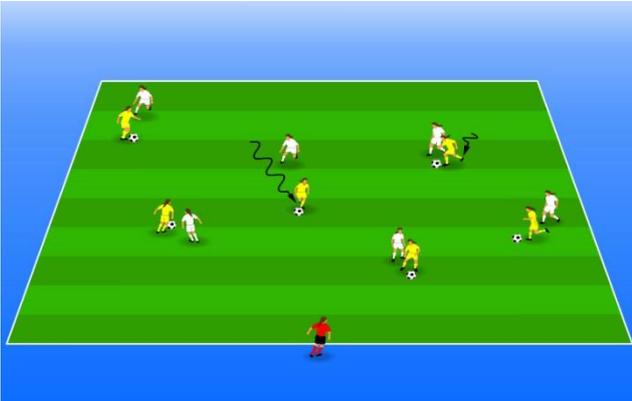


## Suggested equipment list:

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



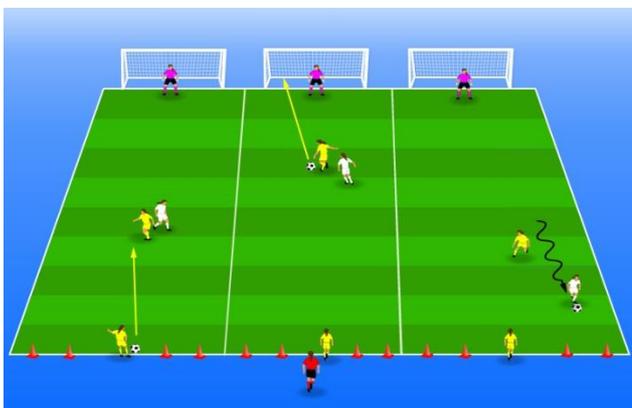
## FUNCTIONAL Activity: 'Keep the Ball'

- Split players into two teams and partner off
- Attacker attempts to keep the ball off the defender for a 30-second period. If successful, they receive 2 points
- The defender tries to win the ball off attacker and then run with the ball outside of the area to receive 1 point
- Rotate role of players every 30 seconds
- Rotate opponents every 2 minutes



## Recognition Phase: Game

- Normal game, split players into two teams
- Teams awarded 1 point for any successful 1v1
- Teams awarded 3 points for any goal scored with a successful 1v1 in the build-up
- Create one or two games



## Intervention: Skill breakdown

- Split players into groups of four
- Ball starts with passer who plays ball into the attacker who has a free first touch
- Attacker attempts to beat defender in a 1v1 duel and score in goal past the goalkeeper
- If the defender wins the ball, they can score by dribbling the ball through one of two side gates at the opposite end
- Rotate roles of 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