the area with the ball at their feet

Method

- Players dribble around the grid freely listening to different calls from the coach i.e.. Sit on ball, toe taps etc.

Roles & Responsibilities



HUNGRY



Objective

A fun game designed to allow players practice their passing actions

Theme

Passing practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

HIPPPOS

Organisation

Area 25x20 with a 5x20 central area(river)

All green players with a ball

Three reds (Hippos) are in the middle (river)

Method

- Players must dribble the ball across the river and make it safely to the other side without a hippo snatching their ball.
- Players count how many times they have successfully made it across.
- If a hippo touches your ball you go back to zero

Roles & Responsibilities



FOOTBALL



Objective

A fun practice designed to improve player's passing.

Theme

Passing practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

MARBLES

Organisation

Up to 12 players, each one paired up with a parent or another teammate.

One ball per pair.

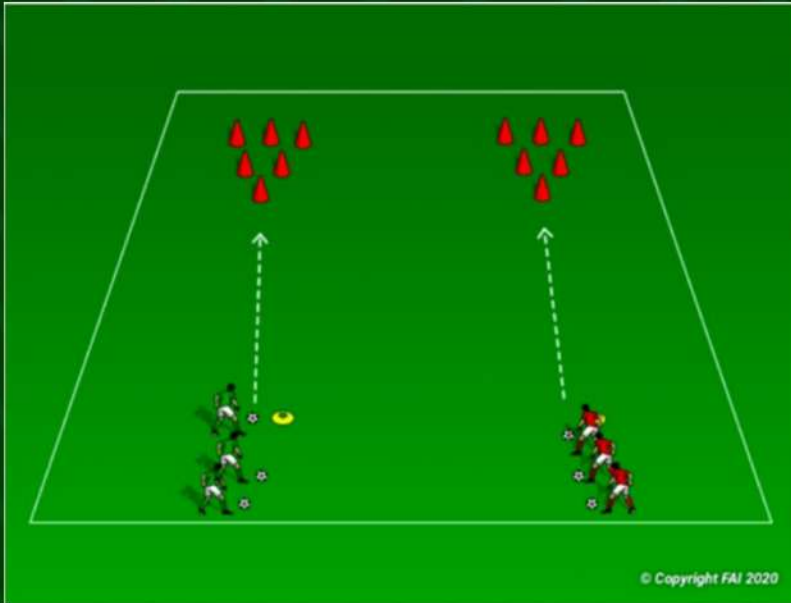
Method

- Pass the ball through your teammate's legs to score a point, then switch.
- Marbles – Player 1 passes their ball. Player 2 then passes their ball attempting to hit their teams mates ball to score a point

Roles & Responsibilities



FOOTBALL



Objective

Practice designed to improve players basic passing actions

Theme

Passing practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

BOWLING

Organisation

Up to 4 players per team, each team with their pins (cones) set out ten yards in front of them as shown in diagram.

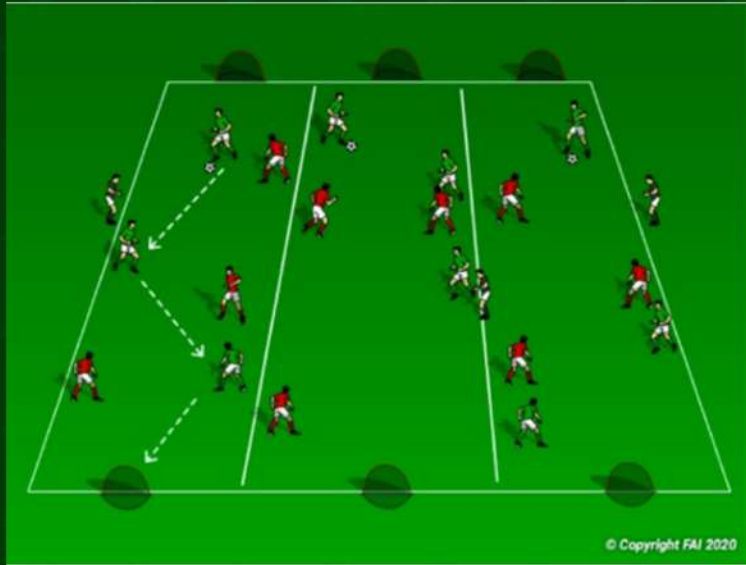
Method

- Pass the ball and knock over as many cones as you can. If you miss the cones, run to get your ball and dribble back to the start line before passing again.
- When you've knocked over at least one cone, get your ball and dribble to the back of the line to wait your next turn.
- Coaches can keep score & you can play 10 shots each

Roles & Responsibilities



2V2 MINI



Objective

A Warm up as players arrive improve dribbling & ball mastery actions

Theme

Dribbling Warm up

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

GAMES

Organisation

Area: 15x20 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can dribble back in

No goalkeepers are allowed

Method

- Players pass and combine to score into goal

Roles & Responsibilities

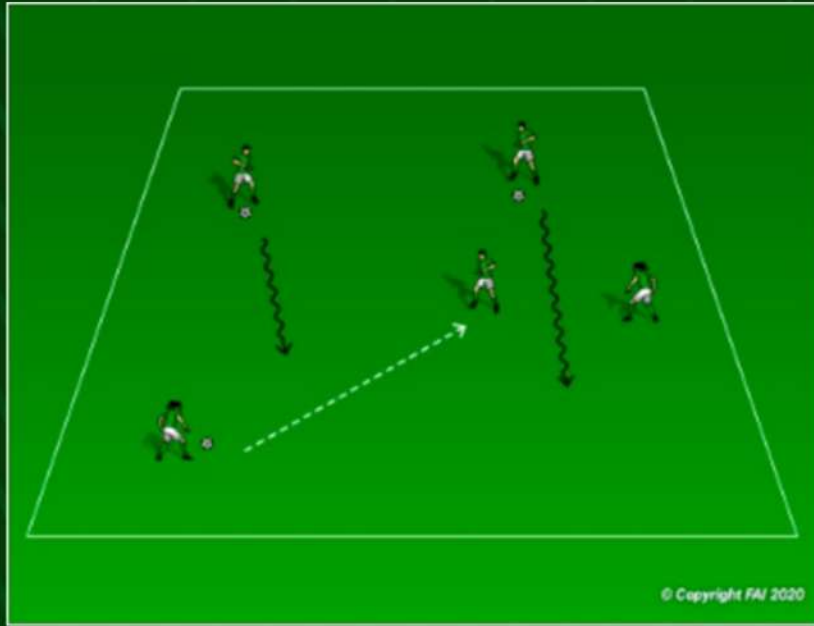


SESSION 7

THEME - PASSING



FREESTYLE



Objective

A Warm up improve player's passing actions as players arrive

Theme

Passing Warmup

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

PASSING

Organisation

Area: 25 X 25 metres

1 Ball each or a ball between 2

Method

- Players move anywhere inside the area. Coach can demonstrate a variety actions/tricks e.g. drag backs, turns, step overs passes.
- Make it fun. Players can pass it or dribble if they wish.

Roles & Responsibilities



BASIC



Objective

A practice designed to improve a players kicking actions.

Theme

Passing practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

PASSING

Organisation

Set two cones 5 – 10 yds apart.

1 player at each cone.

1 Ball between the 2 players

Method

- Player 1 passes to player 2 who controls the ball and passes the ball back.
- Progression: Bring the players closer or further apart to develop weight of pass and make accuracy more challenging.
- Progression: Have the players take a touch across the back of the cone with the instep and then outstep and pass.

Roles & Responsibilities



A,B,C'S



Objective

Improve players basic motor skills through A,B,C's

Theme

Dribbling and Athletic Development

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WITH A BALL

Organisation

4 Stations as per diagram.

4 cones set out one foot between cones then 4 yards to ball and cone with 5- or 10-yard distance for dribbling ball

Use cones, ladders, hurdles or balance beam depending on equipment available. Be Creative.

Method

- 1. Agility - Side Shuffle in and out of the cones
- 2. Speed - Ladder drill, one step in each square (cones can be used)
- 3. Balance – Single leg hops over 4 cones
- 4. Co ordination - Double Leg or Bunny hops over hurdles

Roles & Responsibilities



TV1 HIT



Objective

A practiced designed to improve a players passing actions

Theme

Passing Warm up

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

THE TARGET

Organisation

Set up a 20x20 yard playing area as shown in Diagram.

Pair players up 1v1

Place 4,5,6 etc. goals using cones around the edges of the pitch

Method

- Players must beat opponent and pass the ball to hit a Target, cone, bib, goal or Ball at the opposite end of the grid.
- Passing can range from long to short.
- Rotate one set of players every couple of minutes in order to play against players of varying ability.

Roles & Responsibilities



TARGET

Objective

A practice designed to improve players passing actions

Theme

Passing Practice



I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

PRACTICE

Organisation

Each child has a ball and in turn takes a go until they succeed

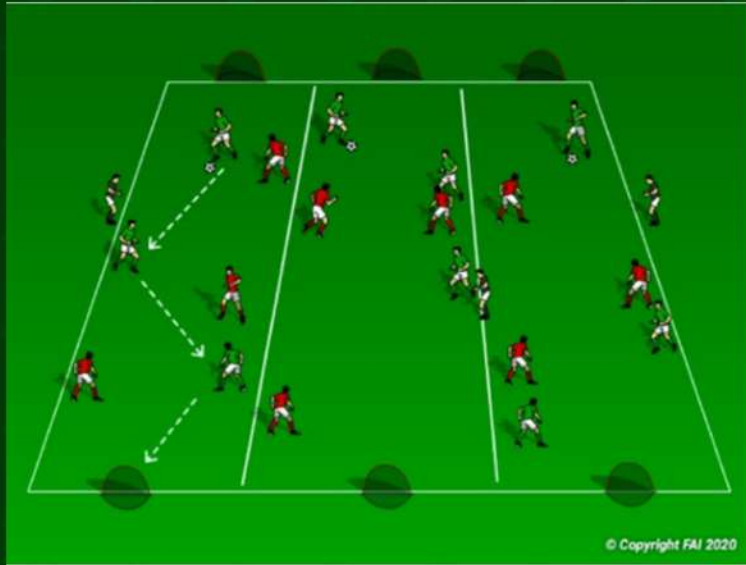
Method

- Players line up and wait their turn to take a penalty
- Move the penalty spot closer to the goal depending on child's age or ability.

Roles & Responsibilities



2V2 MINI



Objective

Game designed to improve players ability to combine and score

Theme

Passing Game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

GAMES

Organisation

Area: 10x15 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can pass back in

No goalkeepers are allowed

Method

- Players pass and combine to score into goal

Roles & Responsibilities



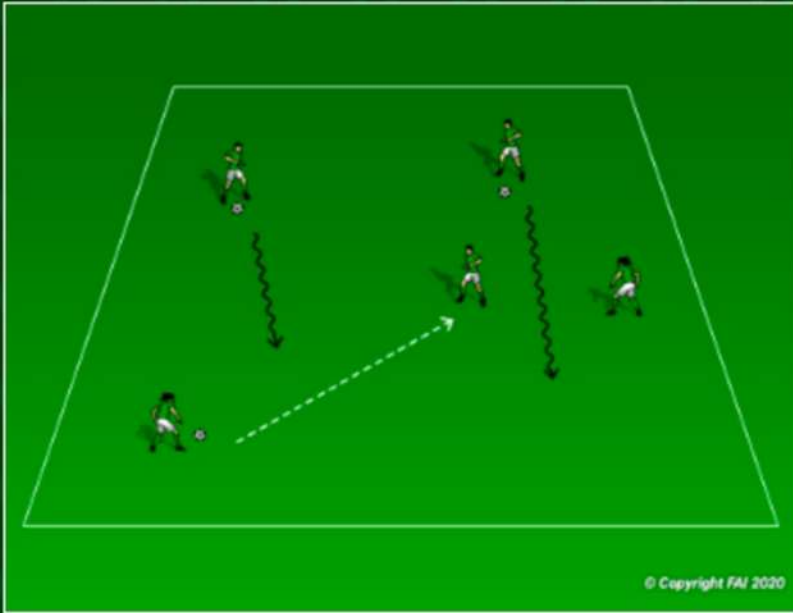
SESSION

8

THEME - PASSING



FREESTYLE



Objective

A Warm up improve player's passing actions as players arrive

Theme

Warm up – Passing

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

PASSING

Organisation

Area: 25 X 25 metres

1 Ball each or a ball between 2

Method

- Players move anywhere inside the area.
- Coach can demonstrate a variety actions/tricks e.g. drag backs, turns, step overs passes.
- Make it fun.
- Players can pass it or dribble if they wish.

Roles & Responsibilities



BASIC



Objective

A practice designed to improve a players kicking actions.

Theme

Passing Practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

PASSING

Organisation

Set two cones 5 – 10 yds apart.

1 player at each cone.

1 Ball between the 2 players

Method

- Player 1 passes to player 2 who controls the ball and passes the ball back.
-
- Progression 1: Bring the players closer or further apart to develop weight of pass and make accuracy more challenging.
- Progression 2: Have the players take a touch across the back of the cone with the instep and then outstep and pass.

Roles & Responsibilities



A,B,C'S



Objective

Improve players basic motor skills

Theme

Basic Motor Skill Development

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WITH A BALL

Organisation

4 Stations as per diagram.

4 cones set out one foot between cones then 4 yards to ball and cone with 5- or 10-yard distance for shooting

Use cones, ladders, hurdles or balance beam depending on equipment available. Be Creative.

Method

- 1. Agility - Side Shuffle in and out of the cones
- 2. Speed - Ladder drill, one step in each square (cones can be used)
- 3. Balance – Single leg hops over 4 cones
- 4. Co ordination - Double Leg or Bunny hops over hurdles
-

Roles & Responsibilities



1 V 1 HIT



Objective

A practiced designed to improve a players passing actions

Theme

Passing Practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

THE TARGET

Organisation

Set up a 20x20 yard playing area as shown in Diagram.

Pair players up 1v1

Place 4,5,6 etc. goals using cones around the edges of the pitch

Method

- Players must beat opponent and pass the ball to hit a Target, cone, bib, goal or Ball at the opposite end of the grid.
- Passing can range from long to short.
- Rotate one set of players every couple of minutes in order to play against players of varying ability.

Roles & Responsibilities



TARGET

Objective

A practiced designed to improve a players passing actions

Theme

Passing Practice



I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

PRACTICE

Organisation

Each child has a ball and in turn takes a go until they succeed

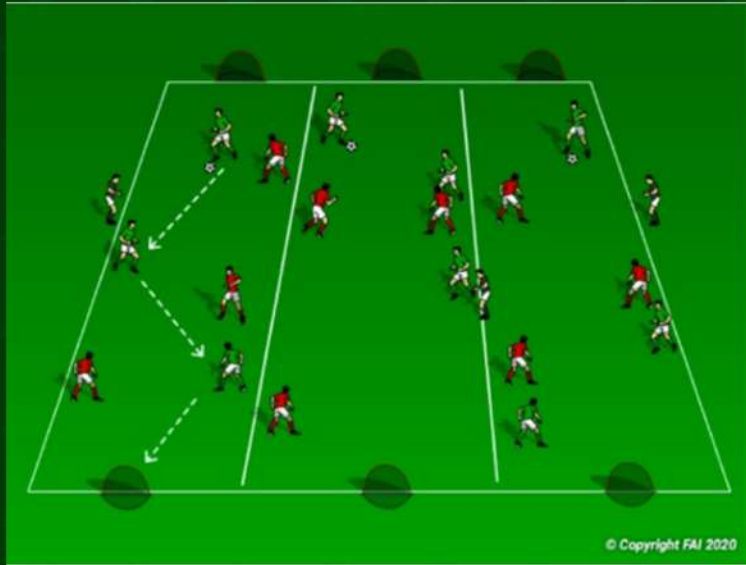
Method

- Players line up and wait their turn to take a penalty
- Move the penalty spot closer to the goal depending on child's age or ability.

Roles & Responsibilities



2V2 MINI



Objective

Game designed to improve players ability to combine and score

Theme

Passing Game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

GAMES

Organisation

Area: 10x15 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can pass back in

No goalkeepers are allowed

Method

- Players pass and combine to score into goal

Roles & Responsibilities



3rd & 4th CLASS SESSIONS



3rd & 4th

Session	Theme	As They Arrive/Warm Up	Practice 1
1	Dribbling	Hungry Hippos	Tresure Chest into goal
2	Dribbling	Free style Dribbling	Shark Attack
3	Dribbling	Dribbling Warm Up	Basic Dribbling
4	Dribbling	Ball Mastery	Shark in The Water
5	Dribbling	Ball Mastery	Bull Dogs Charge
6	Passing	Numbers Game	Passing Relays
7	Passing	Endzone Handball	Follow The Ball
8	Shooting	Countdown	Shooting ABC's

CLASS MATRIX

Practice 2	Practice 3	Small Sided Game
Rules of The Road	Dribbling through Gates	2v2 Mini Games
Dribbling Circuit ABC's	Favourite Player 1v1s	2v2 Mini Games
ABC's	4 Corner Game	3v3 Mini World Cup
Hungry Hippos	Six Goal Game	3v3 Mini World Cup
Countdown	Goals Galore 2v2	3v3 Mini World Cup
Football Bowls	Piggies in The Middle	3v3 Mini World Cup
Passing Gates	Target Practice	3v3 Mini World Cup
Fox In The Box	Four Goal Game	3v3 Mini World Cup

SESSION

1

THEME - DRIBBLING



HUNGRY



Objective

A fun practice designed to improve player's dribbling and awareness.

Theme

Dribbling practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

HIPPPOS

Organisation

Area 25x20 with a 5x20 central area(river)

All green players with a ball

Three reds (Hippos) are in the middle (river)

Method

- Players must dribble the ball across the river and make it safely to the
- other side without a hippo snatching their ball.
- Players count how many times they have successfully made it across.
- If a hippo touches your ball you go back to zero

Roles & Responsibilities



TREASURE



Objective

A Fun Practice and Dribbling and striking.

Theme

Practice – Treasure Chest -
Score in the goal

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

CHEST

Organisation

Area: 25 X 25 metres

4 goals, Teams of 3

Bibs for teams

Cones

Plenty of footballs (more than 1 for each the total number of players).

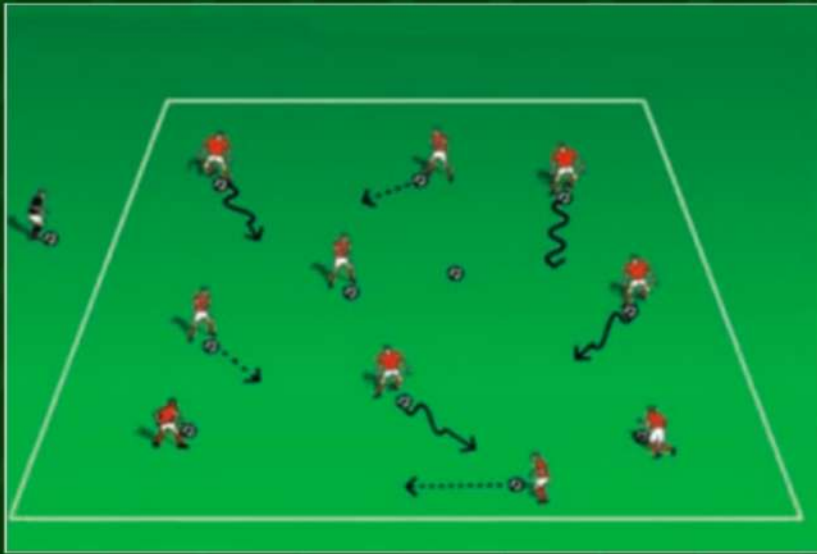
Method

- In teams of 3 (max) players line up at corners. One player at a time runs to middle where treasure is (balls) and with feet only retrieves a ball and dribbles through their set of cones and passes/shoots the ball into their goal(chest). Team with most treasure wins.
- Next player goes when previous player returns and hi 5s. Any lose balls the coaches can retrieve and put back into treasure (middle)

Roles & Responsibilities



RULES OF



Objective

A Practice designed to improve players basic motor skills and dribbling

Theme

Motor skills & dribbling practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

THE ROAD

Organisation

Area: 30 X 20 metres

Each player has a ball

Method

- Players dribble freely until they hear coaches commands
- Green light (dribble), orange light (toe taps), red light (stop), turn left, turn right, speed bump (jump over ball), traffic jam (sit on ball and beep), roundabout (quick feet around ball), motorway (dribble at speed)

Roles & Responsibilities

DRIBBLING THROUGH



Objective

A practice designed to improve players dribbling and turning.

Theme

Dribbling practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

THE GATES

Organisation

Area: 25 X 20 metres

1 ball per player

Gates placed inside the area made with different colors

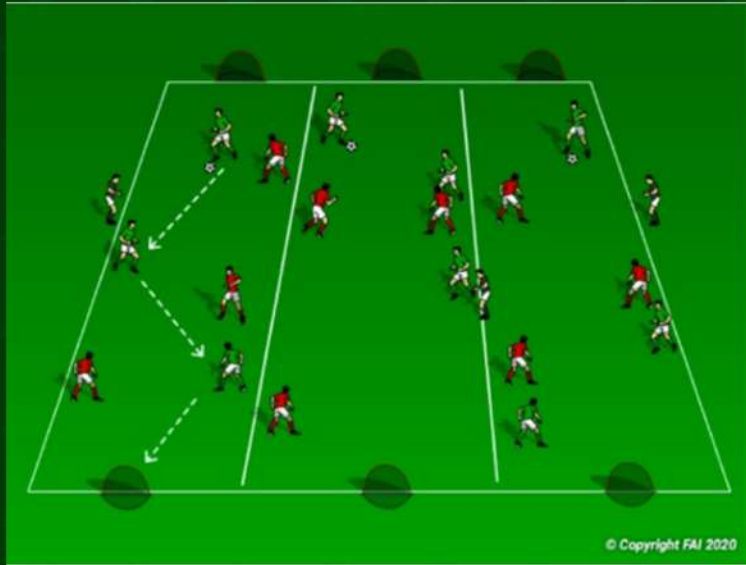
Method

- Players dribble through the cones to score
- Coach can decide how you win, first to 10, most in 1 minute
- Coach can introduce different methods of scoring ie. Players must do a circle around gate after scoring or 10 toe taps at each gate

Roles & Responsibilities



2V2 MINI



Objective

2v2 Game to score using players ability to dribble and combine

Theme

Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

GAMES

Organisation

Area: 15x20 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can dribble back in

No goalkeepers are allowed

Method

- Players pass and combine to score into goal

Roles & Responsibilities

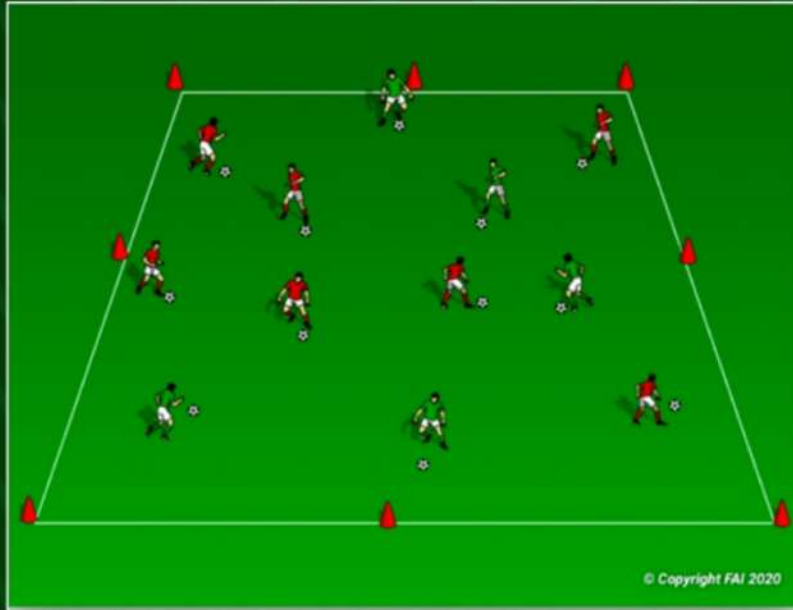


SESSION 2

THEME - DRIBBLING



FREESTYLE



Objective

A Warm up as players arrive
improve dribbling

Theme

Dribbling Warm up

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

DRIBBLER

Organisation

Area: 25 X 25 metres

1 Ball each

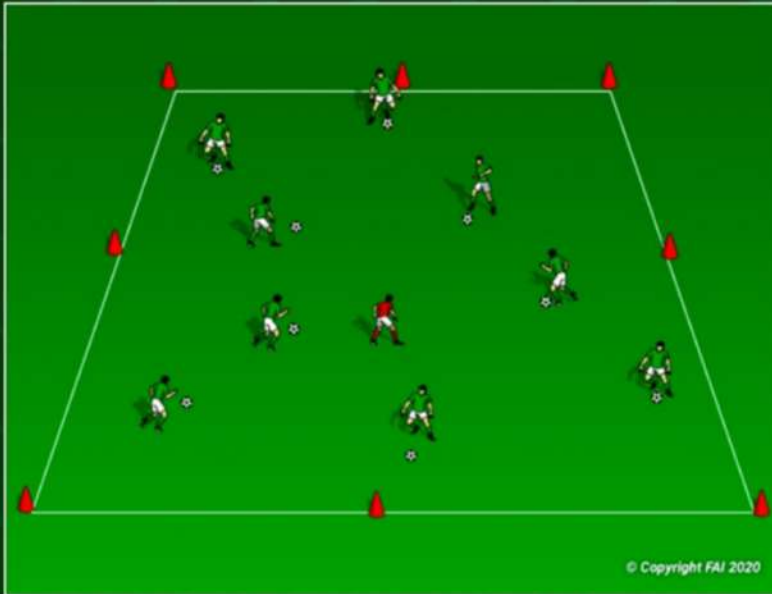
Method

- Players dribble anywhere inside the area. Coach can demonstrate a variety actions/tricks e.g. drag backs, turns, step overs.
- Make it fun, use famous players names (Hero's). Ronaldo – flip flaps,
- Messi – quick turns, Rashford – stepovers, Salah – Drag back,
- Superman – Lie on the ball and fly!
- Gradually build up the calls over a number of sessions – don't introduce all at once! Create your own – allow players to express themselves!

Roles & Responsibilities



SHARK



Objective

A fun practice designed to improve player's dribbling and awareness.

Theme

Dribbling practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

ATTACK

Organisation

Area: 25 X 25 metres

1 Ball each

Coach or player plays as Shark

Method

- Players dribble anywhere inside the area.
Coach/Player plays as Shark
- to tackle players with the football and knock outside the area.
- As opposed to knock outs the player retrieves the ball and get back in
- the water. They can keep count of how many time they were attacked
- by the shark. Lowest wins!
- Make it fun!
- Coach can control to Shark Attack players equally so weaker players
- get a fair chance.

Roles & Responsibilities

DRIBBLING



Objective

A practice to improve player's coordination and dribbling actions.

Theme

Dribbling practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

CIRCUIT

Organisation

Area: 25 X 25 metres split in two

1 Ball each

4 Goals

Method

- In teams of 3. One player perform a variety of ABC movements (with or without football) through the obstacles! E.g. side skips, jumps crawls under poles/ropes, ladders etc.. When through obstacles players dribble and score/pass the ball into the goal at opposite end. Next player goes.
- Make it fun!
- After 2 mins rotate players to next station.

Roles & Responsibilities



PICK YOUR



Objective

A 1v1 practice to improve dribbling actions and finishing.

Theme

Dribbling practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

FAVOURITE PLAYER

Organisation

2 pitches 25 x12; Total Area: 25 X 25 metres

4 goals, Teams of 3

Bibs for teams

Cones

Footballs

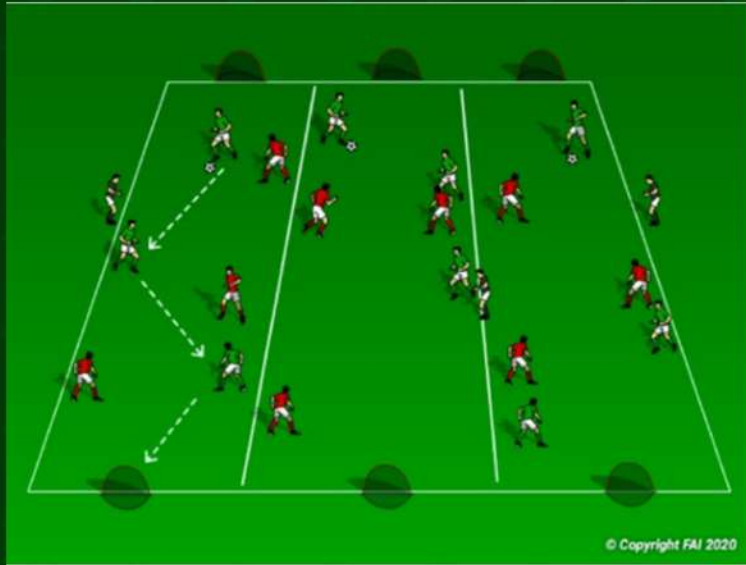
Method

- Players pick their favorite player & play as them. In teams of 3 (max) players line up at corners.
- Players play 1v1 to dribble and try score in goal.
- Rotate players around so they face different opposition. Play until goal is scored or ball goes out of play with time limit e.g. 30 seconds.

Roles & Responsibilities



2V2 MINI



Objective

2v2 Game to score using players ability to dribble and combine

Theme

Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

GAMES

Organisation

Area: 15x20 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can dribble back in

No goalkeepers are allowed

Method

- Players pass and combine to score into goal

Roles & Responsibilities



SESSION

3

THEME - DRIBBLING



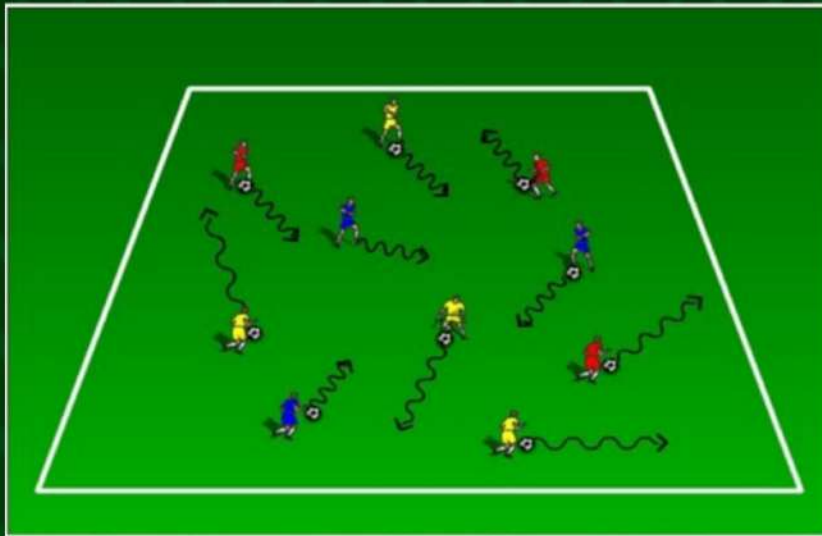
WARM UP

Objective

A Warm up as players arrive improve dribbling & ball mastery actions

Theme

Dribbling Warm up



I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

ARRIVAL

Organisation

Area: 30 X 20 metres

1 Ball per player

Players dribble in random order around the grid

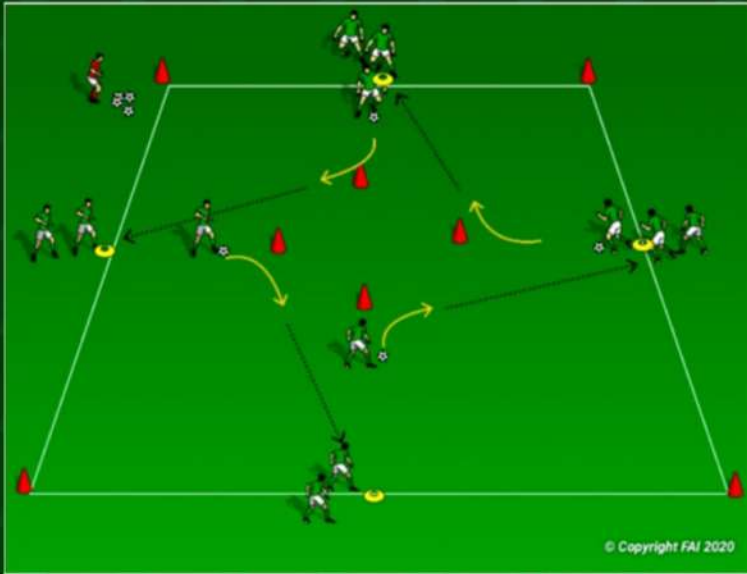
Method

- Players dribble in random fashion around the grid.
- They listen to the coaches calls:
- ·Messi Dribble – Big Toe Big Toe, left foot, right foot.
- ·Ronaldo Dribble – Big Toe, Little Toe – Inside/Outside the foot then
- switch feet.
- ·Sterling Dribble – Laces – Toes Down, Heal up – Switch Feet.

Roles & Responsibilities



DRIBBLING



Objective

A Technique Practice to improve player's dribbling actions.

Theme

Dribbling Practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

PRACTICE

Organisation

Area: 30 X 20 metres

Twelve players are set up inside the grid, with lines starting on the outside of the grid.

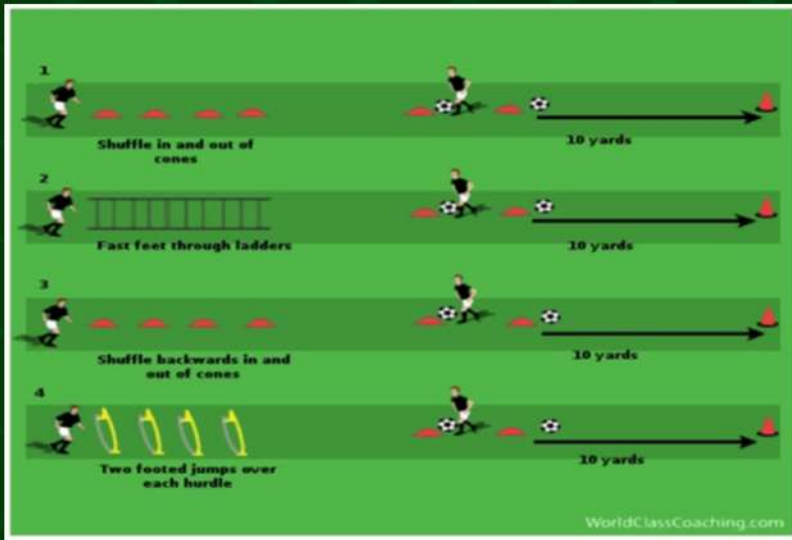
Method

- During the practice, the first player in line dribbles towards the cones at speed, turns to the left (or right when the drill changes direction), The drill continues in this pattern with the players performing different turning moves at the cones.
-
- Possible moves: Chop with the inside or outside of the foot, Cruyff turn, Roulette, Step Over etc.

Roles & Responsibilities



A,B,C'S



Objective

improve players Fundamental movement skills through A,B,C,S

Theme

Dribbling and Athletic Development
(Blocked/Structured practice)

I

Introduce the theme of the day

D

Demonstrate the actions being practiced

E

Explain the technique of each action within a logical sequence

A

Action, allow the players to experience the action being practiced

L

Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WITH A BALL

Organisation

4 Stations as per diagram.

4 cones set out one foot between cones then 4 yards to ball and cone with 5- or 10-yard distance for dribbling ball

Use cones, ladders, hurdles or balance beam depending on equipment available. Be Creative.

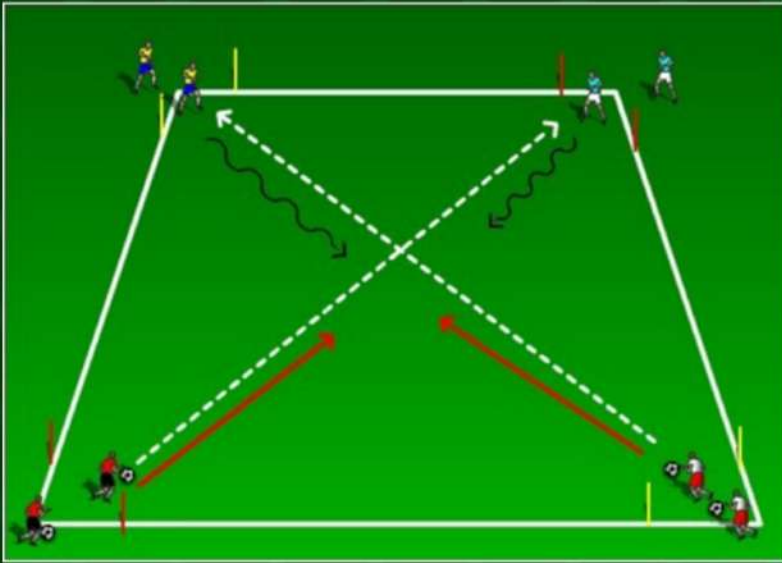
Method

- 1. Agility - Side Shuffle in and out of the cones
- 2. Speed - Ladder drill, one step in each square (cones can be used)
- 3. Balance – Single leg hops over 4 cones
- 4. Co ordination - Double Leg or Bunny hops over hurdles

Roles & Responsibilites



4 CORNER



Objective

A practice designed to improve players dribbling actions

Theme

Dribbling Practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

2V2 GAME

Organisation

Requires 8 Players split into 2 teams of 4.

Set up as pictured.

Each team chooses a team name it could be a LOI club or Champions League or Premiership of National side, vary it from week to week.

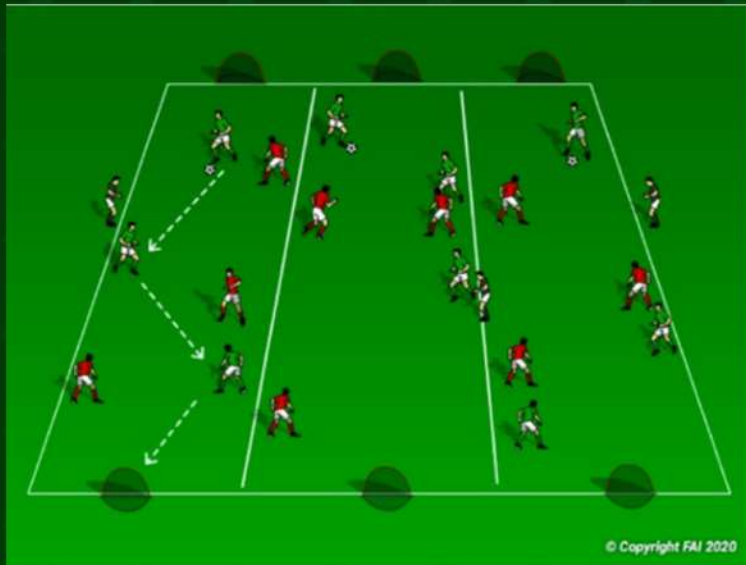
Method

- 1 player from each team in opposite corners.
- Remaining players play 2v2 inside the grid.
- Objective is to get the ball to one of your teammates in a corner, if successful you take their place and they come out of the corner and then try to get the ball to the opposite corner and repeat.
- Opposition try to win the ball and do the same with their teammates.

Roles & Responsibilities



MINI



Objective

3v3 Game to score using players ability to pass and combine

Theme

Passing game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WORLD CUP

Organisation

Area: 15x20 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can dribble back in

No goalkeepers are allowed

Method

- Players pass and combine to score into goal

Roles & Responsibilities



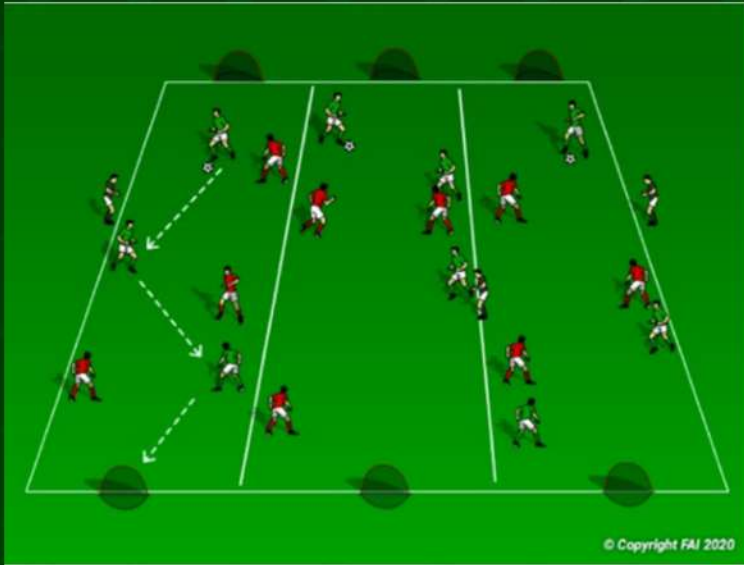
SESSION

4

THEME - DRIBBLING



BALL MASTERY



Objective

A Warm up as players arrive improve dribbling & ball mastery actions

Theme

Dribbling Warm up

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WARM UP

Organisation

Area: 25x20 meters

1 ball per player

Players work freely inside the area with the ball at their feet

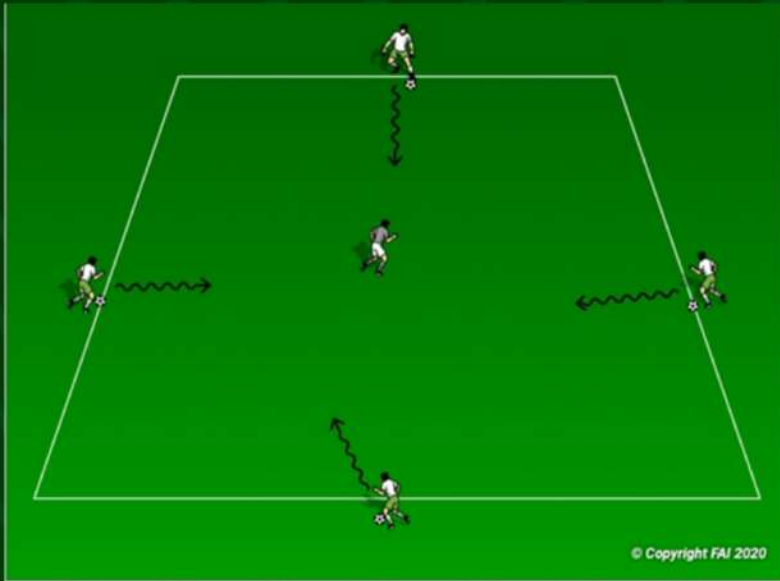
Method

- Players dribble around the grid freely listening to different calls from the coach i.e.. Sit on ball, toe taps etc.

Roles & Responsibilities



SHARK IN



Objective

A Practice designed to improve player's dribbling & ball mastery actions

Theme

Dribbling Warm up

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

THE WATER

Organisation

Group of players up to 10, all except one with a ball of them with a ball. Player without a ball is a defender (The Shark) goes to the centre of the area.

Method

- Players on the outside begin dribbling around the edge of the area (Water). When the coach says 'jump in' players must then dribble across (swim) while the defender (shark) tries to tag them with his/her hand.
- If a player gets tagged once, they keep going. If a player gets tagged twice in the same crossing, they become the defender.

Roles & Responsibilities



HUNGRY

Objective

A fun practice designed to improve player's dribbling and awareness.

Theme

Dribbling practice



I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

HIPPPOS

Organisation

Area 25x20 with a 5x20 central area(river)

All green players with a ball

Three reds (Hippos) are in the middle (river)

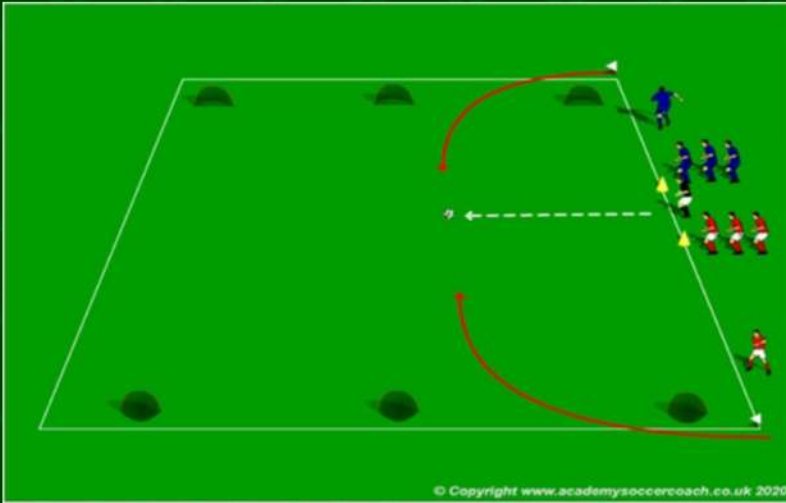
Method

- Players must dribble the ball across the river and make it safely to the
- other side without a hippo snatching their ball.
- Players count how many times they have successfully made it across.
- If a hippo touches your ball you go back to zero

Roles & Responsibilities



6 GOAL



Objective

A small sided game to improve player's dribbling actions.

Theme

Dribbling practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

GAME

Organisation

Area: 30 X 20 metres

Players and coach on sideline .

Coach stands with the balls and feeds one ball at a time into play for the competing players.

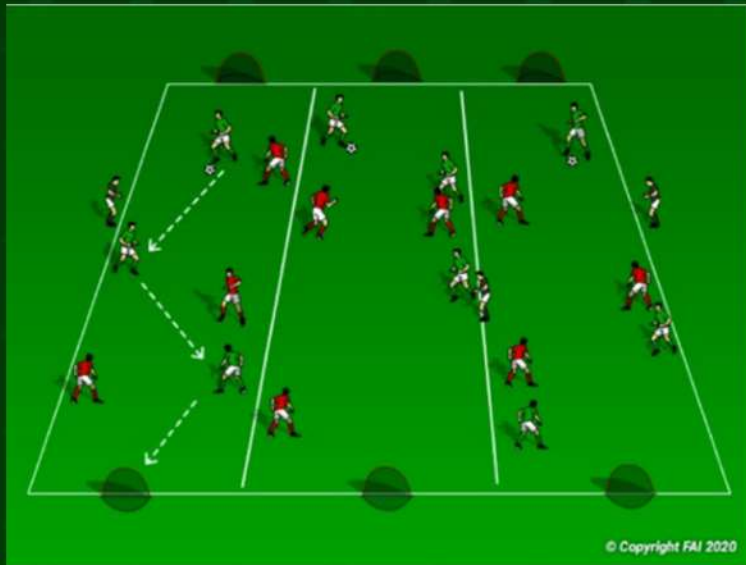
Method

- Split Players into 2 teams.
- On coaches call first player from each team races around their team's corner flag or cone and into the playing area.
- As players reach corner, coach serves a ball into the playing area.
- Players now compete 1v1 to attempt to score in one of their opponents 3 mini goals.
- Game starts off with 1v1's but if players are comfortable can become 2v2.

Roles & Responsibilities



MINI



Objective

3v3 Game to score using players ability to pass and combine

Theme

Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WORLD CUP

Organisation

Area: 15x20 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can dribble back in

No goalkeepers are allowed

Method

- Players pass and combine to score into goal

Roles & Responsibilities



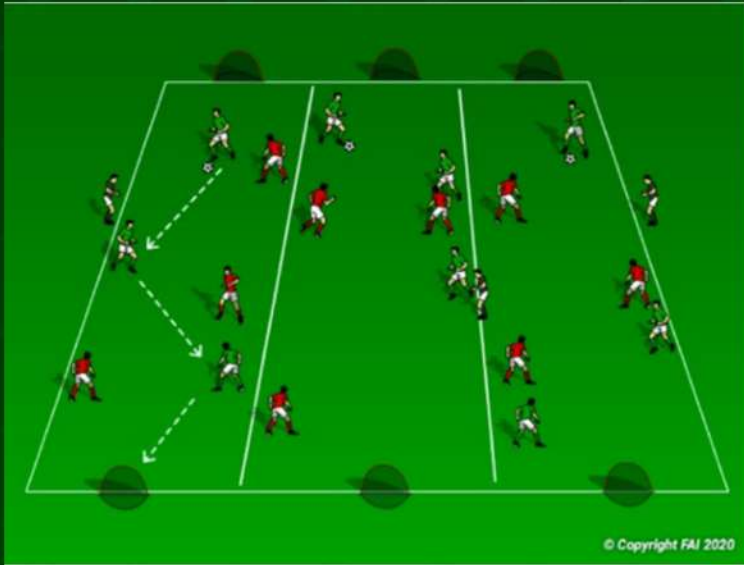
SESSION

5

THEME - DRIBBLING



BALL MASTERY



Objective

A Warm up as players arrive improve dribbling & ball mastery actions

Theme

Dribbling Warm up

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WARM UP

Organisation

Area: 25x20 meters

1 ball per player

Players work freely inside the area with the ball at their feet

Method

- Players dribble around the grid freely listening to different calls from the coach i.e.. Sit on ball, toe taps etc.

Roles & Responsibilities



BULLDOGS



Objective

A fun warm up tag game designed to allow players practice their basic motor skills & dribbling actions

Theme

Dribbling Practice - Tag Game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

CHARGE

Organisation

Area 20x20

All players line up at one end with a ball

One player/Coach/Parent without a ball is on (The Bulldog)

Method

- Players try to dribble the ball to the opposite side of the grid without being tackled.
- If a player is tackled by the Bulldog they join them as another bulldog.
- The last remaining player wins.

Roles & Responsibilities



COUNT



Objective

A fun game designed to allow players practice their shooting & dribbling actions

Theme

Shooting/Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

DOWN!

Organisation

Area 25x20 with a 15x20 dribbling area

All players with a ball are number 1-6

A goal without a GK

Method

- Players dribble the ball around the grid
- When a players number is called they dribbled out of the are and have a shot on goal.

Roles & Responsibilities



2V2 GOALS



Objective

Practice designed to improve players dribbling actions

Theme

Dribbling 2v2 practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

GALORE!

Organisation

Set up a 20x20 yard playing area as shown in Diagram.

Pair players up 2v2

Place 4,5,6 etc. goals using cones around the edges of the pitch

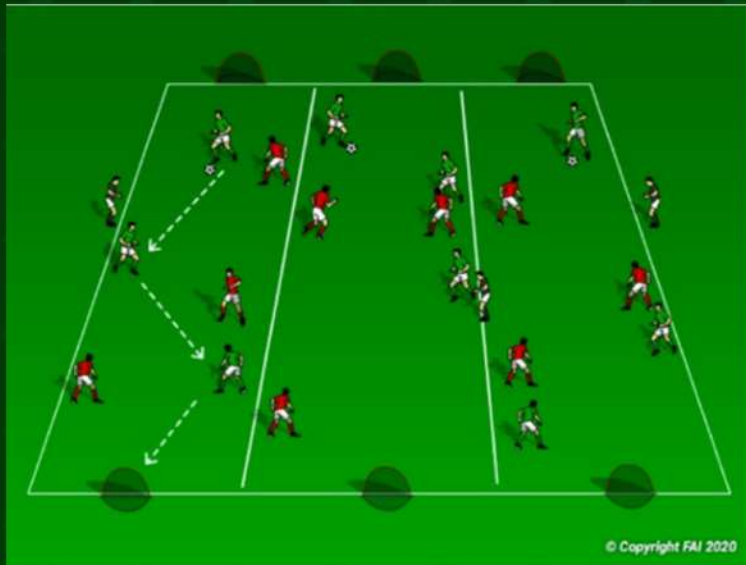
Method

- Players must beat opponent and dribble through any one of the goals in order to score.
- 1) Player who scores keeps going to see how many they get before being tackled
- 2) Possession switches to opponents after every goal.

Roles & Responsibilities



MINI



Objective

3v3 Game to score using players ability to pass and combine

Theme

Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WORLD CUP

Organisation

Area: 15x20 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can dribble back in

No goalkeepers are allowed

Method

- Players dribble and combine to score into goal

Roles & Responsibilities



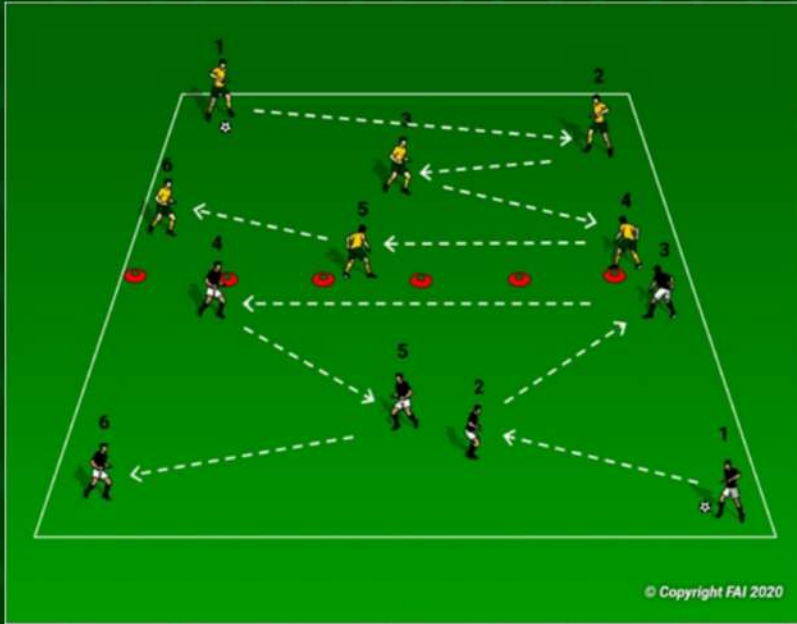
SESSION

6

THEME - PASSING



THE NUMBERS



Objective

A Warm-up to improve player's passing/movement actions

Theme

Passing game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

GAME

Organisation

Area: 30 X 20 metres

2 teams of 6 Black/ 6 Yellow

Each player is given a number

Players move around their area

Players must pass the ball to each other 1-6

Can progress it with 1-6 then 6-1

Method

- Players pass the ball to each other as they move around the area
- Conditions are you must pass in number sequence 1-6
- Encouraging the players to control the ball first, then pass
- No 1 touch play, can take 4 to 4 touches before they pass
-

Roles & Responsibilities



PASSING



Objective

A practice to improve Passing

Theme

Technique practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

RELAYS

Organisation

Area: 30 X 20 metres

Players spaced within 4 sections

Cones marked at 3yrd distances (3-6-9yds)

Players dribble up to cone and pass back

Use different cones for longer distances

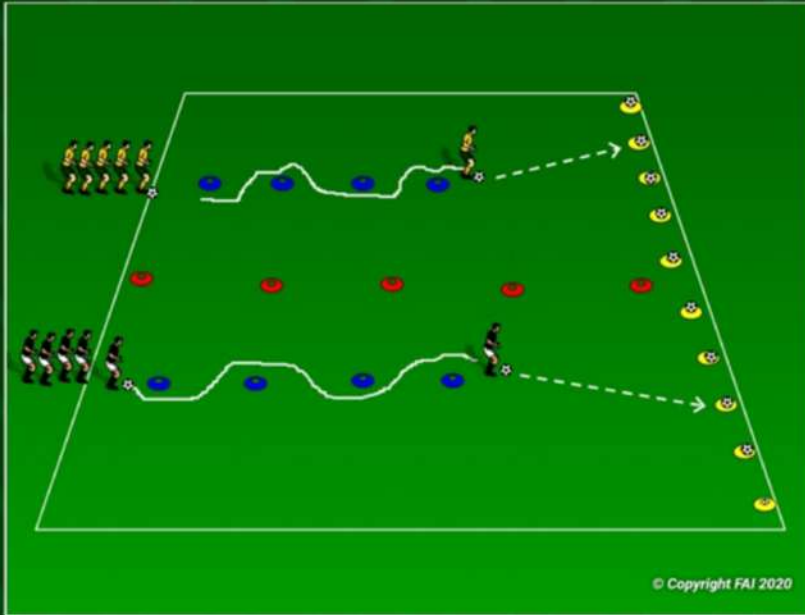
Method

- Players work on technique of Push pass
- Receiving the ball to travel forward , turn and pass

Roles & Responsibilities



FOOTBALL



Objective

A Game to work on Passing

Theme

Emphasis on passing technique

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

BOWLS

Organisation

Area: 30 X 20 split into 2

10 cones with balls placed on top up one end

Black V Orange team other end

Must dribble through blue cones then knock ball off yellow cone

Team that completes quickest wins

Method

- Players travel through blue cone as quickly as possible, once out the other side the focus turns to the pass. Put the focus on the technique of the pass to knock ball off the cone. Encourage accuracy over power

Roles & Responsibilities



PIGGIES IN



Objective

A practice designed to improve players passing actions

Theme

10 v 2 Possession passing practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

THE MIDDLE

Organisation

Area: 30 X 20 metres

10 attackers/ 2 defenders

Attacking players keep the ball by passing to their teammates

2 defenders try win the ball (score a point if they win the ball)

Change the defenders every min X 2 rounds

Method

- By using a big area and only 2 defenders, this gives the other players a good chance of success, encourage movement to get the ball and if a player makes a successful pass he gets a point, how many point can they get in total

Roles & Responsibilities





Objective

A SS-Game to work on attacking with passing

Theme

SSG's with focus on attacking through Passing

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WORLD CUP

Organisation

Area: 30 X 20

2 Pitches coned off into small areas with 2 goals each end

Black V Yellow X 2 teams

Options to change teams

15 minutes X 3, 5 min games

Method

- Playing a number of SSG's with the focus on attacking with an emphasis on passing. Having 2 goals to score in encourages more scoring opportunities. Focus should be on accuracy over power

Roles & Responsibilities



SESSION 7

THEME - PASSING



HANDBALL INTO



Objective

A Warmup to improve player's passing and moving to set the scene for passing actions ahead.

Theme

Warm up passing practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

TARGET AREA

Organisation

Area: 20 X 20 metres

1 Ball

Two squares, 1 red and 1 blue.

Method

- Player passes the ball by throwing it to a teammate, once a player catches the ball, he/she must stand still until they release the ball to another teammate.
- Objective is to throw the ball to the teammate standing in your team's square in order to score. Opposition cannot tackle, this is a noncontact game, they can only try block the throw in the air.
- If the ball is dropped or touches the ground possession is switched to the other team.

Roles & Responsibilities



FOLLOW



Objective

Practice designed to improve the players passing actions.

Theme

Passing Practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

THE BALL

Organisation

Set 3 cones 5 – 10 yds apart.

2 player's at cone A and 1 each at cone B & C.

1 Ball between the 2 players

Method

- Player A passes to player B who controls the ball and passes to player C and back to A. Each Player must follow the direction of the pass and move to the next cone.
- The ball must be passed around the outside of the cones.
- Change directions and pass the opposite way
- Progression: Players play a wall pass at each cone (a 1-2)

Roles & Responsibilities



PASSING



Objective

A practice designed to improve a players passing actions

Theme

Passing practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

THROUGH GATES

Organisation

Area: 30 X 20 metres

1 Ball between 2 players

Randomly create gates or goals around the playing area using 2 cones.

Method

- Players dribble in random fashion around the grid and look for an empty gate.
- Player with the ball decides which gate to go to.
- Teammate follows and positions themselves on the opposite side in order to receive a pass.
- Player passes through the gate and teammate controls the ball and repeats the process.
- Per who score most goals win

Roles & Responsibilities



TARGET

Objective

A practice designed to improve players passing actions

Theme

Passing Practice



I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

PRACTICE

Organisation

Each child has a ball and in turn takes a go until they succeed

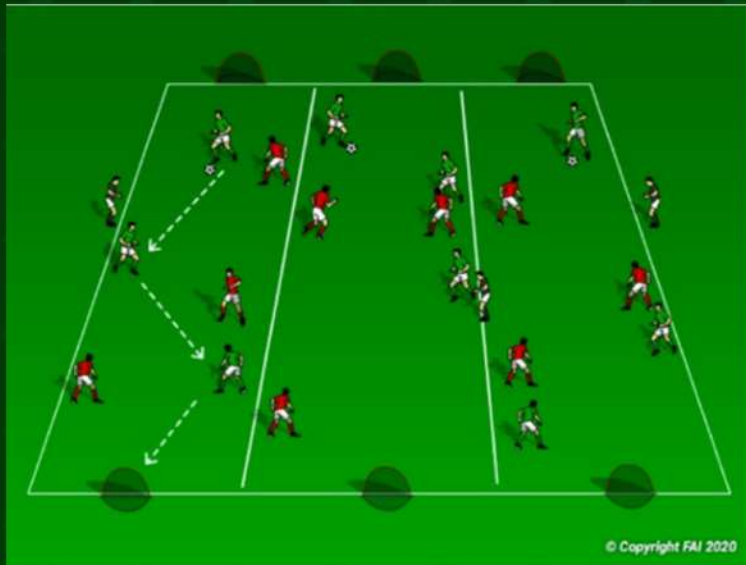
Method

- Players line up and wait their turn to take a penalty
- Move the penalty spot closer to the goal depending on child's age or ability.

Roles & Responsibilities



MINI



Objective

3v3 Game to score using players ability to pass and combine

Theme

Passing game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WORLD CUP

Organisation

Area: 15x20 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can dribble back in

No goalkeepers are allowed

Method

- Players pass and combine to score into goal

Roles & Responsibilities



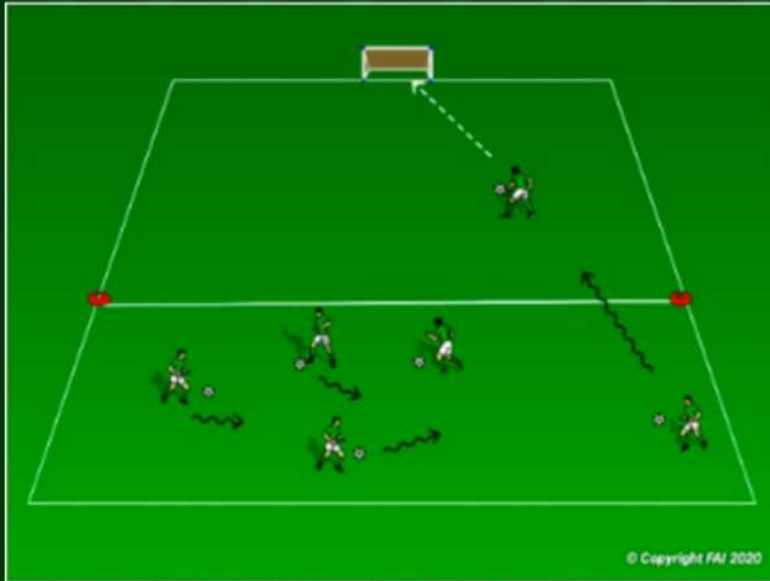
SESSION

8

THEME - SHOOTING



COUNT



Objective

A fun game designed to allow players practice their shooting & dribbling actions

Theme

Shooting/Dribbling Practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

DOWN!

Organisation

Area 25x20 with a 15x20 dribbling area

All players with a ball are number 1-6

A goal without a GK

Method

- Players dribble the ball around the grid
- When a players number is called they dribbled out of the are and have a shot on goal.

Roles & Responsibilities



A,B,C'S



Objective

Improve players basic motor skills

Theme

Basic Motor Skill Development

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WITH A BALL

Organisation

4 Stations as per diagram.

4 cones set out one foot between cones then 4 yards to ball and cone with 5- or 10-yard distance for shooting

Use cones, ladders, hurdles or balance beam depending on equipment available. Be Creative.

Method

- 1. Agility - Side Shuffle in and out of the cones
- 2. Speed - Ladder drill, one step in each square (cones can be used)
- 3. Balance – Single leg hops over 4 cones
- 4. Co ordination - Double Leg or Bunny hops over hurdles
-

Roles & Responsibilities



FOX IN



Objective

A practice designed to improve players shooting actions

Theme

Shooting practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

THE BOX

Organisation

Set up a 25x20 yard playing area as shown in Diagram with a small gate at the half way point either side.

A goal at either end.

A 5x5 box no more than 10 yards from goal.

Method

- Players start at the corner. First player from each team dribbles outside of the area to halfway and then changes direction to cut inside towards the shooting zone and takes a shot at goal.
- They then fetch their ball and go around the outside and join the back of the other line.
- The next player goes as soon as the player in front has shot.

Roles & Responsibilities



4 GOAL



Objective

A small sided game to improve player's shooting actions.

Theme

Shooting Practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

GAME

Organisation

Area: 30 X 20 metres

4 goals, 2 at each end as pictured.

No Goalkeepers.

Area divided in half by cones on the sideline.

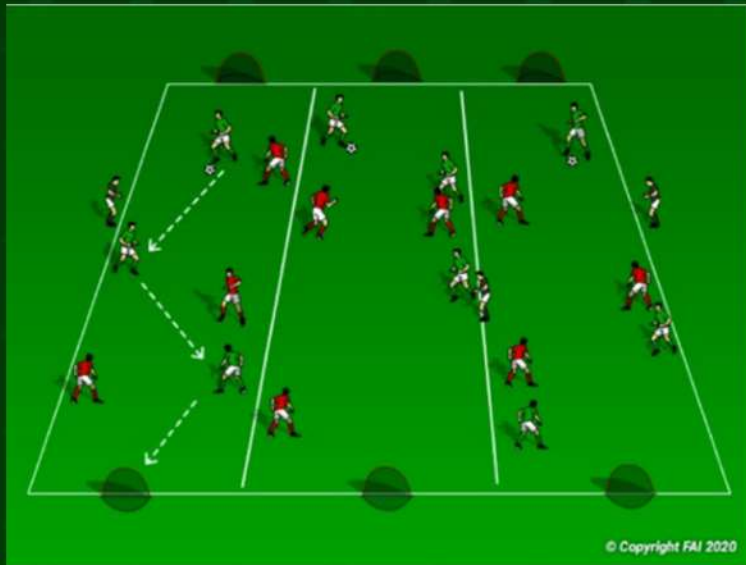
Method

- Split players into 2 teams. They can score into either of the 2 goals they are attacking.
- Game starts with teams allowed to shoot from anywhere on the pitch.
- If ball goes out on sideline allow a goal to be score from a kick in to encourage more shooting opportunities.

Roles & Responsibilities



MINI



Objective

3v3 Game to score using players ability to pass and combine

Theme

Passing game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WORLD CUP

Organisation

Area: 15x20 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can dribble back in

No goalkeepers are allowed

Method

- Players pass and combine to score into goal

Roles & Responsibilities



5th & 6th

CLASS

SESSIONS



5th & 6th

Session	Theme	As They Arrive/Warm Up	Practice 1
1	Dribbling	Ball Mastery	King of The Ring
2	Dribbling	Free Style Dribbling	Follow The Leader
3	Dribbling	Multi Directional Dribbling	Hungry Hippos
4	Passing	Olympic Handball	Follow Your Pass
5	Passing	Basic Passing	ABC's
6	Passing	Tag & Freeze	Football Hockey
7	Shooting	Tail Tag with Goalkeepers	ABC's
8	Dribbling	Traffic Lights	Extra Player

CLASS MATRIX

Practice 2	Practice 3	Small Sided Game
Tresure Chest II	1v1 Attack to Goal	3v3 Mini World Cup
Quickest To React	Ligthening	3v3 Mini World Cup
Dribbling Relays	Goals Galore 3v4	3v3 Mini World Cup
3v1 Attack	3v2 Attack	3v3 Mini World Cup
Passing Gates	Winner stays On	3v3 Mini World Cup
Football Conkers	Killer Pass 3v3	3v3 Mini World Cup
Knock It Down	Get Into The Zone	4v4 Game
Race to The Ball	4 Goal Game	4v4 Game

SESSION

1

THEME - DRIBBLING



BALL MASTERY

Objective

A Warm up improve player's dribbling & ball mastery skills

Theme

Dribbling Warm up



I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WARM UP

Organisation

Area: 25x20 meters

1 ball per player

Players work freely inside the area with the ball at their feet

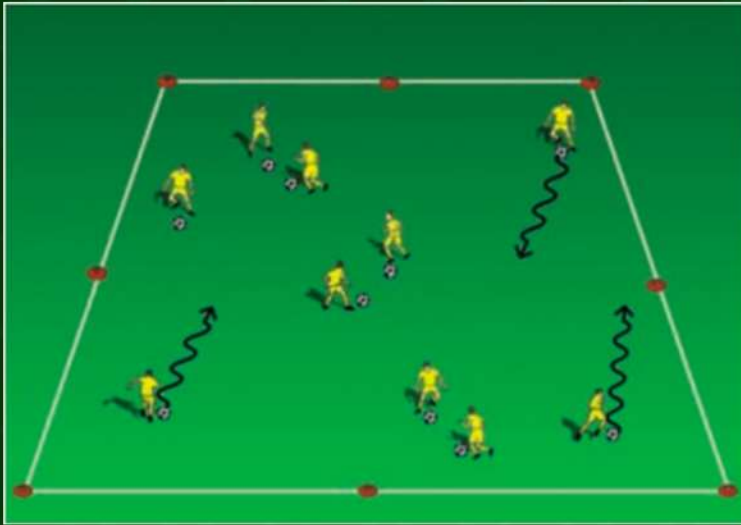
Method

- Players dribble around the grid freely listening to different calls from the coach i.e.. Sit on ball, toe taps etc.
-

Roles & Responsibilities



KING/QUEEN OF



Objective

A practiced designed to improve players ability to evade opposing players when dribbling

Theme

Attacking - Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

THE RING

Organisation

Area: 20 X 20 metres

A ball per player

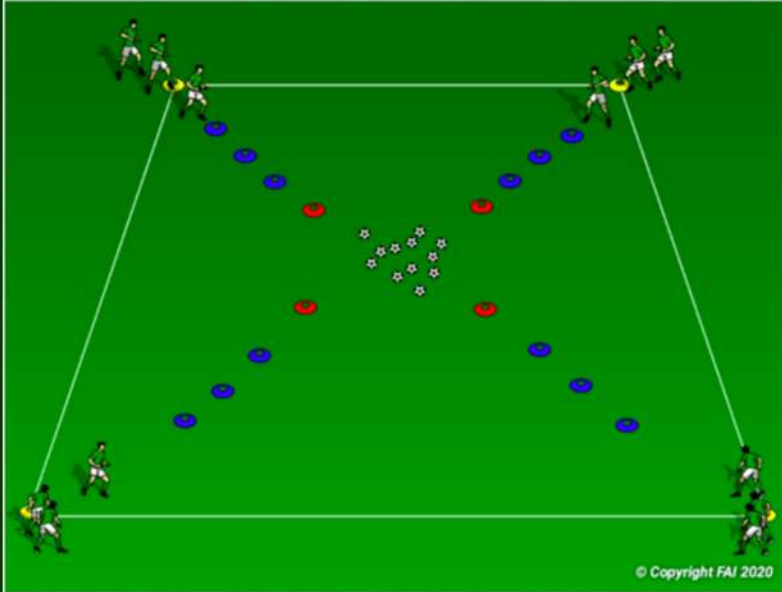
Method

- The aim is to knock as many other players footballs out of the grid while at the same time protecting their own ball
- Practice starts with players dribbling their own ball freely

Roles & Responsibilities



TREASURE



Objective

A practice designed to improve the players basic motor skills and dribbling

Theme

Dribbling practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

CHEST II

Organisation

Area: 30 X 20 metres

Place a number of balls (treasure) in the middle grid

Split group into 4 teams

Method

- Players run throw cones into middle retrieve a ball & dribble back through the cones before next player goes. The team with the most balls when all are gone win

Roles & Responsibilities





Objective

Practice designed to improve players dribbling & shooting actions

Theme

Attacking – Dribbling practice

I

Introduce the theme of the day

D

Demonstrate the actions being practiced

E

Explain the technique of each action within a logical sequence

A

Action, allow the players to experience the action being practiced

L

Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

ATTACKING

Organisation

Area: 15x30 metres

Two teams in separate colors

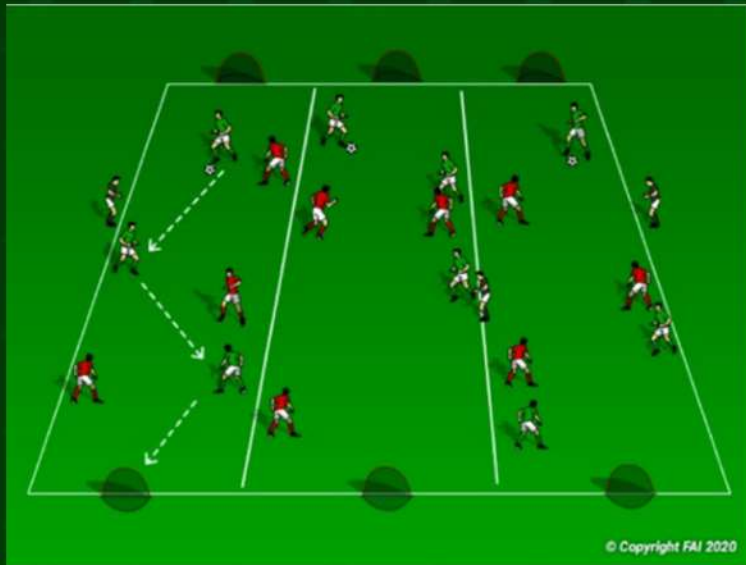
Method

- Blues (attackers) must dribble & try score past the GK in the big goal.
- If the GK or whites(defenders)win the ball they try to score in either of the two small goals

Roles & Responsibilities



MINI



Objective

3v3 Game to score using players ability to pass and combine

Theme

Passing game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WORLD CUP

Organisation

Area: 15x20 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can dribble back in

No goalkeepers are allowed

Method

- Players pass and combine to score into goal

Roles & Responsibilities

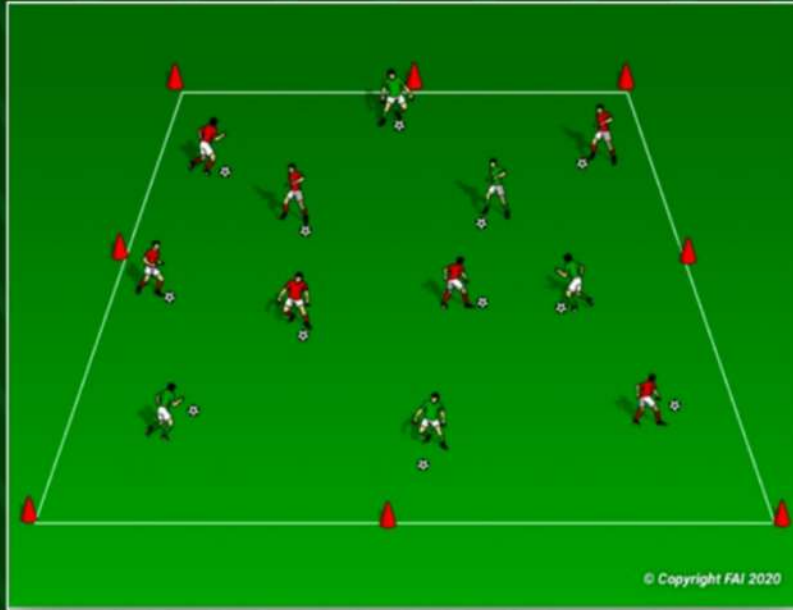


SESSION 2

THEME - DRIBBLING



FREESTYLE



Objective

A Warm up as players arrive
improve dribbling

Theme

Dribbling Warm up

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

DRIBBLER

Organisation

Area: 25 X 25 metres

1 Ball each

Method

- Players dribble anywhere inside the area. Coach can demonstrate a variety actions/tricks e.g. drag backs, turns, step overs.
- Make it fun, use famous players names (Hero's). Ronaldo – flip flaps,
- Messi – quick turns, Rashford – stepovers, Salah – Drag back,
- Superman – Lie on the ball and fly!
- Gradually build up the calls over a number of sessions – don't introduce all at once! Create your own – allow players to express themselves!

Roles & Responsibilities



FOLLOW THE



Objective

A technical practice to improve a player's dribbling and reactions

Theme

Dribbling Practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

LEADER

Organisation

Area: 30 X 25 metres

1 Ball each

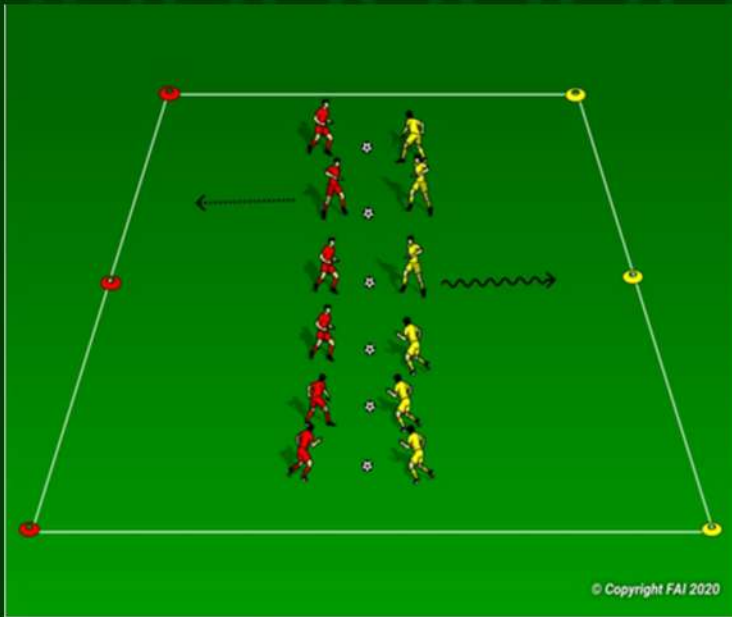
Method

- A coach or player(when ready) will dribble the ball anywhere inside the area with up to 4 players following The leader will perform a variety of skills actions. The other players follow the leader and copy the action of the leader. Leader should change directions drop the shoulder.
- Allow players to express themselves!
- Change the leader every minute if coach not leading.
- Coach might be the leader for 1st few weeks until players understand and develop their skills.

Roles & Responsibilities



QUICKEST TO



Objective

A fun practice to improve a player's ABCs, reactions and dribbling

Theme

Basic Motor Skills – Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

REACT!

Organisation

Area: 30 X 25 metres

1 Ball between two

Method

- Players line up with a ball between two in the middle of the grid.
- On the coaches call the players touch that part of their body (head, shoulders, knees or toes) or perform the action called e.g. jump, turn, kneel etc.
- When the coach calls 'ball' the first player to pick up or drag back and dribble the ball to their line wins a point. Rotate players so they face different players.
- Keep fun be creative!

Roles & Responsibilities



LIGHTS



Objective

A technical practice to improve a player's dribbling and finishing

Theme

Dribbling Warm up

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

NING

Organisation

Area: 30 X 25 metres

1 Ball each

2 goals

Bibs, cones

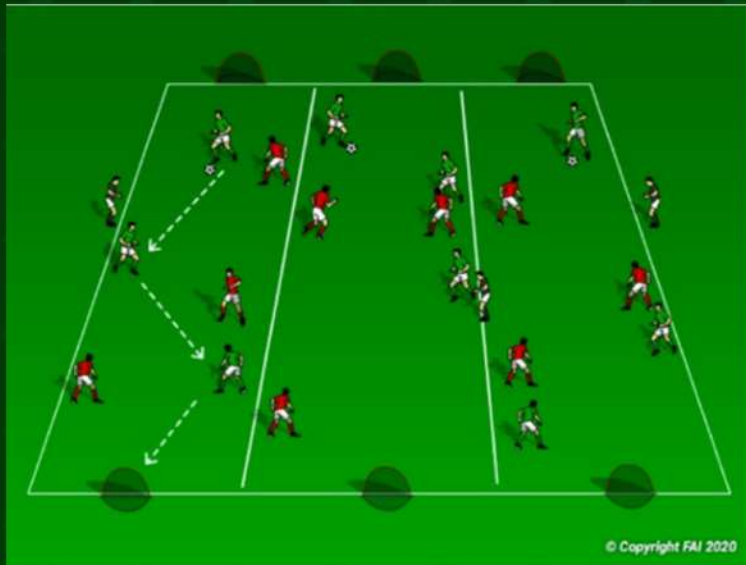
Method

- A player (blue) dribbles towards opposite goals and tries to score in the goal. After the player takes their shot they must sprint back to their line and tag the next player who then gets in goal.
- Meanwhile the opposition player GK (red) has retrieved the ball and is dribbling to try score before the blue player gets in goal. The red player then sprints back and tags a new GK and so on. Play for 2/3 minutes. Keep score
- keep fun!

Roles & Responsibilities



MINI



Objective

3v3 Game to score using players ability to pass and combine

Theme

Passing game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WORLD CUP

Organisation

Area: 15x20 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can dribble back in

No goalkeepers are allowed

Method

- Players pass and combine to score into goal

Roles & Responsibilities



SESSION

3

THEME - DRIBBLING



MULTIDIRECTIONAL



Objective

A Warm-up to improve player's Individual control, creativity and confidence on the ball

Theme

Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

DRIBBLING

Organisation

Area: 30 X 20 metres

1 Ball per player

Method

- Players dribble in random fashion around the grid.
- They listen to the coaches calls:
- Stop the Ball Right Foot on the Ball and Dribble again.
- Stop the Ball Left Foot on the Ball and Dribble again.
- Knee on the Ball
- Sit/Bum on the Ball
- Belly on the Ball
- Elbow on the Ball
- Head on the Ball

Roles & Responsibilities



HUNGRY



Objective

A fun practice designed to improve player's dribbling and awareness.

Theme

Dribbling practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

HIPPPOS

Organisation

Area 25x20 with a 5x20 central area(river)

All green players with a ball

Three reds (Hippos) are in the middle (river)

Method

- Players must dribble the ball across the river and make it safely to the
- other side without a hippo snatching their ball.
- Players count how many times they have successfully made it across.
- If a hippo touches your ball you go back to zero

Roles & Responsibilities



DRIBBLING



Objective

Develop Players control of the ball while Dribbling differing distances and at different speeds.

Theme

Dribbling. (Blocked/Structured)

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

RELAYS

Organisation

This is a relay.

2 players per start cone, which will dictate the size of the grid and number of cones required.

Have 3 cones equally spaced out at 4 yards apart starting from the first cone in a straight line from the start

Method

- Ask first player from each pairing to dribble out to the first cone and back.
- Then the next player goes. Vary which cone they go to each time or have them go to multiple cones.

Roles & Responsibilities



3V3 GOALS



Objective

Dribble practice designed to improve players dribbling actions

Theme

Dribbling 3v3

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

GALORE

Organisation

Set up a 20x20 yard playing area as shown in Diagram.

Create 3v3 teams

Place 4 goals using cones around the edges of the pitch

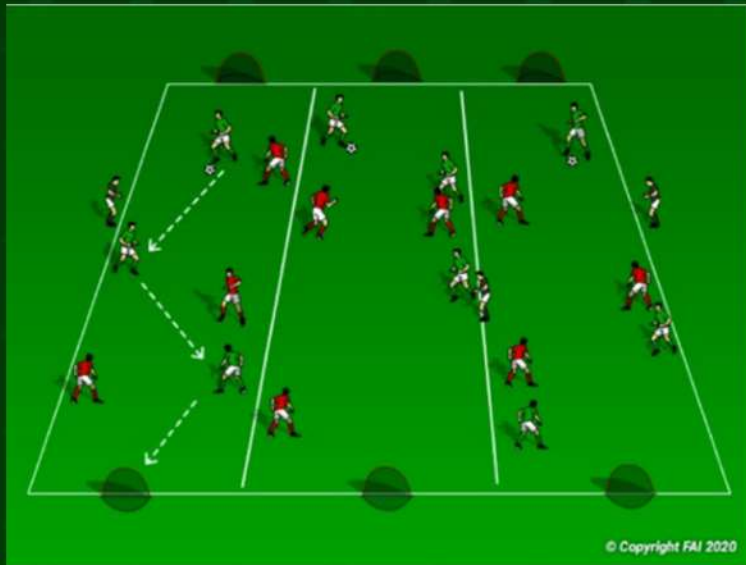
Method

- Players must beat opponent and dribble through any one of the goals in order to score.
- 1) Player who scores keeps going to see how many they get before being tackled
- 2) Possession switches to opponent after every goal.

Roles & Responsibilities



MINI



Objective

3v3 Game to score using players ability to pass and combine

Theme

Passing game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WORLD CUP

Organisation

Area: 15x20 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can dribble back in

No goalkeepers are allowed

Method

- Players pass and combine to score into goal

Roles & Responsibilities



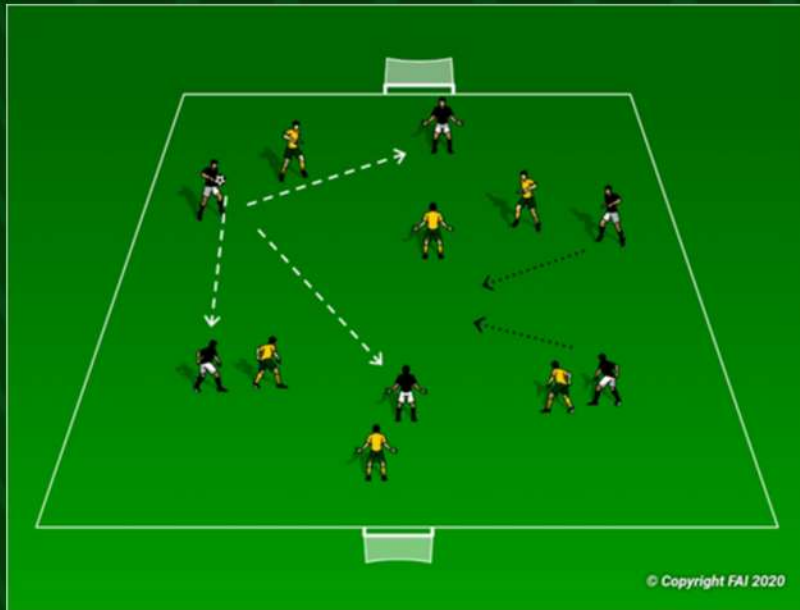
SESSION

4

THEME - PASSING



OLYMPIC



Objective

A Warm-up improve player's attacking through receiving/passing

Theme

Olympic Handball – receiving/passing

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

HANDBALL

Organisation

Area: 30 X 20 metres

2 teams of 6 Black/ 6 Yellow

Players must throw the ball to each other

Can only throw ball chest high

Can only score with a header

Method

- Players pass by throwing the ball to each other as they make their way up the pitch to score with a header.
- Different conditions: can't travel more than 3yds
- Must release the ball within 3 secs
- If you pass to a teammate, they cannot pass back
- Ball cannot be passed over head height

Roles & Responsibilities



FOLLOW



Objective

A practice to improve Receiving/Passing technique

Theme

Passing practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

YOUR PASS

Organisation

Passing practice

Area: 30 X 20 metres

Players spaced within 4 sections

Pass forward and follow pass

Player receives ball with open body

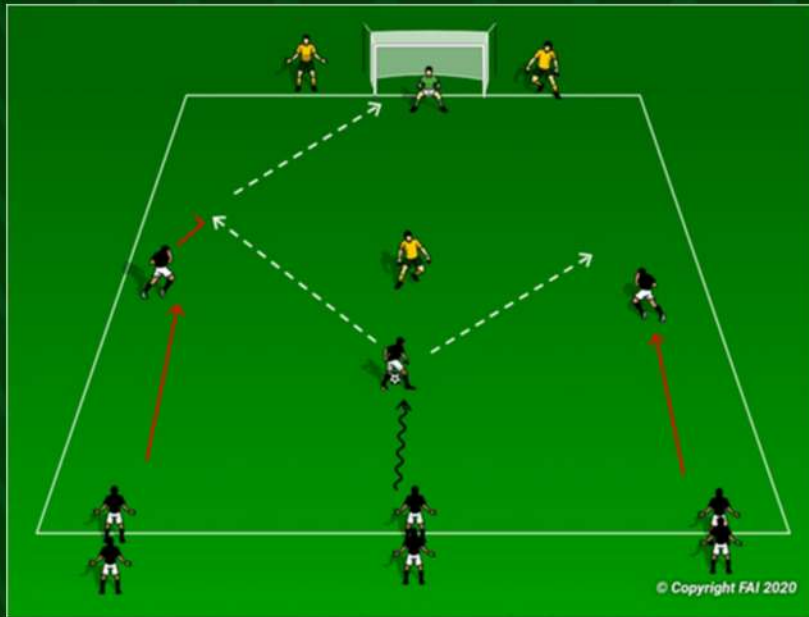
Method

- Players work on technique of Push pass
- Receiving the ball with an open body shape to play forward pass

Roles & Responsibilities



3 V 1



Objective

A practice to improve
Attacking

Theme

Attacking and scoring

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within
a logical sequence

A



Action, allow the players to experience the
action being practiced

L



Look and observe the players performing
each action, use leading questions to
provide feedback and to check for learning

ATTACKING

Organisation

Area: 30 X 20

GK plus 1 Defender

3 sets of Attackers one end

Attackers must beat the defender to score

Change defender after each attempt

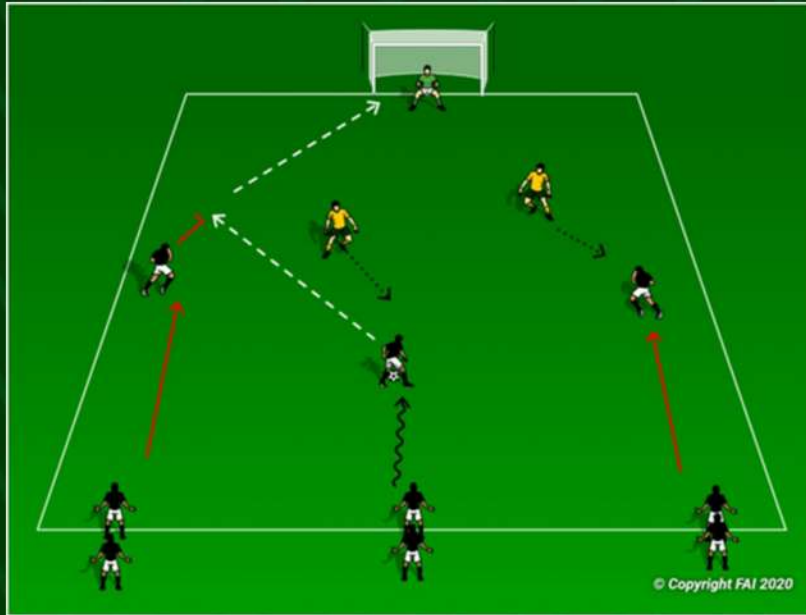
Change attackers to defenders/defenders to attackers

Method

- A practice to encourage attacking play and scoring
- Attackers will attack in a group of 3 against 1 defender to allow for success in attacking and scoring. Encourage the player on the ball to try and make the correct decision.

Roles & Responsibilities





Objective

A practice to improve Attacking

Theme

Attacking and Scoring

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

ATTACKING

Organisation

Area: 30 X 20 metres

GK plus 2 Defender

3 sets of 3 Attackers

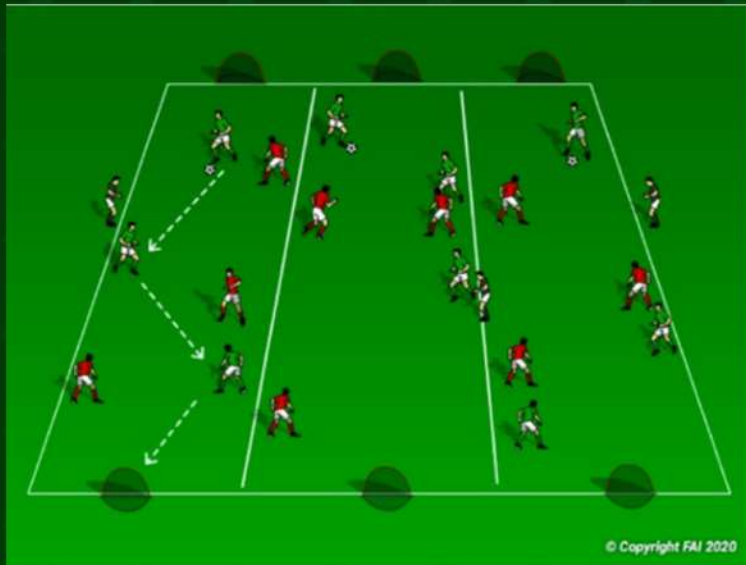
Method

- A practice to encourage attacking play and scoring
- Attackers will attack in a group of 3 against 2 defender2 to allow for success in attacking and scoring. Encourage the player on the ball to try and make the correct decision.

Roles & Responsibilities



MINI



Objective

3v3 Game to score using players ability to pass and combine

Theme

Passing game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WORLD CUP

Organisation

Area: 15x20 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can dribble back in

No goalkeepers are allowed

Method

- Players pass and combine to score into goal

Roles & Responsibilities



SESSION

5

THEME - PASSING



TECHNIQUE



Objective

A practice to improve Receiving/Passing technique

Theme

Passing practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

PRACTICE

Organisation

Passing practice

Area: 30 X 20 metres

Players spaced within 4 sections

Pass forward and follow pass

Player receives ball with open body

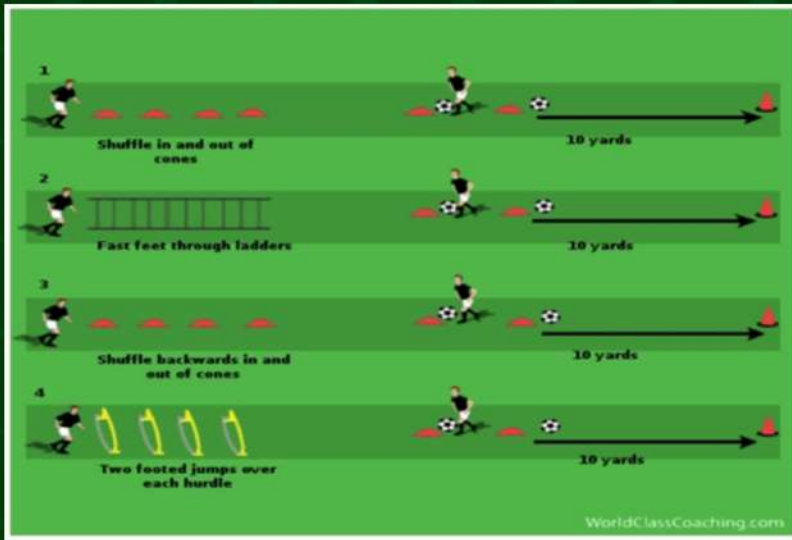
Method

- Players work on technique of Push pass
- Receiving the ball with an open body shape to play forward pass

Roles & Responsibilities



A,B,C'S



Objective

improve players Fundamental movement skills through A,B,C,S

Theme

Dribbling and Athletic Development
(Blocked/Structured practice)

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WITH A BALL

Organisation

4 Stations as per diagram.

4 cones set out one foot between cones then 4 yards to ball and cone with 5- or 10-yard distance for dribbling ball

Use cones, ladders, hurdles or balance beam depending on equipment available. Be Creative.

Method

- 1. Agility - Side Shuffle in and out of the cones
- 2. Speed - Ladder drill, one step in each square (cones can be used)
- 3. Balance – Single leg hops over 4 cones
- 4. Co ordination - Double Leg or Bunny hops over hurdles

Roles & Responsibilities



SCORE IN



Objective

A practice designed to improve a players passing actions

Theme

Passing practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

THE GATES

Organisation

Area: 30 X 20 metres

1 Ball between 2 players

Gates (2 cones) or a hurdle randomly spread out around the grid.

Method

- Player with the ball dribbles to a gate or hurdle, teammate follows and stands on opposite side of the gate, player 1 passes the ball through the gate to their teammate and they then selects the next gate and their teammate follows, if the gate is being used then select a different one that is free.

Roles & Responsibilities



WINNER



Objective

Game designed to improve players passing actions.

Theme

Passing practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

STAYS ON

Organisation

Set up a 20x20 yard playing area as shown in Diagram.

Place cones on the sidelines about 6 yards from the end-lines to create endzone.

Add 2 small goals at both ends to create 4 goals.

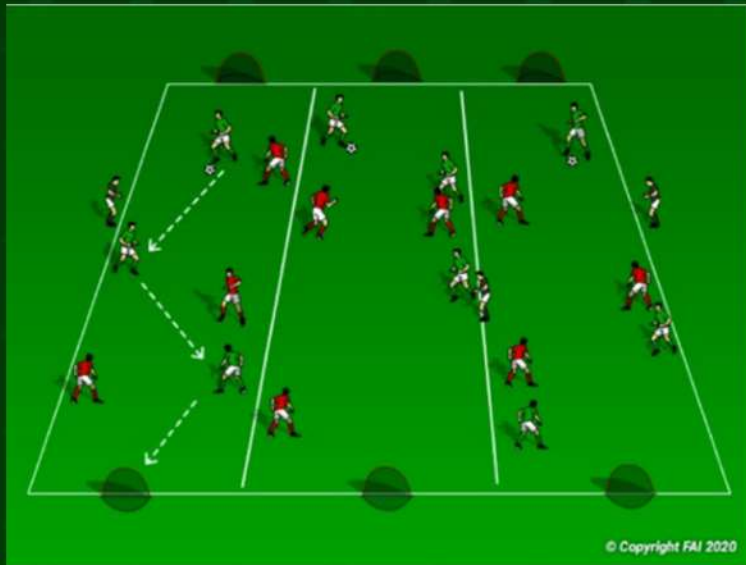
Method

- 4 goal game with 3 teams of 3
- 3v3 on the pitch with a team of 3 waiting on the side-line.
- 1st team to score stays on the pitch or timed game.
- Team that scores quickly gets the ball and attempts to score at the opposite end before the next team gets on the pitch.
- Players develop 1v1 skills, lots of touches of the ball, creating triangles with teammates developing angles of distance and support, defensively working on pressure cover balance, playing off the shoulder.

Roles & Responsibilities



MINI



Objective

3v3 Game to score using players ability to pass and combine

Theme

Passing game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WORLD CUP

Organisation

Area: 15x20 metres

Group players in pairs, one ball per pitch

Each game last two minutes with players changing pitch after each game

If the ball leaves the pitch players can dribble back in

No goalkeepers are allowed

Method

- Players pass and combine to score into goal

Roles & Responsibilities



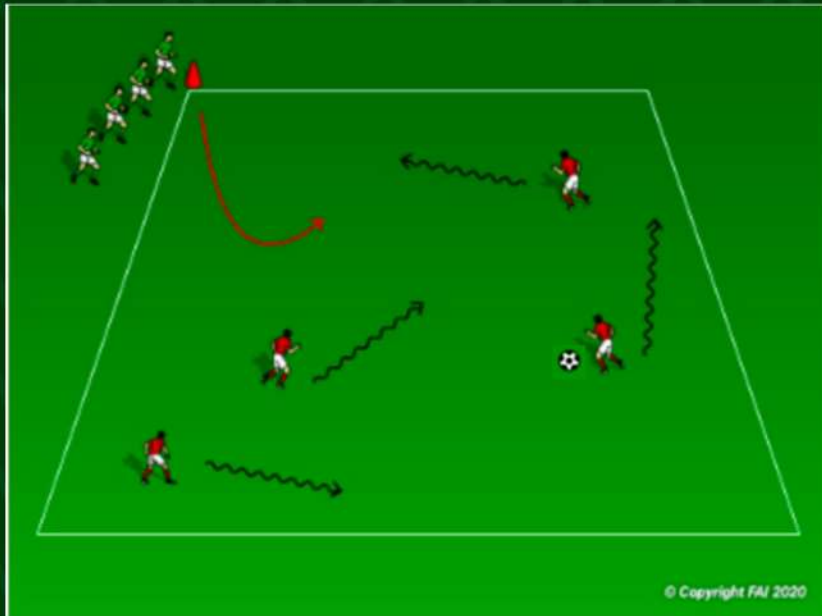
SESSION

6

THEME - PASSING



TAG &



Objective

A fun warm up tag game designed to allow players practice their basic motor skills

Theme

Tag Game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

FREEZE!

Organisation

Area 20x20

Group split into two teams

One ball for the red team

Method

- Red team moves around the area freely passing the ball, whilst greens line up in the corner. A green player enters the area and tries to tag a red without the ball.
- Each time a red is tagged they must freeze and another green enters the area. The team who can tag & freeze all opposing players in the quickest time wins.

Roles & Responsibilities



FOOTBALL

Objective

Practice designed to improve players basic passing actions

Theme

Passing practice



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I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

HOCKEY

Organisation

Players are split into teams of three with a goal 2 yards wide (make bigger or smaller as required) placed in the center of the grid.

Method

- Players pass and move in the designated area
- Players score by passing to a team mate through the central goal

Roles & Responsibilities



FOOTBALL

Objective

Practice designed to improve players basic passing actions

Theme

Passing practice



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I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

CONKERS

Organisation

Area 20x20

Each player has a ball

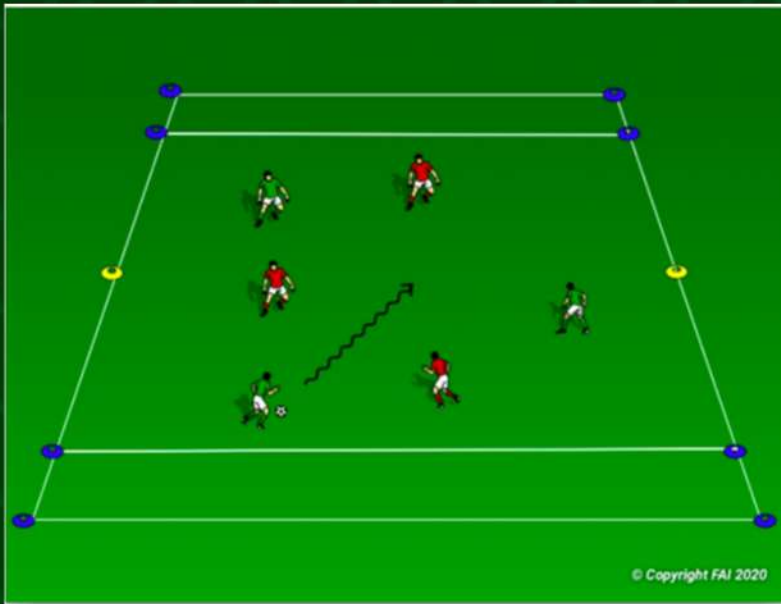
2 players in bibs, these are on and have a football

Method

- All players move around the grid and attempt to pass their ball at the bibbed players player
- The players who are on dribble around the grid trying to avoid their ball being hit

Roles & Responsibilities





Objective

Practice designed to improve players passing actions

Theme

Passing practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

PASS

Organisation

Set up a 20x20 yard playing area as shown in Diagram.

Place cones on the sidelines about 6 yards from the end-lines to create endzone.

Method

- Players pass the ball into the endzone and a team-mate must break into the endzone and stop the ball in order to score a goal.
- Players are not allowed in the end zone before the ball.
- No standing in the end zone.

Roles & Responsibilities



4 V 4



Objective

A SS-Game to work on attacking with a focus on dribbling

Theme

4v4 Game with a focus on Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

MINI GAME

Organisation

Area: 30 X 20

Retreat line

15 minutes X 3, 5 min games

Method

- Players look to dribble past & score into opponents goal. When the ball leaves the pitch on the end line the defending team must retreat back behind the retreat line.
- If the ball goes out of play the attacking team should dribble back into play.

Roles & Responsibilities



SESSION

7

THEME - SHOOTING



TAIL TAG



Objective

A Warmup practice designed to set the scene for shooting actions

Theme

Shooting practice – Tag Game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WITH SHOOTING

Organisation

Give each player has a bib and must took it into their waist band, this acts as their tail.

Four goals with footballs ready to shoot set up as shown
15x15 central area

Method

- Everyone finds their own space in the playing area.
- The players must chase each other, if they grab another players bib, they keep it and put in their shorts and get to take a shot in any goal they wish.
- Once they shoot they return to the game

Roles & Responsibilities



A,B,C'S



Objective

Improve players basic motor skills

Theme

Basic Motor Skill Development

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

WITH A BALL

Organisation

4 Stations as per diagram.

4 cones set out one foot between cones then 4 yards to ball and cone with 5- or 10-yard distance for shooting

Use cones, ladders, hurdles or balance beam depending on equipment available. Be Creative.

Method

- 1. Agility - Side Shuffle in and out of the cones
- 2. Speed - Ladder drill, one step in each square (cones can be used)
- 3. Balance – Single leg hops over 4 cones
- 4. Co ordination - Double Leg or Bunny hops over hurdles
-

Roles & Responsibilities



KNOCK



Objective

A practice designed to improve a players passing/shooting actions.

Theme

Shooting/Passing practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

IT DOWN

Organisation

Split group into two teams. 1 Ball between 2 players.
Line up cones with balls balanced on them.

Method

- “Shoot!” –using only the top of your foot (laces), shoot your ball
- towards a marker on the opposite side and try to knock the ball off .
- The first team to knock all the balls off their opponents’ markers wins.

Roles & Responsibilities



GET IN



Objective

A small sided game to improve player's shooting actions.

Theme

Shooting practice

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

THE ZONE

Organisation

Area: 30 X 20 metres

10 x 20 shooting zone at each end

4 goals set up as shown

Two teams of 3

Method

- 3v3 game. Players must get into the end zone before shooting into
- either goal.
- Players can be given a number of touches or certain amount of time in the zone before they shoot.

Roles & Responsibilities



4 V 4



Objective

A SS-Game to work on attacking with a focus on dribbling

Theme

4v4 Game with a focus on Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

MINI GAME

Organisation

Area: 30 X 20

Retreat line

15 minutes X 3, 5 min games

Method

- Players look to dribble past & score into opponents goal. When the ball leaves the pitch on the end line the defending team must retreat back behind the retreat line.
- If the ball goes out of play the attacking team should dribble back into play.

Roles & Responsibilities



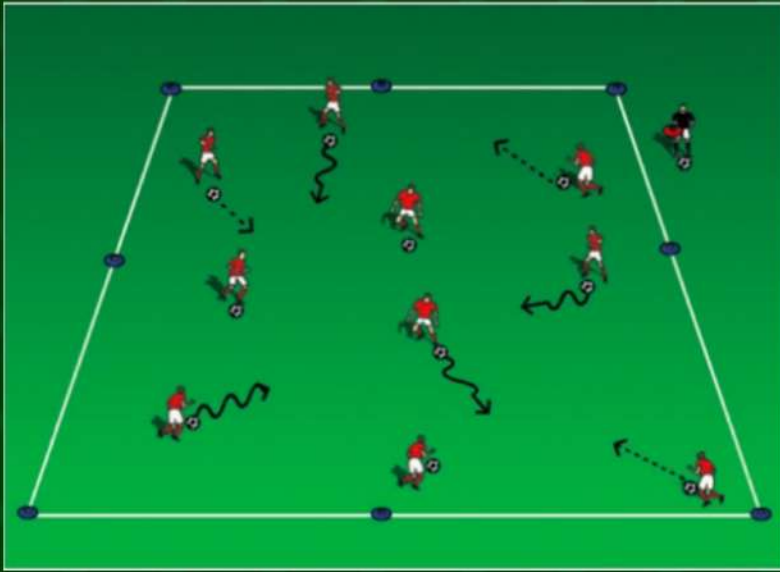
SESSION

8

THEME - DRIBBLING



TRAFFIC



Objective

A practice designed to improve players dribbling & awareness

Theme

Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

LIGHTS

Organisation

Area: 20 X 20 meters

Each player has a ball

Coach has 3 cones, one red, one orange, one green

Method

- Green means go, orange means pause, red means stop
- Add in different activities for orange i.e., hop on one leg, toe taps
- Coach controls the pace of the activity by the speed of signals

Roles & Responsibilities



EXTRA PLAYER -



Objective

Improve players dribbling actions and attacking play

Theme

2v1 attacking & dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

2 V 1 INTO GOAL

Organisation

Area: 30x30 metres
2 teams of 4 players
2 goals with a gk in each

Method

- Each team defends one goal
- Two players start on the pitch
- The blue team start first and one player must dribble onto the pitch to make a 2 blue v 1 red situation. After the blues get a shot away or the ball leaves play, the blue players who started on the pitch leaves the pitch.
- Now one of the red players dribbles onto the pitch to make a 2v1 situation.
- The game works continuously for a set time period

Roles & Responsibilities



THE BALL

Organisation

Area: 30 X 20 meters

Players and coach on sideline .

Coach stands with the balls and feeds one ball at a time into play for the competing players.

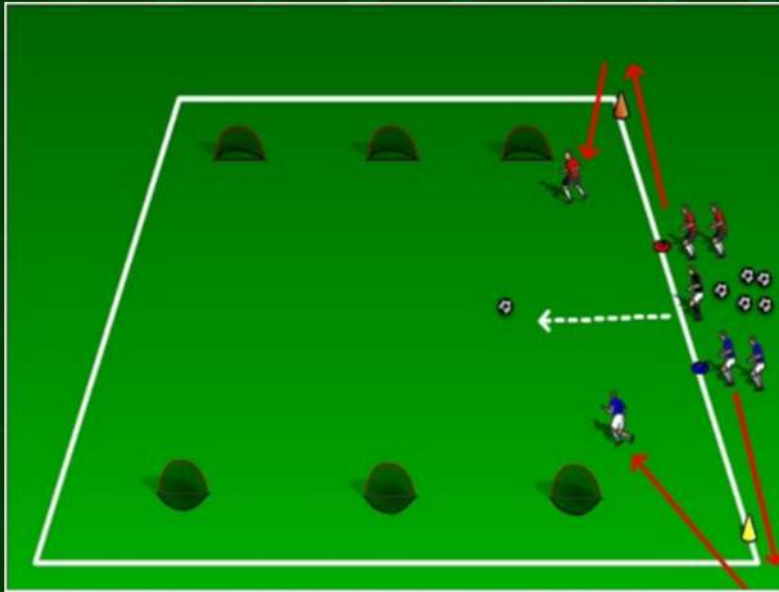
Method

- Game starts off with 1v1's but builds up until all players are involved as 2 teams.
- 1st Players from each team run to the corner cone, around the cone
- onto the field of play and compete for the ball and try score in one of the 6 goals. 1st player to score then the next 2 players go, and so on.
- Then build up to 2v2 and 3v3 until full teams competing.

Roles & Responsibilities



RACE TO



Objective

A small sided game to improve player's dribbling skills.

Theme

Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

4 GOAL



Objective

A 2v2 Game to improve dribbling actions and finishing.

Theme

2v2 with 4 goal game

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

GAME

Organisation

2 pitches 25 x12; Total Area: 25 X 25 metres

4 goals, Teams of 3

Bibs for teams

Cones

Footballs

Method

- Players play 2v2 games with emphasis on dribbling.
- Players to dribble and try score in either of the attacking goals.
- Play games for 1 to 2 minutes.
- Rotate players around so they face different opposition.
- Mini tournament.

Roles & Responsibilities



4 V 4



Objective

A SS-Game to work on attacking with a focus on dribbling

Theme

4v4 Game with a focus on Dribbling

I



Introduce the theme of the day

D



Demonstrate the actions being practiced

E



Explain the technique of each action within a logical sequence

A



Action, allow the players to experience the action being practiced

L



Look and observe the players performing each action, use leading questions to provide feedback and to check for learning

MINI GAME

Organisation

Area: 30 X 20

Retreat line

15 minutes X 3, 5 min games

Method

- Players look to dribble past & score into opponents goal. When the ball leaves the pitch on the end line the defending team must retreat back behind the retreat line.
- If the ball goes out of play the attacking team should dribble back into play.

Roles & Responsibilities



