

SKILL ACQUISITION PHASE: STRIKING THE BALL

Suggested equipment list:

16 cones, 8 balls, 4 mini goals, 2 portable goals (age-specific) and 4 sets of bibs



FUNCTIONAL Activity: 'Split the Gap'

- Split players into groups of three using bibs
- Attackers will keep possession of the ball in groups of three attempting to pass the ball through gates (as marked by cones)
- If a group successfully passes ball through a gate, they receive 1 point, and then must attempt to pass ball through a different gate
- Defenders will attempt to win the ball off attackers and dribble the ball outside of the area to become an attacking group
- Rotate defending group frequently



Recognition Phase: Game

- Split players into two teams
- Normal game, 1 point for a goal
- Teams awarded 3 points if a goal is scored with a killer pass (splits two defenders) in the build-up
- Create one or two games



Intervention: Skill breakdown

- Split players into two teams with two 'jokers' on attacking team
- Teams will play the ball in middle area in a 6v4 and will attempt to find their attacking end zone player
- Once the ball is in the end zone, attackers attempt to receive ball off end player and score in one of two mini goals
- If the defending team wins the ball, they will attempt to find their attacker in the opposite end zone and create a 2v1 to score
- Rotate end zone players frequently



Evaluation Phase: Free Game

- Normal game, 1 point for a goal
- All players involved including 2 goalkeepers
- Coach is advised to 'coach on the run' by praising and encouraging desired actions linked to the session topic without stopping the game