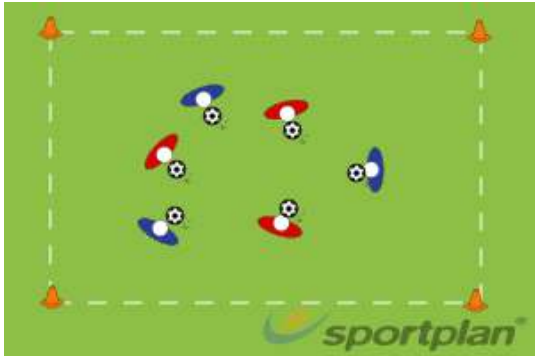



5 fun games for young footballers

DATE	VENUE Training Ground	DURATION 1 Hour, 15 Minutes	NO OF PLAYERS All	ABILITY / LEVEL All	EQUIPMENT Balls, bibs and cones
SESSION GOALS To get your players having fun with a variety of dribbling games. To allow for expression of ability through fun storyline games.				PERSONAL COACHING GOALS To engage these young players imagination, making the session as fun as possible and allowing maximal learning through enjoyment.	
WARM UP					
TIME	TASK / ACTIVITY / SESSION CONTENT			COACHING POINTS	
BODY BALL					
10 Mins	<div>Players with a ball each in an area sized accordingly to the number of players.</div> <div>Players dribble freely around the area and on the coaches call they stop the ball with the body part that is called out.</div> <div>Calls can be for any body part: elbow, forehead, shins, back, etc.</div> <div></div>			<div> Coaching Tips</div> <div>Work on your players having close control so that they can quickly stop the ball and respond to the call.</div>	

SLEEPING GIANT

15
Mins

Set up an area as shown with the coach (sleeping giant) in one end surrounded by cones (gold coins). The players are at the other end and they have 1 ball each.

While the sleeping giant is asleep the players can move towards him/her, as soon as the sleeping giant awakes they have to stop and be still, if they are caught moving the sleeping giant can chase them back to the start.

If players get to the sleeping giant they pick up a gold coin and run back to the starting area to store it.



Coaching Tips

Emphasise on close control and ensure players keep their head up while dribbling and moving with the ball.

Highlight the importance of awareness so they do not get caught moving as the giant awakes.

Can they show good changes of pace (taking bigger touches instead of close control) when they need to get away from the giant?



Notes

Let the players take turns in being the sleeping giants. Sleeping giants have their back to players, or ideally lying down. When they get up onto their knees they're awake.

You can also have a ball for the sleeping giant, this makes the task of the giant harder as he/she needs to move with the ball if chasing someone.



Progression

Progress by inserting obstacles for players to manoeuvre around. This will make the task of dribbling a little harder and challenge your players more.

OPPOSED DRIBBLING

ITS MY ZONE!

15
Mins

Set up as shown with zones and each player with a ball.

Manipulate the number of zones accordingly to how many players you have.

Players dribble around aiming to be the only one left in any particular zone. They achieve this by tagging those who comes into their zones. Players who are tagged leave the zone and try another one.

Play 5 rounds of 3 minutes and with each round you can have limitations depending on the ability of the group (i.e. weaker foot only, exterior/interior only, etc).



Coaching Tips

Look for good awareness from your players; are they identifying the space and moving into it to either avoid being tagged or to find an empty zone?

A good way to judge your players awareness is to just watch their heads, by doing this you can see which players are scanning and looking around them, whether it be for space, opponents or victims to tag.

Are they able to take turning opportunities effectively?

1 VS 1

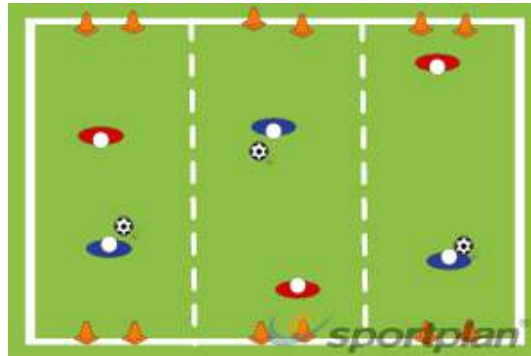
PROMOTION & RELEGATION BATTLES

15
Mins

Set up mini pitches (10x10 grids) and play 1 vs 1 tournaments.

Every 3 minutes winning players are promoted (moving up one way) and losing players are relegated (moving down one way).

Matches drawn can have a second leg played or decided by quick competitions such as toe taps competition (10 toe taps as quickly as possible).



Coaching Tips

Are players able to utilise the skills/techniques they have been learning and practicing throughout the session?

Is there good balance while they are dribbling? If not, can you get them to stop the ball more in order to have good balance and begin to give them an understanding of changing pace through stop/start manoeuvres.



Notes

You can change the way of scoring in some of the pitches by removing the cones (goals) and playing to the lines. Players now have to score by stopping the ball on the line.

This will give your players a different challenge.

5 fun games for young footballers

3 of 4: All

SMALL SIDED GAME

5 VS 5

20
Mins

Play 5 vs 5

In the first 5 minutes, limit players to playing only in their designated half, meaning you get a 2 vs 2 in each zone and goalkeepers.

Ensure you change player positions.

During the next 5 minutes, allow players to dribble or pass their way into the attacking half, meaning they can now create 3v2 and 4 vs 2 overloads.

Play a normal game for the last 10 minutes.



Coaching Tips

Work on getting your players to show their dribbling ability when the time arises.

Can they help each other out?

To stop players from ganging up on the ball, add in the rule that 'if 2 players of the same team are on the ball then it's a penalty awarded to the other team'.

Your players will soon disperse out well and take up spaces around the pitch.

Help them to do this effectively as required, ensuring you help them discover different ways to find/use space.

OTHER COMMENTS

EVALUATION