

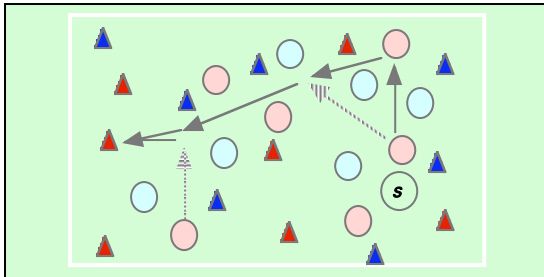
1. INTRODUCTORY PART OF THE COACHING SESSION

- 1.1 Basic ball dribbling and feinting across the pitch - 5 minutes
- 1.2 Juggling the ball - 3 minutes
- 1.3 Individual corrective technical-tactical training - 5 minutes

Set Up
Everything in place 10 minutes before the start.
- 13 minutes

2. MAIN PART OF THE COACHING SESSION

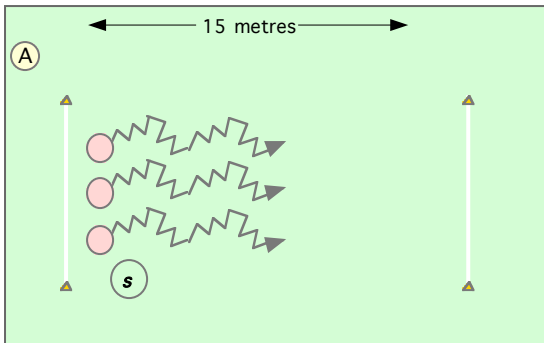
2.1 Helpful tactical game element:



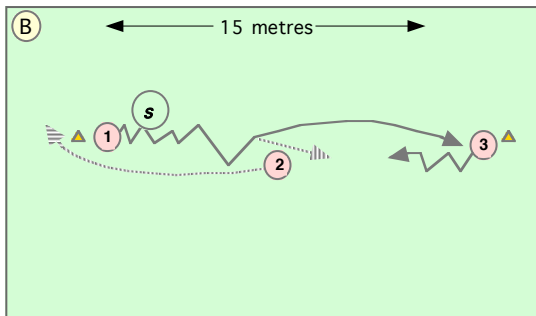
Hit your coloured marker - 10 minutes

Grid Set Up: 15 metres x 15 metres.
The playing area is covered with 7 blue and 7 red markers evenly placed over the playing area. The playing area for this number of players (7:7), would be less than a quarter of a full playing pitch. The normal game of football is played with no outs or offside.
The players must try and hit any 1 of their coloured marker, from any side, to score a goal. For example, the red team tries to hit and knock over a red marker while the blue team tries to hit the blue marker.
Teams defend by pressing the player in possession and by marking their markers.
This is an excellent helpful tactical game as it encourages player and ball mobility.

2.2 Deceptive dribbling and feinting technique:

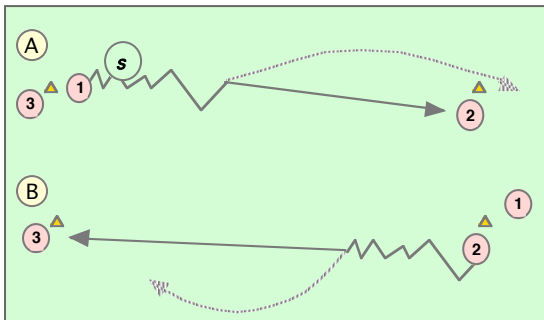


Scissor movement in one direction and push the ball with the outside of the instep in the other direction. - 5 minutes



- (A) Players dribble left and right using the scissor technique, stopping the ball dead with the sole of the foot.
- (B) Player 1 dribbles and feints around player 2 and passes to player 3. Player 3 dribbles and feints now around player 1 and passes to player 2. Exercise continues with player 2 dribbling and feinting around 3.

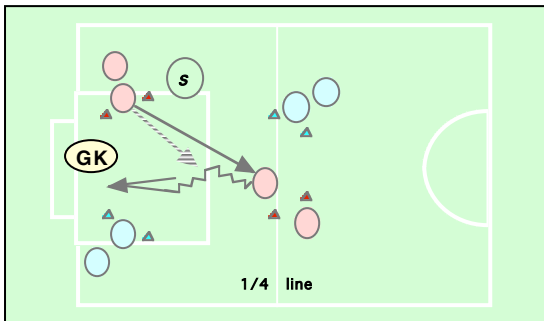
2.3 Technical-tactical program element:



Kicking with the full instep - 10 minutes

Grid Set Up: Markers placed 10 metres apart.
Player 1 dribbles and kicks, without any pressure, with the full instep to player 2. After the pass player 1 goes behind player 2. Exercise continues with player 2.
Common faults and corrections when coaching this element
1. The standing foot is too close to the ball which does not allow the player to kick across the vertical axis in a free coordinated complete movement.
2. There is no snap of the knee before contact with the ball; movement just continues from the hip.
3. The ankle joint is not locked and hard at the moment of contact.
4. The instep is not extended with toes pointing down and there is no follow through.
5. The hands are not relaxed and wide for balance but held close to the side
6. The eyes are not fixed on the ball at the moment of contact but at the target.

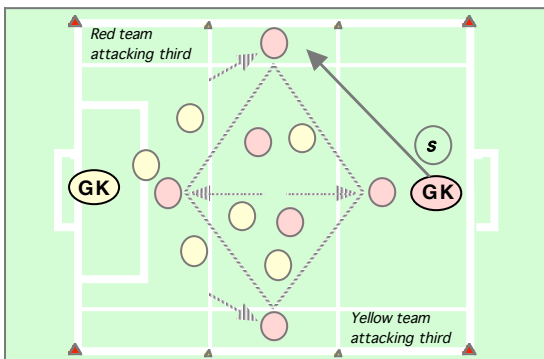
2.4 Technical-tactical shooting element:



Shooting element No 3 - 10 minutes

Shooting Set Up: Quarter of a full pitch for this level of development.
The two groups to the side of the goals have all the footballs.
The two groups at the 1/4 line are without a ball.
A long ball is kicked diagonally across the goals for the player to receive and go for goal.
The player that kicked the long ball immediately runs out to pressure the player in a 1:1 situation.
If a goal is scored they don't change places while if a goal is not scored they change places.
The exercise continues from the other side.

2.5 Small pitch conditioned game element:



Diamond game in attack (reinforce level 1) - 20 minutes

Game Set Up: A Half of a full pitch for this level of development.
In this conditioned tactical game the players are coached to quickly move and create width and depth in attack (diamond in attack).
The players play a normal game but when the attacking team has a goal kick, the attacking players must, by the count of 5, have 1 player in each side zone and 1 player in the attacking third. If the players are in position then its just play on.
When a goalkick is taken, I usually have the defending team standing still until the attacking player receives the ball.
When the attacking player has the ball is under control then the the call is "play".
If the attacking players **do not** have 1 player in each side zone and 1 player in the attacking third by the count of 5 then the defending team is given a penalty kick at goal from the penalty spot with only the goalkeeper to beat.
End the small-sided game with no conditions.

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