



## Description

### Session Objective

- Improve players' ability to change direction when running with the ball at speed

## Relays (10 mins)

### Organisation

- 15m x 15m area
- 4 cones
- 1 ball per player
- 4 colour bibs

### Explanation

- 4 teams split evenly on each corner of the area (as pictured)
- On coaches call, player at the front of each line is to run towards the closest cone in the middle of the grid
- Player runs around the cone, before changing direction and running to the back of the line to their left
- Next player goes when the first player crosses the line

### Progressions

- Change direction and move to the right
- Make it a race
  - First team that gets all players back to their starting positions win

### Coaching Points

- **Eyes up** to be able to see other players and space
- **Eyes down** to keep control of the ball
- **Take smaller touches** when your space is limited to keep control of the ball
- **Take heavier touches with your laces** when you have time and space to move into
- **Accelerate away at top speed with a change of direction**



## Gate Dribble (15 mins)

### Organisation

- 30m x 20m area (roughly)
- Cones (setting up multiple mini gates)
- 1 ball per player
- 4 colour bibs

### Explanation

- Keep players in same teams as Part 1
- Each player with their own ball dribbling inside the area
- Player gets a point for every time they can dribble the ball through a gate in 1 minute
- Players must run to a different gate each time they run through

### Progressions

- Make 1 team the defending team (blue used as example)
  - In 1 minute, how many times can the blue team win the ball off an opponent and knock it outside of the area?
  - Attacker collects their ball once it goes out and continues dribbling

### Coaching Points

- **Eyes up** to be able to see other players and space
- **Eyes down** to keep control of the ball
- **Take smaller touches** when your space is limited to keep control of the ball
- **Take heavier touches with your laces** when you have time and space to move into
- **Accelerate away at top speed** with a **change of direction**



## 4 Goal Game (15 mins)

### Organisation

- 40m x 30m area
- 4 mini goals
- Balls
- Bibs

### Explanation

- 2 even teams playing a regular game
- Place 2 goals on each end line (encourage players to change direction if can't score on one side)

### Progressions

- Introduce a half way line separating left and right side of the pitch
  - If a player can dribble from the right/left side of the pitch into the opposite and score, 3 points

### Coaching Points

- **Eyes up** to be able to see other players and space
- **Eyes down** to keep control of the ball
- **Take smaller touches** when your space is limited to keep control of the ball
- **Take heavier touches with your laces** when you have time and space to move into
- **Accelerate away at top speed** with a **change of direction**



## Game (10 mins)

### Organisation

- 40m x 30m area
- Goals
- Balls
- Bibs

### Explanation

- 6v6 game (include GKs)
- Free game - normal football rules

### Coaching Points

- Observe behaviour
- Let the kids play

