

DATE 07/06/2022	VENUE	DURATION	NO OF PLAYERS	ABILITY / LEVEL
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EQUIPMENT	PURPOSE
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TIME	TASK / ACTIVITY / SESSION CONTENT
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## CONE COLLECTORS

### Description

Get your players to stand an equal distance around the cones in the middle. There should be one less cone than there are players - so in this instance there are 10 cones and 11 players.

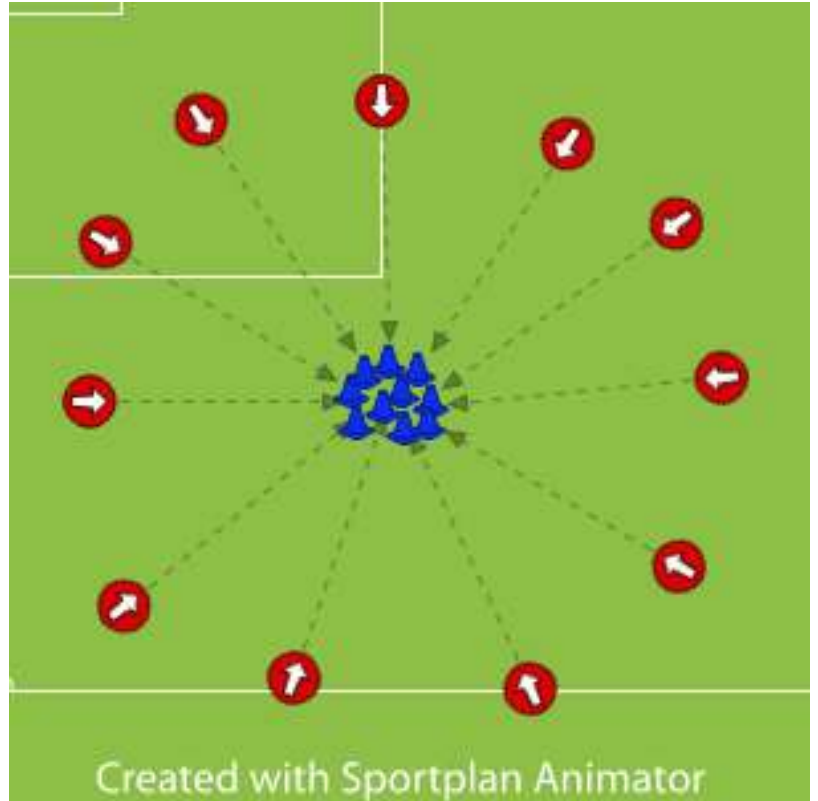
On the coach's call players sprint into the middle and try to collect a cone.

Once players have collected a cone they should run back to their starting position.

### Coaching Points

To work on speed and acceleration.

You can play this as an elimination game, working your way down to 1 cone and 2 players to find your speediest player!



## JAILBREAK

### Description

One team runs clockwise round the inside of the circle with the other team running anti-clockwise around the outside of the circle (blue cones).

When the coach shouts 'Jailbreak' the players inside the inner circle try to 'escape' to outside the 10m x 10m square (yellow cones).

The inside team scores a point for each 'jailbreaker' - swap over. If you have an odd number of players give the defenders the extra man.

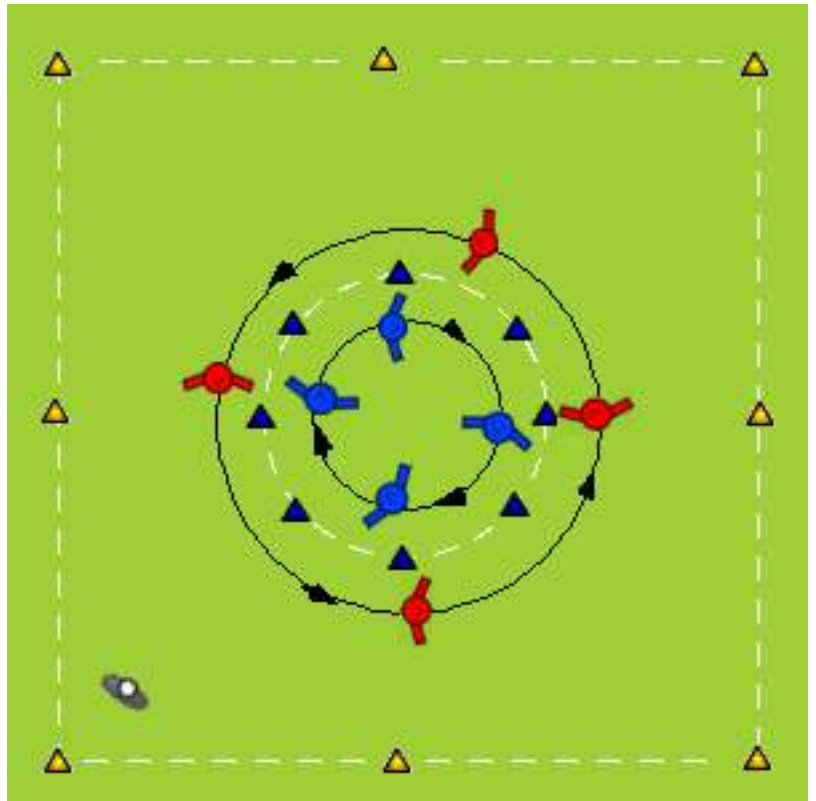
### Coaching Points

This is a good practice for both tackling and dribbling (when playing without balls defenders can tag players to 'catch them').

You can start this drill at walking speed to get your players going.

Progression:

Add balls to jailbreakers to dribble with if this is too easy and too many players get away.



## SUPER BOWL

### Description

Set out end zones 5 yards wide from each end line. Play 6 v 6. 1 ball per group.

One team starts in possession of the ball. The object of the game is to advance the ball to the attacking end zone. A goal is scored when a player dribbles the ball into the end zone and stops the ball with the sole of his foot. No defenders are allowed in this area.

### Coaching Points

Encourage players to take on defenders at every opportunity. Look for switching of the direction of play in the progression.



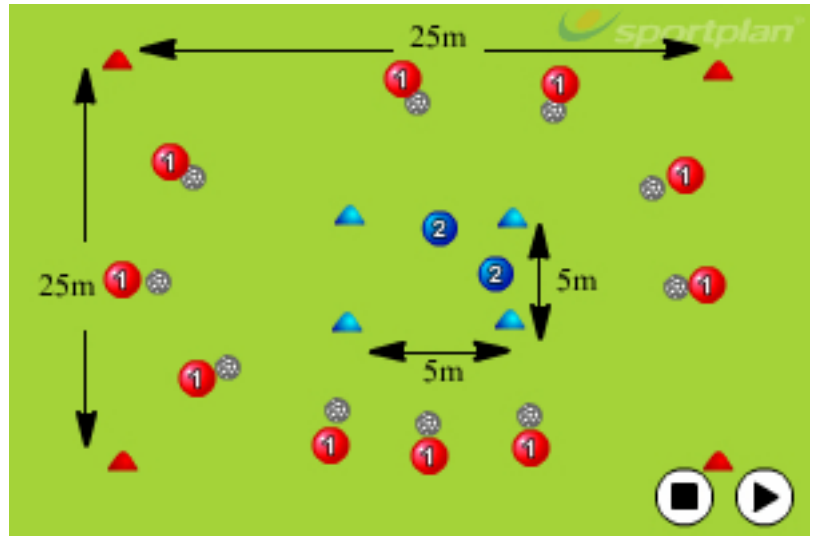
## SAFE HOUSE

### Description

The 2 players in the square must protect the square and stop the ball carriers to entering the square and turning out of the square. One point is scored by each player carrying out the objective.

### Coaching Points

Adopt surf position and mirror attacker.



## TAILS

### Description

All players have a bib tucked into the back of their waistband (must be visible).

On the whistle, players attempt to catch as many bibs as possible - whilst keeping their own one in the back of their waistband.

### Coaching Points

With younger players complete this practice on a time basis so that players are not automatically 'out' when they lose a tail - instead they have lost one life.



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## FOUR GOAL FOOTBALL

### Description

Play small sided game in a suitable area (e.g half field 6v6). Two teams attempt to score in any of the goals. A goal counts if the ball is passed through the goals and one of your teammates receives the pass round the otherside of the goal. The game is continued so it does not stop after every goal.

### Coaching Points

Use depth and width. Game can be made hard/complex when the rule that the ball is not allowed to travel above head height.



## FUN 35

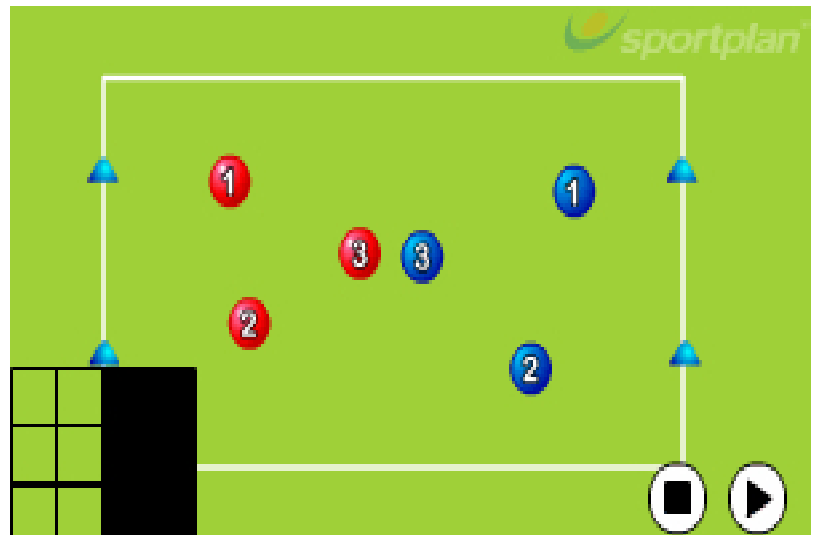
### Description

The object of the game is to score in the opposing team's goal through interplay of players on the same team. The game should be 3 v 3 with no goalkeepers.

### Coaching Points

When attacking spread out and make a big triangle.

Show kids how to score by kicking the ball through the goals.



## HANDBALL GAME - NO RUNNING WITH THE BALL!

### Description

5 vs 5 game (can be played with or without goals).

### Game 1:

Possession keeping game where all passing is with the hands by throwing and catching. Teams score a point for every 10 passes they make without losing the ball.

### Game 2:

Alternatively you can play this game with goals. All passes must be made with the hands (players can't run with the ball in hand) and players can only score with a header.

### Coaching Points

Game starts with a centre throw. Offside rule applies in game 1.

The fact that the ball carrier cannot run with the ball in hand means the other players will all need to move a lot to create space.

The opposition team can intercept the pass or collect loose balls but can't tackle a player with the ball in the hand.



## FISH TANK

### Description

Set up a 10 x 10 area fish tank (any shape you see fit - diamond, square, circle, etc) and set up small goals on the outside.

Have 4 players on the outside of the fish tank with a ball each.

1 player in the middle without a ball.

The players (fishes) on the outside try to go across the tank without the player in the middle (shark) taking their ball. If the player in the middle takes the ball he/she tries to play it outside the area into one of the goals.

### Coaching Points

Work on the basics of defending with the player in the middle.

Get him/her to choose which player to try to defend against and then work to isolate this player.

Get sideways on and show away from escape routes.

Keep a low centre of gravity and move on mainly the toes, keeping heels of the ground so reacting to turns and changes of pace becomes easier.

On winning the ball look to play quickly into the goals by playing the way your facing, or quickly turning out to play into another goal. Do not give opportunity for the attacker to win their ball back.

