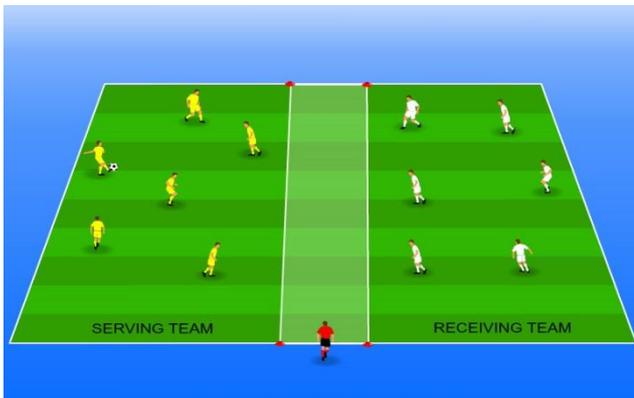


SKILL ACQUISITION PHASE: FIRST TOUCH

Suggested equipment list:

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



FUNCTIONAL Activity: 'Football Tennis'

- 🏆 Serving team begins 'rally' by kicking the ball into the receiving team's area.
- 🏆 The receiving team has a maximum of two bounces before they must kick ball back over to the serving team's area
- 🏆 Team wins a point if the ball bounces three times inside other team's area, or the ball is kicked by the other team and the ball lands outside the team's area
- 🏆 Change rules based on ability of players. For example, 1 bounce



Recognition Phase: Game

- 🏆 Split players into two teams
- 🏆 Normal game, 1 point for a goal
- 🏆 Teams awarded 3 points if they score a goal using two-touches only in their build-up play
- 🏆 Create one or two games



Intervention: Skill breakdown

- 🏆 Two groups of attackers and defenders
- 🏆 Attackers pass ball inside area against defenders
- 🏆 Two-touch rule to encourage attackers to recognise the importance of their first touch
- 🏆 If attackers score a goal, they receive 1 point for their team
- 🏆 If defenders win the ball, they have unlimited touches to score in goal at the opposite end
- 🏆 Defenders rotate 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