

STRUCTURE OF A PRACTICAL COACHING SESSION - 60 Minutes
LEVEL 1: 05 to 08 Years Session No: 3

Set Up
Everything in place 10 minutes before the start.

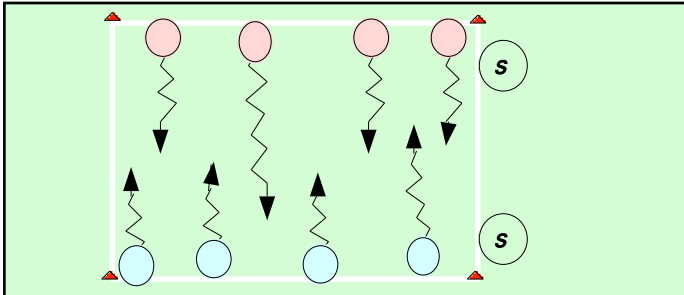
1. INTRODUCTORY PART OF THE COACHING SESSION

- 1.1 Basic ball dribbling - 5 minutes
- 1.2 Juggling the ball - (with the use of the hands) - 5 minutes - 10 minutes

2. MAIN PART OF THE COACHING SESSION

2.1 Helpful tactical fun game element 1:

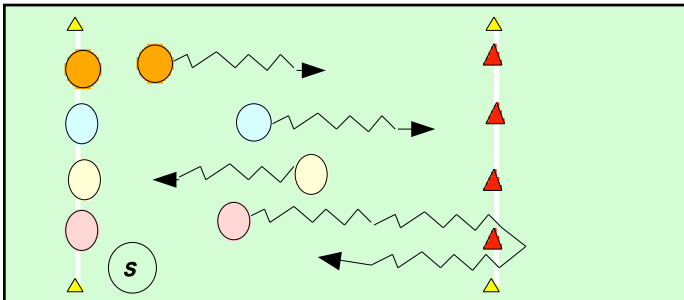
Dribbling across the grid - 5 minutes



Grid Set Up: 10 metres x 10 metres.
 All players stand opposite each other with a ball. On a given signal they dribble the ball across to the other side and place it on the line. The team that first has all the balls on the line gains a point. The exercise can be made more difficult where the players dribble across and back or even have 4 groups on each side of the grid dribbling across to the other side and back.

Helpful tactical fun game element 2:

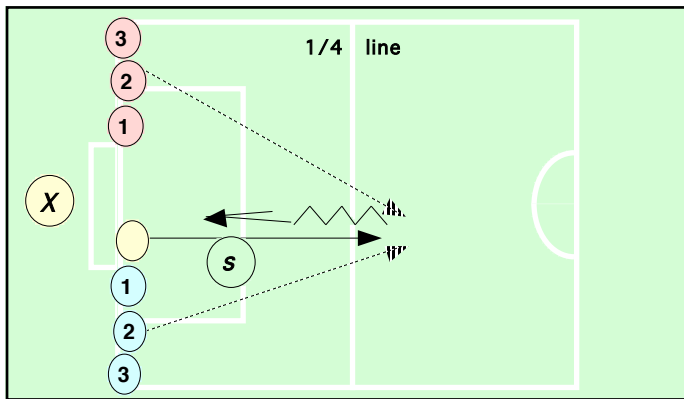
Dribbling relay races - 5 minutes



Grid Set Up: 10 metres x 10 metres.
 All the players stand behind the start line. Only the front players, in the team, have a ball. On a given signal from the coach the players dribble with speed over and back around the marker. On their return the ball is passed to the next player to continue with the exercise. The first group to complete the relay race, over and back, gains a point.

2.2 Technical-tactical shooting element:

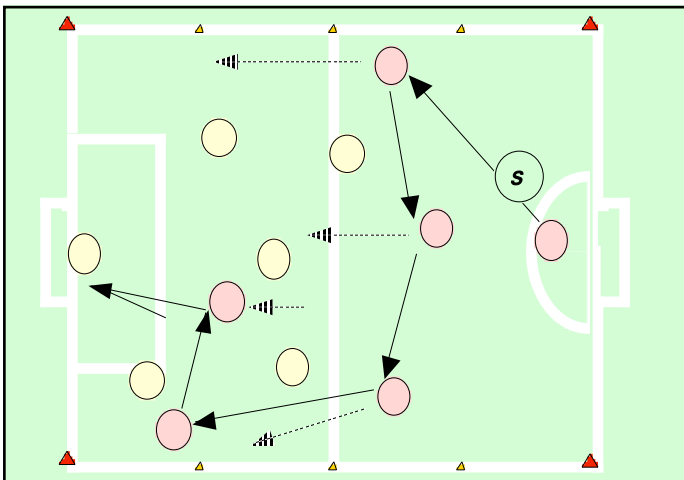
Shooting element No 3 - 10 minutes



Shooting Set Up: A quarter of this level's full pitch.
 All players stand behind and to the side of the goals in two equal groups. Each player is given a number. For example number 1, 2 and 3. The coach stands behind the goal. The goalkeeper in goals has all of the footballs. The exercise starts with the goalkeeper throwing the ball out into the playing field. The coach calls out a number e.g. number 1. Immediately both number 1 players react and run out to the ball. The first player to get the ball is the attacking player and he tries to score a goal while the other becomes the defender. Exercise continues.

2.3 Small pitch conditioned fun game element:

All up in attack fun game - 28 minutes



Game Set Up: A Half of this level's full pitch.
 In this conditioned fun game two teams play each other in a small sided game.
 The condition in this game is that a goal is only awarded if all the attacking team, excluding the goalkeeper, are in the opponents half when a goal is scored. If a goal is scored and attacking players are not all, excluding the goalkeeper, in the defending teams half then a goal kick is given.
 This conditioned game encourages players, when in possession, to move up the field of play in a shallow formation and offer support in attack.

End second half of the small sided game with free expression.

3 CONCLUDING PART OF THE COACHING SESSION

- 3.1 Summary of the coaching session - 2 minutes