



Description

Session Objective

- Improve players' ability to run with the ball at speed into space.

Part 1 (10 mins)

Organisation

- 20m x 20m area
- All players (2 teams)
- 1 ball each
- Half way line

Explanation

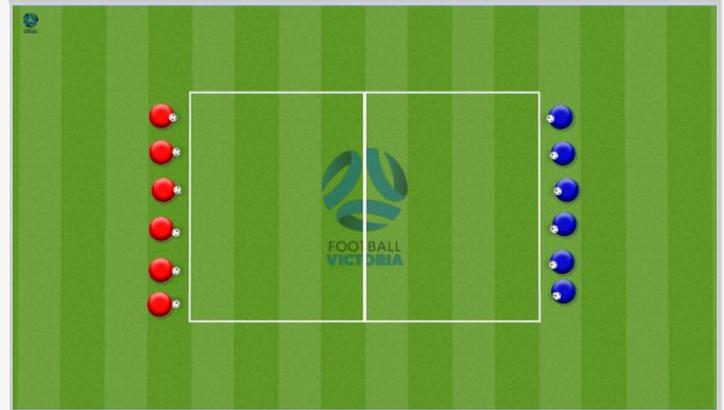
- 2 teams facing directly opposite each other on the end lines
- On the coaches call, players are to run with the ball over the opposite end line, not running into any players

Progressions

- Make it a game
 - First team that has all players crossing the end line in control wins
- Introduce a change of direction once players cross the half way line, must exit through one of the sides (right or left)
- Use of opposite foot only

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** to get over the line / away from defenders as quick as possible



Part 2 (10 mins)

Organisation

- 20m x 10m pitch x2
- 6 players per pitch (2 teams of 3)
- Small goals per pitch

Explanation

- 2 teams of 3 in each grid
- Players start on allocated yellow cones (on the side of their defensive half) in their respective teams
- Player from attacking team takes a ball and runs it into the game to finish into a small goal, must be in attacking half to score
- As soon as player shoots, a player from the other team enters a new ball into the game trying to score in the opposite goal
- The player that had the previous shot must immediately defend the player from the opposite team (chasing from behind)
- After the player has attacked and then defended, they join the back of the line



Progressions

- Make it a game, keep score
- Starting position of players
 - Further forward (step down)
 - Further back (step up)

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** to get over the line / away from defenders as quick as possible

Part 3 (15 mins)

Organisation

- 20m x 10m pitch
- 6 players per pitch (2 teams of 3)

Explanation

- 2v1 games
- Game begins with team of 2 running the ball into the grid
- As 2 attackers enter the grid, 1 defender from opposite end can enter to make it 2v1
- Attacking team is trying to run with the ball over the end line to score (**1 point**)
- If defender wins the ball, they can turn and drive the ball over the opposite line (**3 points**)
- Once the play breaks down or a goal is scored, team of 2 starts with the ball from the other team, (alternate each turn)
- 1 attacker from the previous play stays to become the new defender (see animation)



Progressions

- Make it a round robin
 - Play each team once

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** to get over the line / away from defenders as quick as possible
- If you cannot run with the ball, **can you find a teammate who can?**

Part 4 (15 mins)

Organisation

- All players
- Pitch roughly 30m x 20m

Explanation

- 6v6 game (including GKs if you have them)
- Free game - normal football rules

Coaching Points

- Observe behaviour
- Let the kids play

