



FUNDAMENTALS

Pre-Designed Practice Session Plans



Overview

The Practice Session Plans in this package are provided to give you an idea on how to go about introducing basic soccer activities to the players you get to coach.

There are six practice sessions plans provided covering:

1. Exploring the Ball
2. Exploring Movement with the Ball
3. Searching & Exploring Space
4. Exploring Escaping Skills
5. 1 vs 1 Duels
6. Scoring Goals

We'd encourage you to use the various games and activities to guide your application of the concepts shared in the Online Course(s). You will get an opportunity to try out some of these practice sessions during the on-field practical workshop that follow your online training.



SESSION #2 - EXPLORING THE BALL

Fundamentals



Key Questions

SESSION OBJECTIVES

- **Primary:** To create an environment that presents moments to explore and interact with the ball.
- **Secondary:** Explore different movements and actions.
- **Tertiary:** Create a fun and enjoyable experience.

QUESTIONS FOR COACHES TO EXPLORE

- **Who** is the focus? The player and the ball.
- **What** is happening? To explore how to play with and manipulate the ball.
- **Where** does this happen? In any area of the field.

- **When** does this occur? Whenever the player is in possession.
- **Why** will this help? To assist the player with moving around their environments with the ball.
- **How** can you be successful? Make the ball your friend. Take care of it and explore what you both can do together.
- **Consider:** Make it fun and do not get concerned on stoppages and coaching. Let them explore the ball and environment.



Physical Literacy Toolbox

Why develop Physical Literacy?

Physical Literacy increases
physical activity,
which increases
personal success



- ↑ Educational success
- ↑ Cognitive skills
- ↑ Mental health
- ↑ Psychological wellness
- ↑ Social skills
- ↑ Healthy lifestyle habits
- ↑ Physical health
- ↑ Physical fitness

TRAVELLING MOVEMENTS

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: HANDBALL

- A fun activity with direction and goals that encourages players to throw & catch the ball.
- Players will also be required to use searching skills to locate available gaps & space.

PART TWO: NUTS AND SQUIRRELS

- A fun activity that encourages players to explore how to play and manipulate the ball.
- Players can also explore a variety of physical literacy movements.

PART THREE: GOALKEEPERS

- A fun activity that encourages players to explore how to play and manipulate the ball as goalkeepers.

PART FOUR: OVERLOAD

- This fun game allows players to explore a representative game that has direction, teams and goals.
- Players can also explore how to play and manipulate the ball.

CHALLENGE FOR HOME: SOCCER GOLF

- This is a fun activity encouraging players to kick their ball towards a target.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

- If activities are illustrated as using less players, than in attendance, consider these solutions to keep players active:
 - Multiple stations
 - Third team (consider duration inactive)
 - Resting players/Substitutions (consider duration inactive) can they juggle, 1v1, 2v1, etc.
 - Tasking players – Example: Target player vs a target goal

WHY MAKE IT EASIER

- If players are unable to have a balanced consistency of success and failure.

WHY MAKE IT HARDER

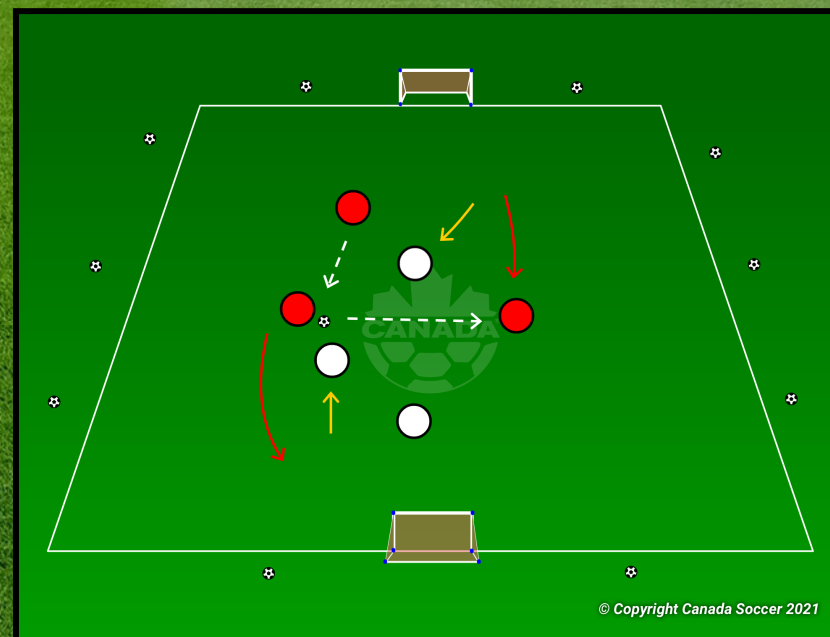
- Players are consistently having success and need to be presented with a new problem to solve. This can involve changing the environment or restricting or rewarding the behaviour of those participating.



HANDBALL

OBJECTIVE

- **RECOMMENDATION:** 10X10 with six players in two teams
- 3v3 directional game with each team scoring on their opponents' goal using their hands to throw and catch.
- Players score by throwing the ball in the goal.
- Players cannot run when in possession of the ball.
- **COACH CONSIDER:** If a player drops the ball consider flow of the session. Based on their ability is it play on or do the other team get possession.
- **MAKE IT EASIER:** Allow players to move but each player must touch the ball before scoring a goal.



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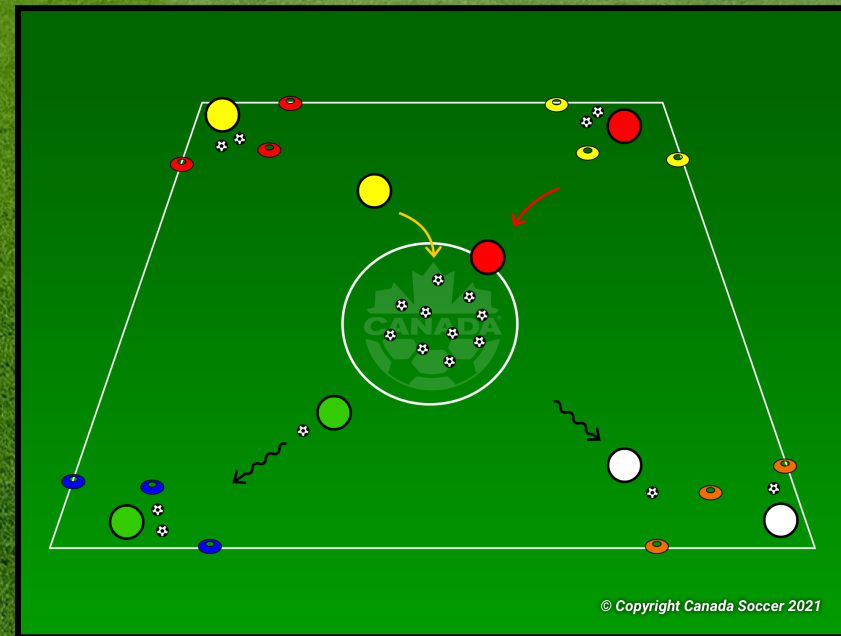




NUTS AND SQUIRRELS

OBJECTIVE

- **RECOMMENDATION:** 20X20 with eight or twelve players.
- Separate the players evenly into four different corners, which is their home base and balls are in the middle of playing area.
- One player from each team returns a ball back to their home base.
- **COACH CONSIDER:** Creating a variety of tasks with the ball as individuals and in pairs. Example: Throw and catch together turns with the ball etc.
- **MAKE IT HARDER:** Have a set time after the balls are gone where players can take balls from other corners.



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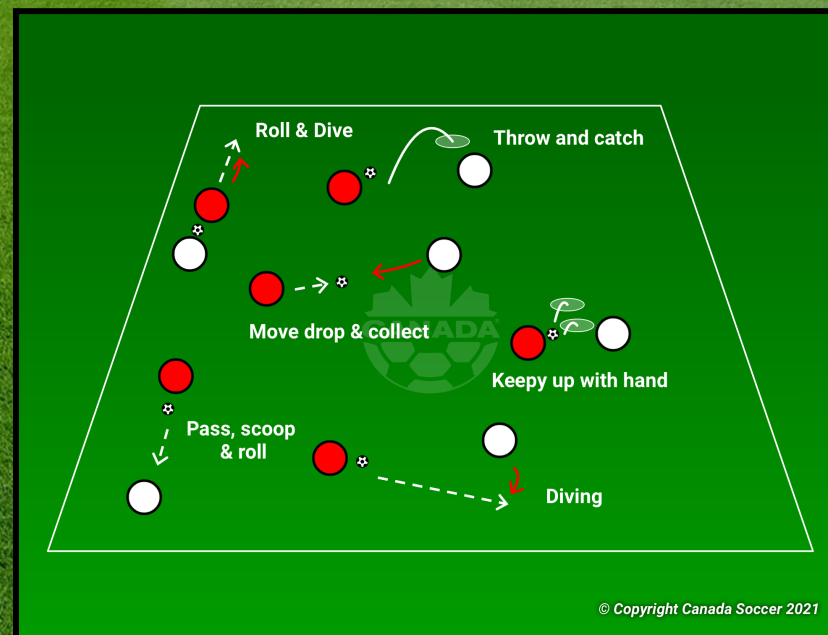




GOALKEEPERS

OBJECTIVE

- **RECOMMENDATION:** 15X15 with eight players.
- Players are in pairs with one ball each.
- Players complete a variety of goalkeeper actions
 - Throw & catch with various heights
 - Keep the ball in the air with hands
 - Follow the leader, drop the ball, collect & rotate
 - Pass with feet, scoop & roll
 - Pass and dive to the sides
 - Roll between legs and drive on it
 - How many saves can you make in 20 seconds
- **COACH CONSIDER:** How you model the actions and make it relatable to the players.
- **COACH CONSIDER:** Any actions which involve exploring the ball should be explore including moving with the ball. Example: dribbling and passing.

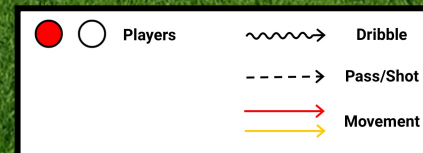
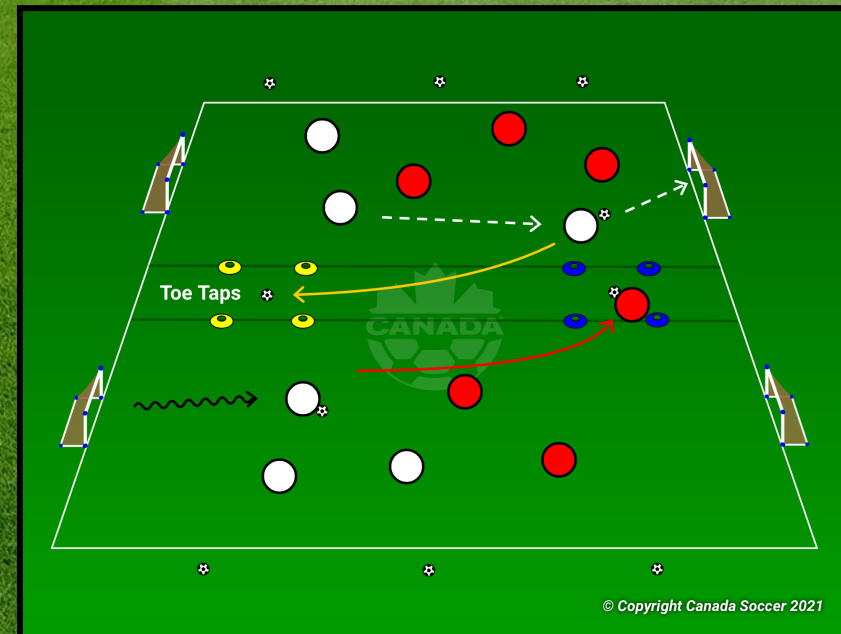




OVERLOAD

OBJECTIVE

- **RECOMMENDATION:** Two 15X10 with four teams of three.
- 3v3 directional game with both teams trying to score on their opponents goal.
- If a player scores they are to run to the square nearest their goal they are defending (as illustrated on diagram) and complete the task. Example toe taps, throw & catch three five times etc.
- During this time the game will continue in a 3v2.
- **COACH CONSIDER:** Be creative with different tasks/actions to explore the ball.
- **MAKE IT HARDER:** Allow players to enter the opposite game creating a 4v3 or 5v3. If all six players are on one field the team receive bonus points.

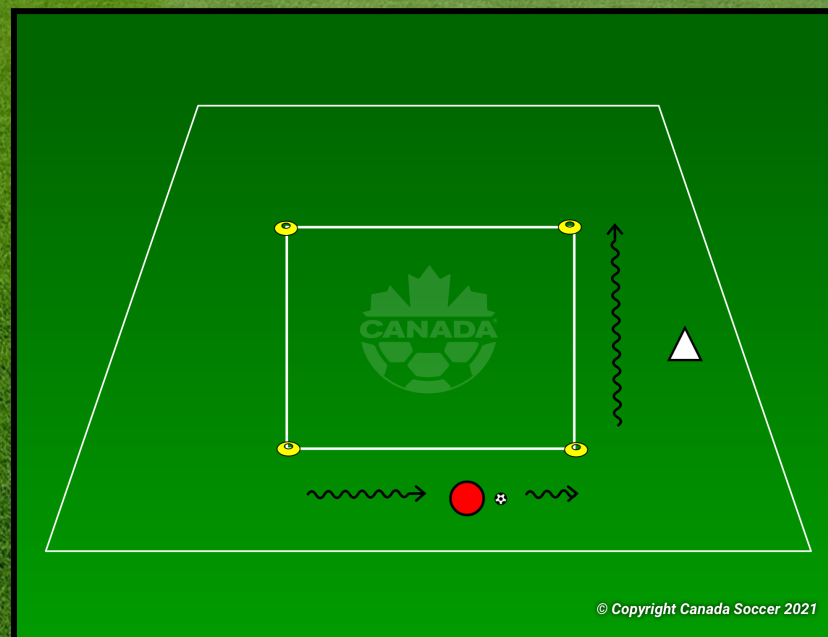




CHALLENGES FOR HOME: TRAVEL GRID

OBJECTIVE

- **Setup** a space that is 5x5 with a different color cone or objective in each corner.
- Player dribbles around the box as quickly as they can with their parent recording their time.
- **COACH CONSIDER:** Use any objects to make the playing space. Bags, coats, shoes etc.
- **MAKE IT EASIER:** Remove the ball.
- **MAKE IT HARDER:** Restrict to one foot and alternate.



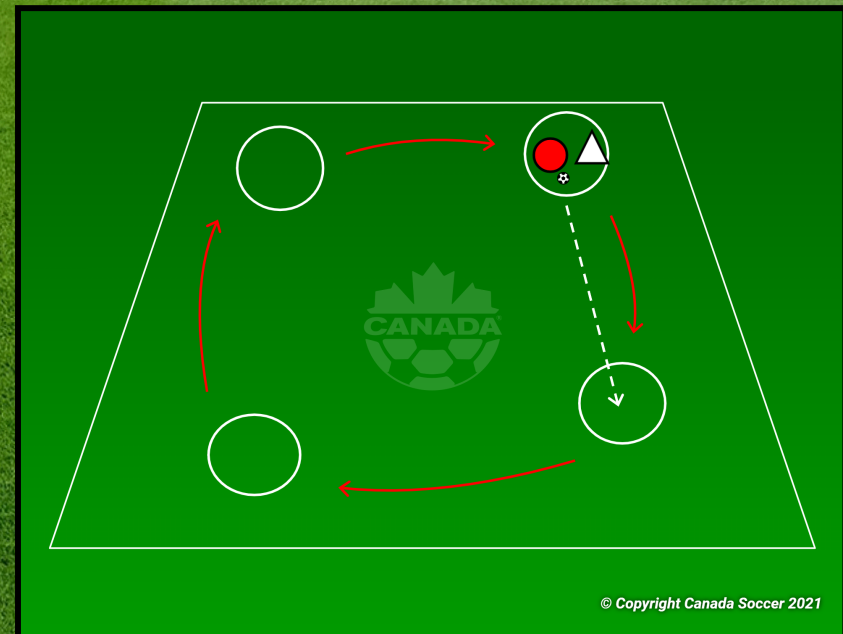
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| ● | ○ | Players | ~~~~~> | Dribble |
| ▲ | △ | Parents | -----> | Pass/Shot |
| ● | | Coach | → | Movement |






CHALLENGE FOR HOME: SOCCER GOLF

OBJECTIVE

- Setup a space and create a target area using house objects.
- Player & Parent kick the ball towards the target and record their score from one area to the next.
- **COACH CONSIDER:** Use any objects to make the playing space. Bags, coats, shoes etc.
- **MAKE IT EASIER:** Reduce the distance.
- **MAKE IT HARDER:** Add hazards to avoid.



| | | | | |
|---|---|---------|---|-----------|
|  |  | Players |  | Dribble |
|  |  | Parents |  | Pass/Shot |
|  | | Coach |  | Movement |



SESSION #2 - EXPLORING MOVEMENT WITH THE BALL

Fundamentals



Key Questions

SESSION OBJECTIVES

- **Primary:** Explore different movements and actions.
- **Secondary:** To create an environment that presents moments to explore and interact with the ball.
- **Tertiary:** Create a fun and enjoyable experience.

QUESTIONS FOR PLAYERS TO EXPLORE

- **Who** is the focus? The player.
- **What** is happening? To explore how the body moves & interacts with the environment.
- **Where** does this happen? In any area of the field.

- **When** does this occur? Whenever the player is interacting and moving in the environment.
- **Why** will this help? To assist the player developing fundamental movement skills (**REVIEW PHYSICAL LITERACY TOOLBOX**).
- **How** can you be successful? Explore and encourage players to have fun with different types of movements.
- **Consider:** Make it fun and do not get concerned on stoppages and coaching. Let them explore the ball and environment.



Physical Literacy Toolbox

Why develop Physical Literacy?

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physical activity,
which increases
personal success



- ↑ Educational success
- ↑ Cognitive skills
- ↑ Mental health
- ↑ Psychological wellness
- ↑ Social skills
- ↑ Healthy lifestyle habits
- ↑ Physical health
- ↑ Physical fitness

TRAVELLING MOVEMENTS

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: MINI RELAY

- A fun activity that allows for players to move with and without the ball exploring a variety of movement.
- Players will also be encouraged to search and avoid in the environment.

PART TWO: GATES

- A fun activity that encourages players to travel with or without their ball whilst searching for gates.
- Players are also encouraged to practice a variety of actions with the ball.

PART THREE: TREASURE

- A fun activity that encourages players to search for space and those selected to try and get their ball.
- An activity that allows players to explore moving with their ball

PART FOUR: NUMBERS

- This fun game allows players to explore a representative game that has direction & team.

CHALLENGE FOR HOME: 1V1 RELAY

- This is a fun activity encouraging players to explore different movements at home.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

- If activities are illustrated as using less players, then in attendance, consider these solutions to keep players active:
 - Multiple stations
 - Third team (consider duration inactive)
 - Resting players/Substitutions (consider duration inactive) can they juggle, 1v1, 2v1, etc.
 - Tasking players – Example: Target player vs a target goal

WHY MAKE IT EASIER

- If players are unable to have a balanced consistency of success and failure.

WHY MAKE IT HARDER

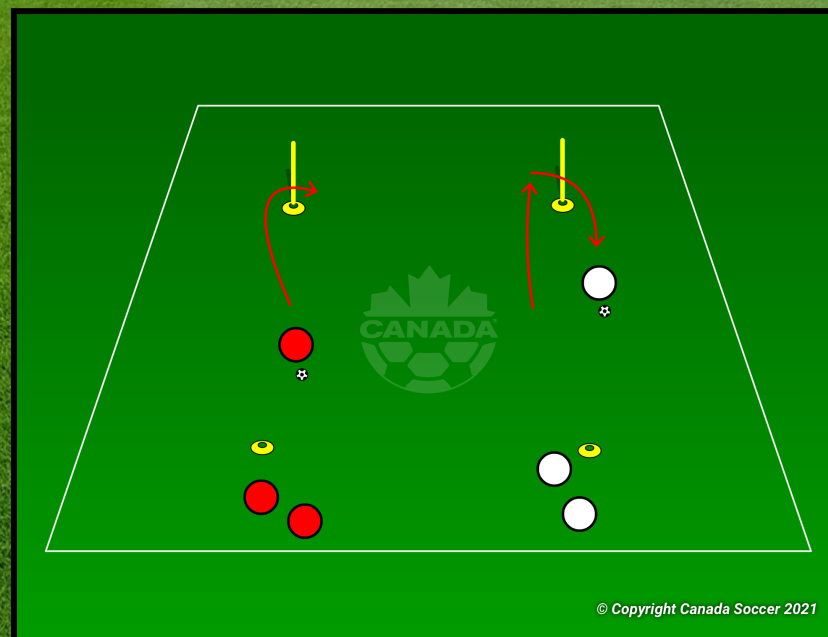
- Players are consistently having success and need to be presented with a new problem to solve. This can involve changing the environment or restricting or rewarding the behaviour of those participating.



MINI RELAY

OBJECTIVE

- **RECOMMENDATION:** 5 yards and groups having no more than three players to allow them to be active.
- Players complete a variety of different movements with and without a ball (**REVIEW PHYSICAL LITERACY TOOLBOX**)
- **COACH CONSIDER:** Setup several stations with the distance being very small.
- **COACH CONSIDER:** Making it a competition.
- **MAKE IT HARDER :** Have two stations go diagonal resulting in them having to avoid each other as they complete the exercise.

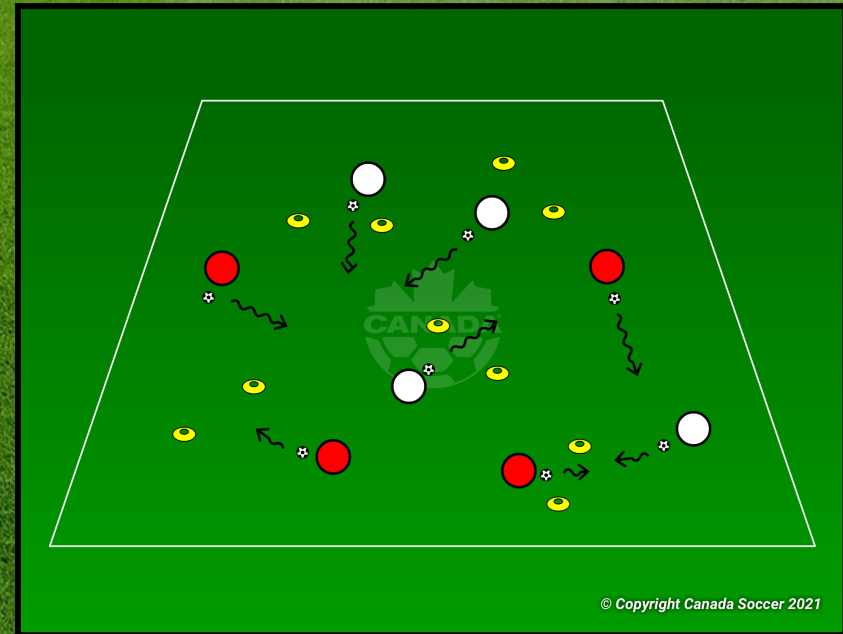




GATES

OBJECTIVE

- **RECOMMENDATION:** 15X15 with eight players.
- Players attempt to dribble between as many gate's as possible in the allocated time keeping count of their total.
- **COACH CONSIDER:** Have players complete an action with the ball before moving to the next gate.
- **COACH CONSIDER:** Having two teams and total up all players scores.
- **MAKE IT EASIER:** Have players complete different movements without a ball(**REVIEW PHYSICAL LITERACY TOOLBOX**)
- **MAKE IT HARDER:** Have two teams and reduce the number of balls.

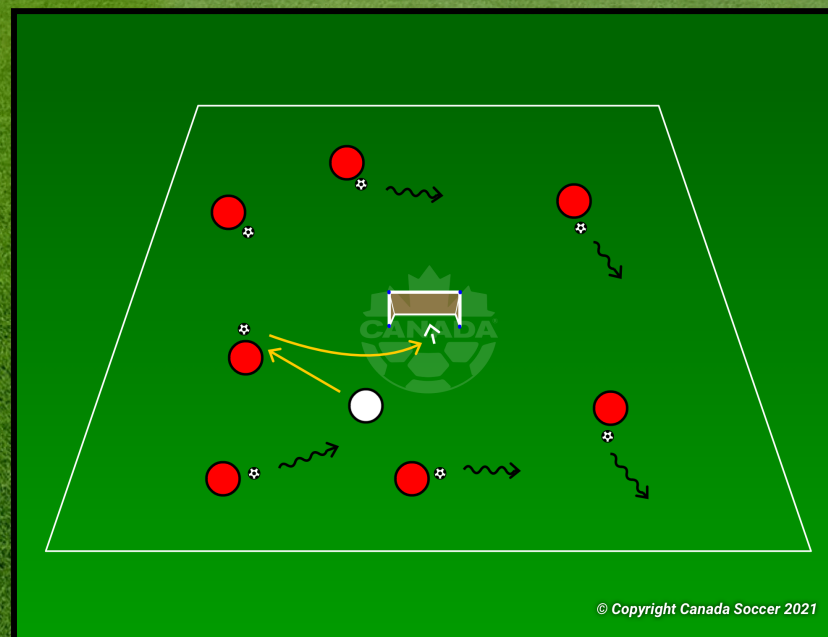




TREASURE

OBJECTIVE

- **RECOMMENDATION:** 15X15 with eight players.
- Players (Red) dribble the ball whilst trying to protect it from the designated defender (White) for a set period of time.
- The defender is trying to steal the balls and put it in their treasure chest (the goal as located on the diagram).
- Once the ball is in the treasure chest players must complete an action before being able to retrieve their ball and continue. Example 5 jumping jacks or toe taps etc.
- **MAKE IT HARDER:** When your ball is in the treasure chest players join the defending team resulting in more chasers & less space.



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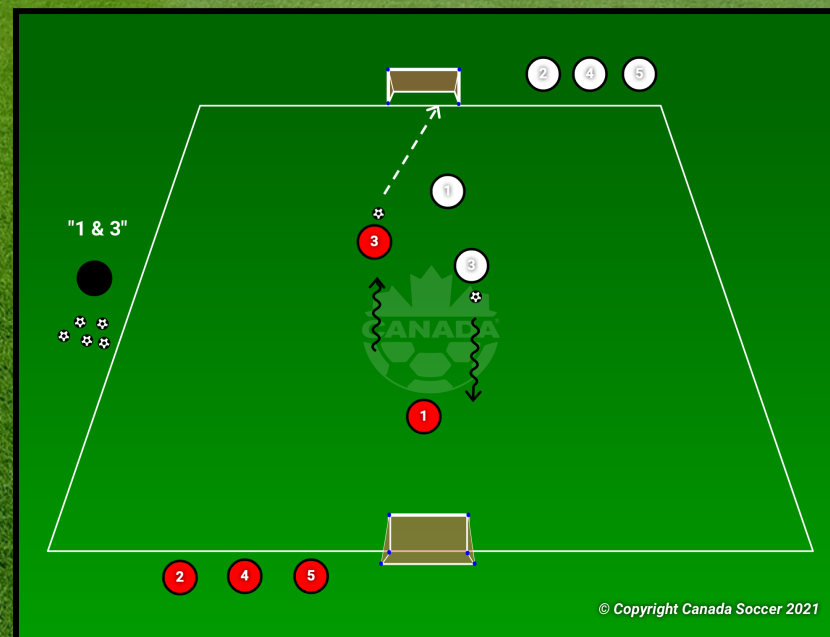




NUMBERS GAME

OBJECTIVE

- **RECOMMENDATION:** 10X8 with ten players in two teams.
- Directional game where players are numbered 1-5 on both teams, so they mirror.
- Coach calls a number out and players attempt to score a goal in the opposite goal.
- **COACH CONSIDER:** Encourage celebrations when a player scores a goal.
- **COACH CONSIDER:** To reduce waiting time put a 30 second limit.
- **MAKE IT EASIER:** Start with two balls; one each.
- **MAKE IT HARDER:** Call multiple numbers to create 2v2 & 3v3.



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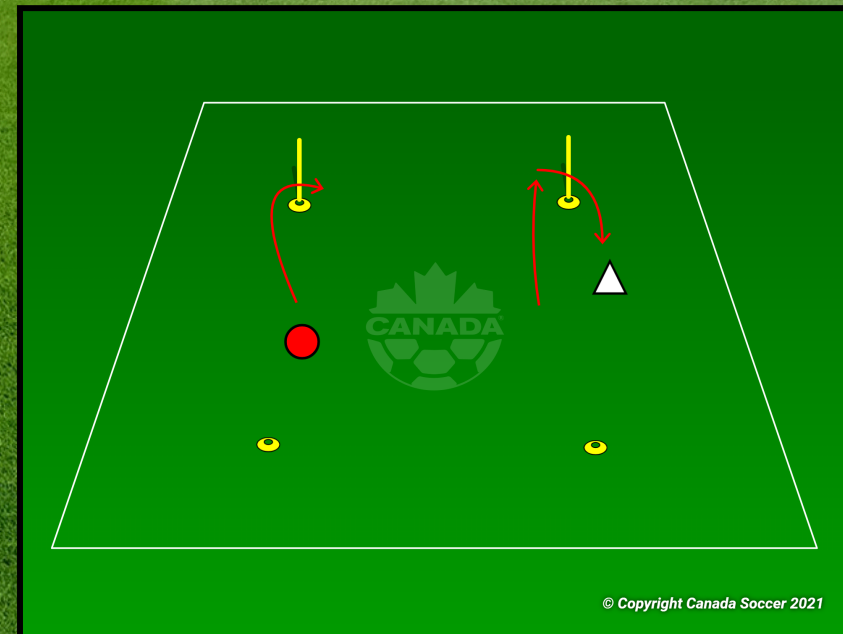




CHALLENGES FOR HOME: 1V1 RELAY

OBJECTIVE

- Setup a space and create a goal.
- Players have their own course where they race 1v1 completing different movements (**SEE PHYSICAL LITERACY TOOLBOX**).
- **COACH CONSIDER:** Use any objects to make the goal. Bags, coats, shoes etc.
- **COACH CONSIDER:** If nobody to race, try to beat your personal record. Example how long to complete three times.
- **MAKE IT HARDER:** Add a ball to dribble and complete soccer actions. Example toe taps.



| | | | | |
|---|---|---------|---|-----------|
|  |  | Players |  | Dribble |
|  |  | Parents |  | Pass/Shot |
|  | | Coach |  | Movement |



SESSION #3 – SEARCHING & EXPLORING SPACE

Fundamentals



Key Questions

SESSION OBJECTIVES

- **Primary:** To create an environment that requires players to search and find space with and without the ball.
- **Secondary:** Explore different movements and actions.
- **Tertiary:** Create a fun and enjoyable experience.

QUESTIONS FOR COACHES TO EXPLORE

- **Who** is the focus? Every player.
- **What** is our objective? To search and find space with and without the ball.
- **Where** in the environment should you search for space? All the time.

- **When** should we be searching for space? All the time as the environment will continue to change.
- **Why** will this help? By searching effectively players will be able to find space and time.
- **How** can you be successful? Head up and look around the environment. Encourage we want to see their face as they play and explore.
- **Consider:** Make it fun and do not get concerned on stoppages and coaching. Let them explore the environment.



Physical Literacy Toolbox

Why develop Physical Literacy?

Physical Literacy increases
physical activity,
which increases
personal success



- ↑ Educational success
- ↑ Cognitive skills
- ↑ Mental health
- ↑ Psychological wellness
- ↑ Social skills
- ↑ Healthy lifestyle habits
- ↑ Physical health
- ↑ Physical fitness

TRAVELLING MOVEMENTS

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: GOALS, GOALS, GOALS

- A fun activity that encourages players to search for space and gaps.
- Players can also explore moving with and without a ball.

PART TWO: CONTINUOUS 2V1

- A fun activity that encourages players to search for space and gaps.
- Players explore a representative environment to a game with direction, opposition with tasks and goals.

PART THREE: SWEEPER KEEPER 2V2

- This fun game allows players to explore a representative game that has directions, teams & goals.
- Players are encouraged to search for space and gaps.

PART FOUR: 3V3 + SIX GOALS

- This fun game allows players to explore a representative game that has direction & teams.
- Players are encouraged to search for space and gaps with the chance to score in three goals.

CHALLENGE FOR HOME: CHASE

- This is a fun activity encouraging players to develop searching and escaping skills with their parent.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

- If activities are illustrated as using less players, then in attendance, consider these solutions to keep players active:
 - Multiple stations
 - Third team (consider duration inactive)
 - Resting players/Substitutions (consider duration inactive) can they juggle, 1v1, 2v1, etc.
 - Tasking players – Example: Target player vs a target goal

WHY MAKE IT EASIER

- If players are unable to have a balanced consistency of success and failure.

WHY MAKE IT HARDER

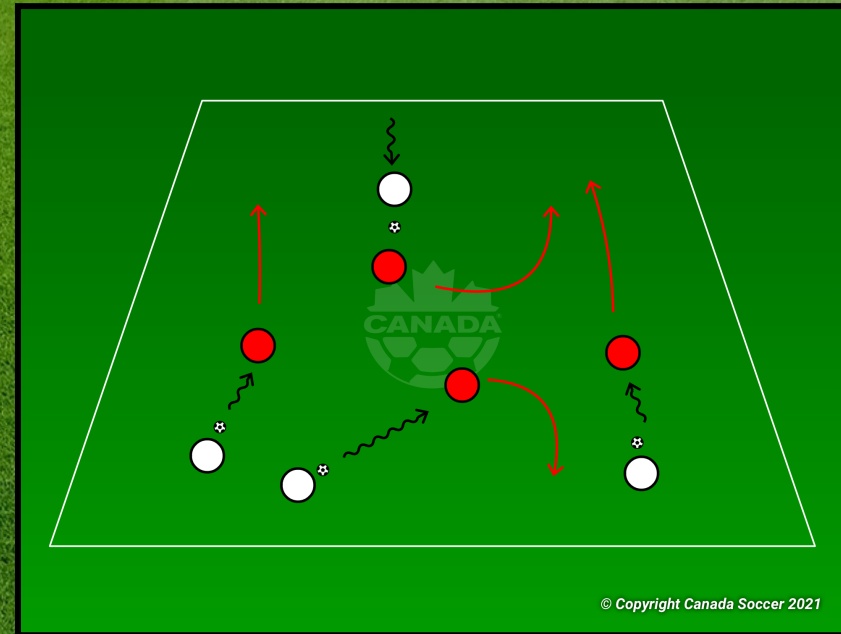
- Players are consistently having success and need to be presented with a new problem to solve. This can involve changing the environment or restricting or rewarding the behaviour of those participating.



GOALS, GOALS, GOALS

OBJECTIVE

- **RECOMMENDATION:** 10X10 with eight players.
- White start with a ball and chase their partner Red. When the coach shouts to freeze/stop.
- Players based on the distance will try to get the ball between their partners legs who create a goal.
- Rotate roles.
- **COACH CONSIDER:** Those being chased to explore a variety of movement (**REVIEW PHYSICAL LITERACY TOOLBOX**)
- **MAKE IT EASIER :** Carry the ball in their hands.
- **MAKE IT HARDER :** Both players are dribbling a ball.

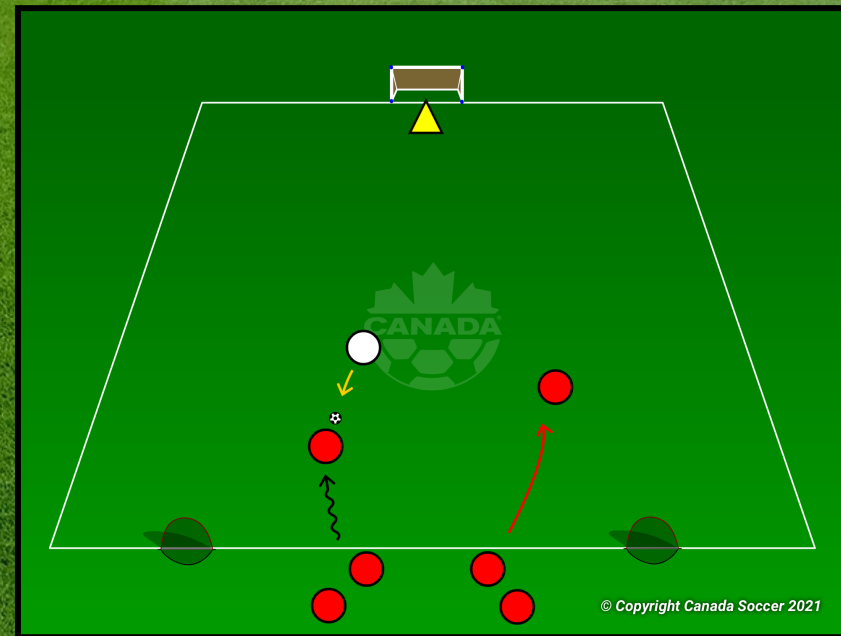




CONTINUOUS 2V1

OBJECTIVE

- **RECOMMENDATION:** 15X10 with eight players.
- 2v1 directional activity with one defender (White) works for a set period of time. In waves of two, attackers (Red) attempt to score on the goal against the goalkeeper.
- Once the ball is secured by the defender or goalkeeper they are to try to score in the small goals.
- If the attackers score OR defending team score in the small goals OR the ball goes out of the playing area the next pair of attackers drive in.
- **COACH CONSIDER:** Progress by introducing scoring systems: points for clean sheets or successful defending attempts, for example.
- **MAKE IT HARDER:** Make it 2v2

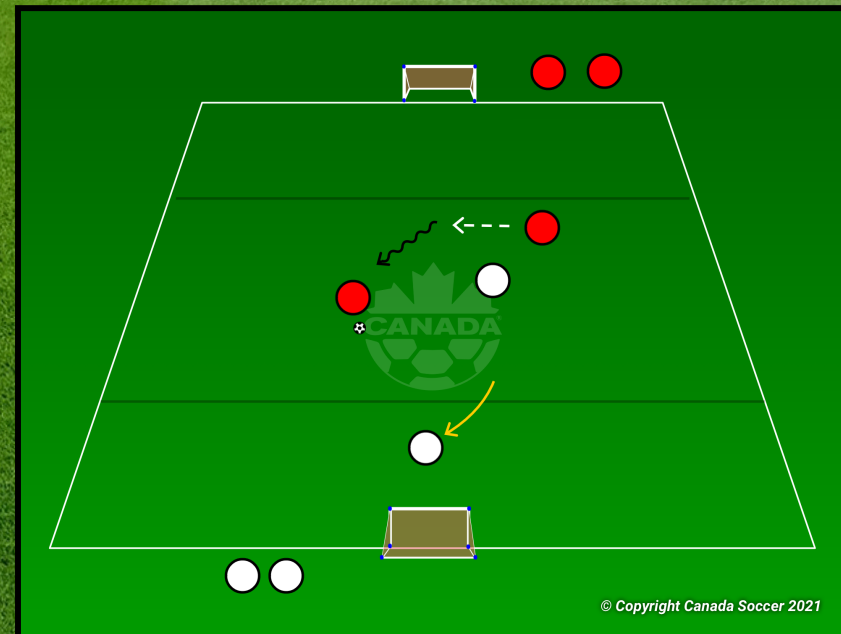




SWEEPER KEEPER 2V2

OBJECTIVE

- **RECOMMENDATION:** 15X10 with four players & four players on the outside.
- 2v2 directional game where players can move anywhere in the middle zone.
- One player from each team allowed in the end zones at once creating a 1v1. The defending player can use their hands.
- **COACH CONSIDER:** Play for a designated amount of time and rotate the players OR when the ball goes out of play, change a player on each team.
- **MAKE IT EASIER:** Allow two attackers in the zone of the goal they are trying to score creating a 1v2.
- **MAKE IT HARDER:** Allow two defenders in the zone of the goal they are trying to defend creating a 1v2.



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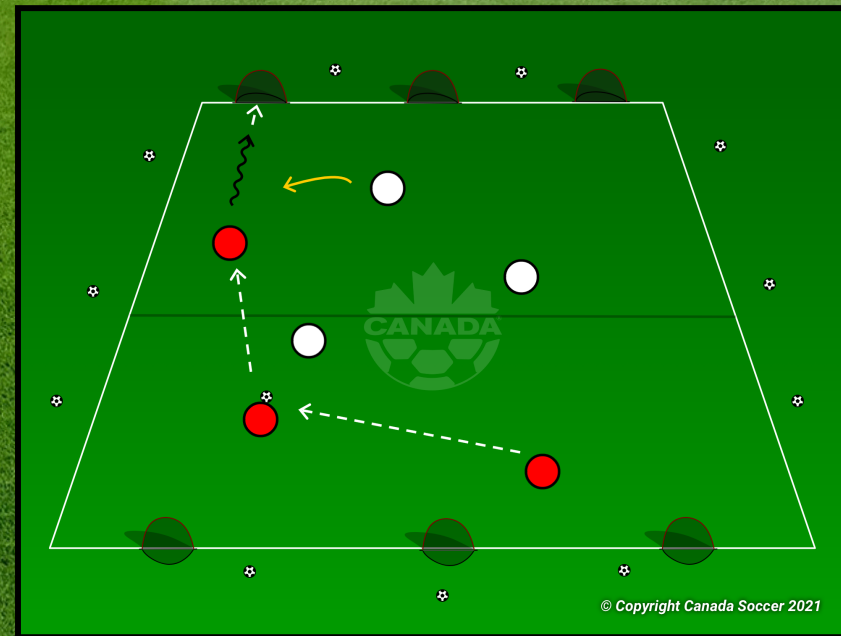
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|---|---|---------|------------|-----------|
| ● | ○ | Players | ~~~~~> | Dribble |
| ● | ○ | Coach | - - - - -> | Pass/Shot |
| | | | → | Movement |



3V3 + SIX GOALS

OBJECTIVE

- **RECOMMENDATION:** 20X15 with six players in two teams.
- 3v3 directional game with each team scoring on their opponents' three goals.
- **COACH CONSIDER:** Have balls around the playing space and when they go out of bounds either allow players to grab then nearest ball or the coach can serve into the playing area.
- **MAKE IT HARDER:** Make different goals worth more points **OR** have the first team to score in all three goals **OR** Players can only score once they enter their opponent's half.



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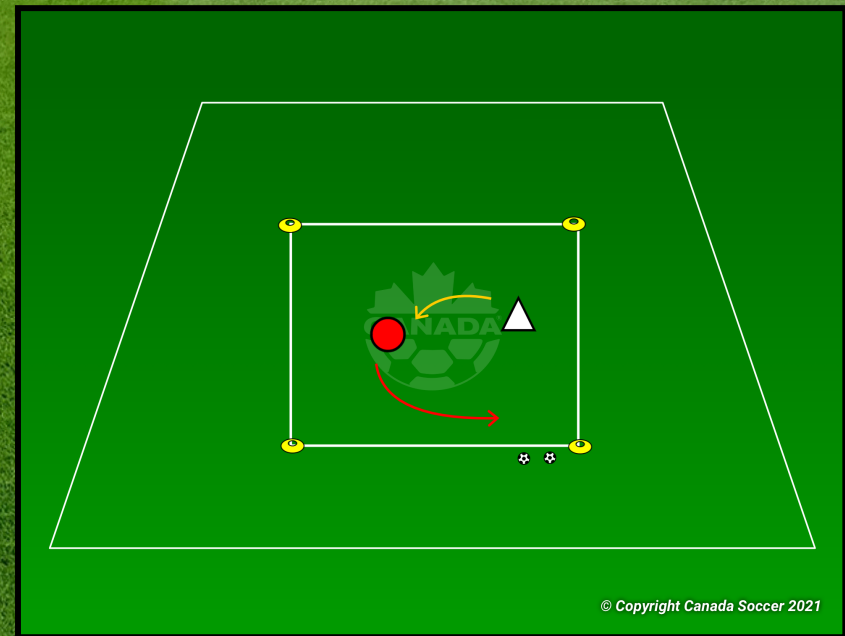




CHALLENGES FOR HOME: CHASE

OBJECTIVE

- **Setup** a space is 10x10.
- Players try to set your personal record of how many times you do not get caught in 20 seconds.
- **MAKE IT HARDER:** Both players have a ball.



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| | | | | |
|---|---|---------|---|-----------|
|  |  | Players |  | Dribble |
|  |  | Parents |  | Pass/Shot |
|  | | Coach |  | Movement |



SESSION #4 - EXPLORING ESCAPING SKILLS

Fundamentals



Key Questions

SESSION OBJECTIVES

- **Primary:** To create an environment that presents moments to practice escaping skills with and without the ball.
- **Secondary:** Explore different movements and actions.
- **Tertiary:** Create a fun and enjoyable experience.

QUESTIONS FOR COACHES TO EXPLORE

- **Who** is the focus? Every player.
- **What** is our objective? To explore how to escape to available spaces and an introduction to dribbling actions.
- **Where** should escaping skills occur? When trying to avoid the opposition/individuals.
- **When** should we attempt to use our escaping skills? When space is limited, and bigger spaces are available in the playing space.
- **Why** will this help? To keep the ball and find spaces.
- **How** can you be successful? Head up to search the environment, keep the ball close in tight spaces to change direction, consider speeding up when required, explore the posture of the body to be more dynamic with movement.
- **Consider:** Make it fun and do not get concerned on stoppages and coaching. Let them explore the environment.



Physical Literacy Toolbox

Why develop Physical Literacy?

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physical activity,
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personal success



TRAVELLING MOVEMENTS

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: AGILITY TAG

- A fun activity that encourages players to escape being tagged.
- Players will also be required to use searching skills to locate available gaps & space.

PART TWO: DRIBBLE TAG

- A fun activity that encourages players to escape being tagged with and without the ball.
- Players will also be required to use searching skills to locate available gaps & space.

PART THREE: 4 CORNERS

- A fun activity that encourages players explore actions moving with the ball, turning and escape pressure
- Players will also be required to use searching skills to locate available gaps & space.

PART FOUR: 3V3 NO GOALKEEPERS

- This fun game allows players to explore a representative game that has direction, teams and goals.

CHALLENGE FOR HOME: COLOR SQUARE

- This is a fun activity encouraging players to develop dribbling and speeding up with and without the ball.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

- If activities are illustrated as using less players, then in attendance, consider these solutions to keep players active:
 - Multiple stations
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WHY MAKE IT HARDER

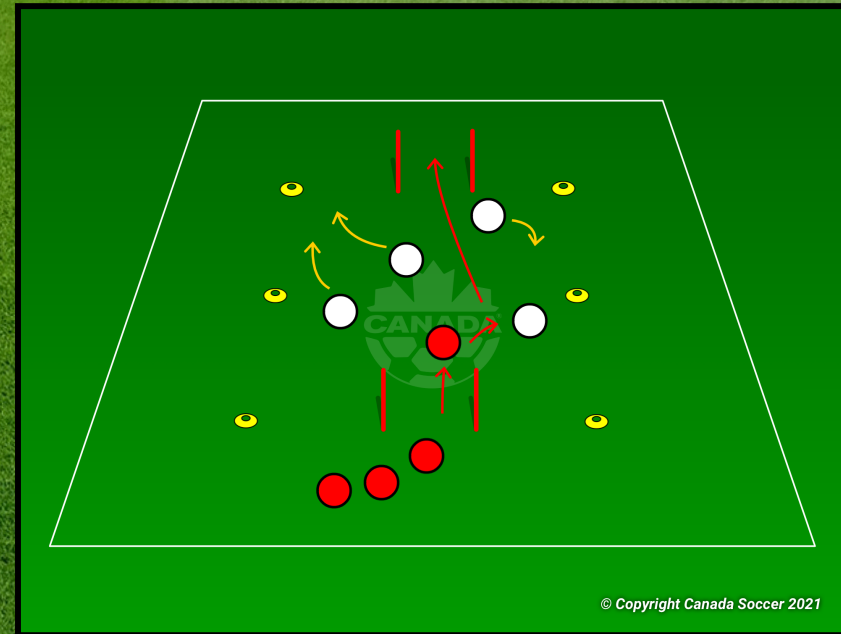
- Players are consistently having success and need to be presented with a new problem to solve. This can involve changing the environment or restricting or rewarding the behaviour of those participating.



AGILITY TAG

OBJECTIVE

- **RECOMMENDATION:** 8X8 for eight players.
- Team Red waits in the gate outside the grid and when the coach says go, time starts, and the player attempts to tag any of the White players.
- Once a player has been tagged the Red player must run through the opposite gate and then the next Red can enter.
- Repeat until all Reds are through the gate and record the score.
- Rotate roles trying to beat their score.
- **COACH CONSIDER:** Select movements for players to explore (**REVIEW PHYSICAL LITERACY TOOLBOX**)
- **MAKE IT HARDER :** Add two balls you cannot tag a player with a ball.



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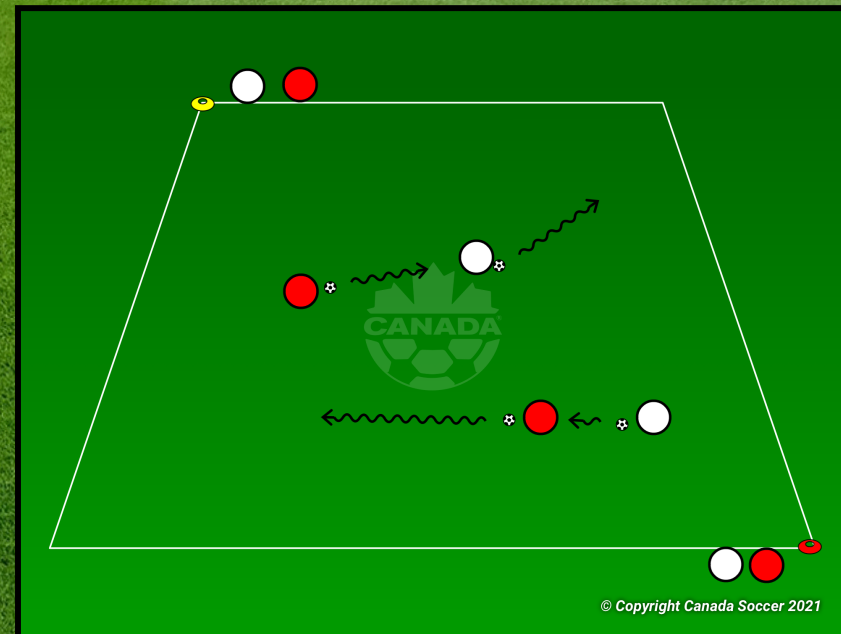




DRIBBLE TAG

OBJECTIVE

- **RECOMMENDATION:** 10X10 with eight players.
- Players will chase each other (with or without a ball)
- Once tagged they swap roles.
- Play for 30 seconds before returning to their corner.
- **COACH CONSIDER:** When moving without a ball consider different movements (**REVIEW PHYSICAL LITERACY TOOLBOX**).
- **COACH CONSIDER:** Keep score and rotate partners.
- **MAKE IT HARDER:** Add another eight players to the same space and have four groups go at once.

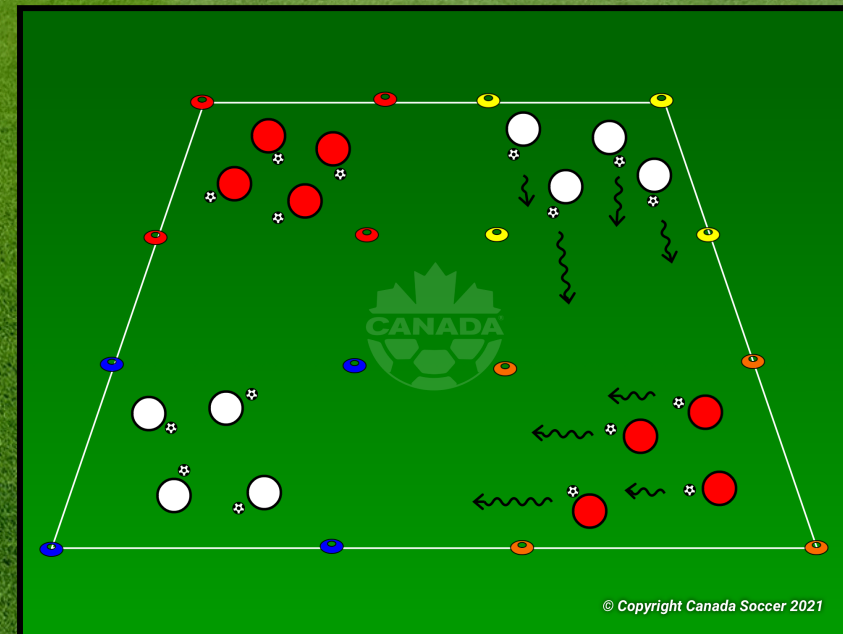




4 CORNERS

OBJECTIVE

- **RECOMMENDATION:** 20X20 with sixteen players in four groups in each corner 8X8.
- Each group has a designated task for players to perform (e.g., 4 turns with inside of foot, 4 turns outside of foot, 4 kick ups etc).
- Coach designates a player who when he/she has completed task, triggers all groups to dribble to next corner grid.
- **COACH CONSIDER:** Movement of groups around practice area (clockwise, anti-clockwise & diagonal etc.)
- **MAKE IT HARDER:** Have players numbered and send a player from each group over to win all the balls in the designated group.

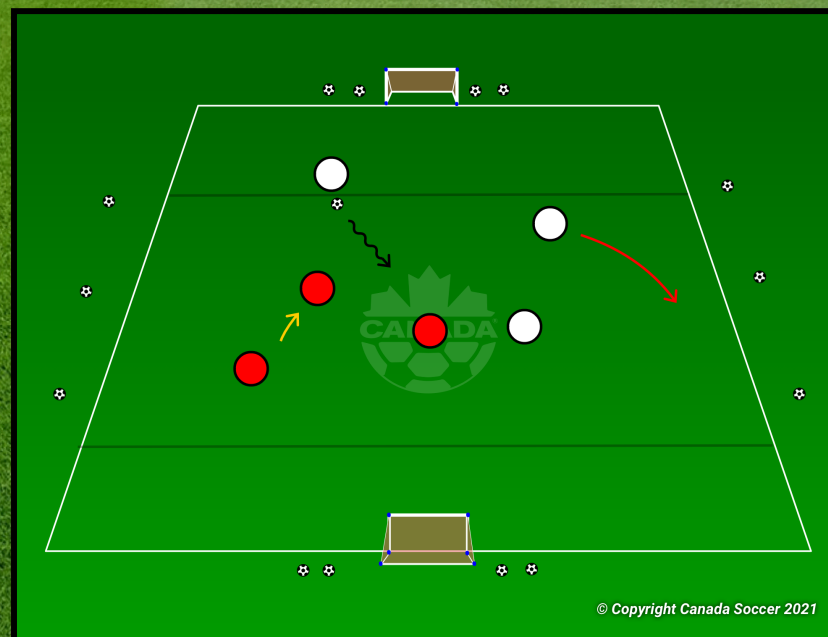




3v3 NO GK

OBJECTIVE

- **RECOMMENDATION:** 20X15 with six players in two teams.
- 3v3 directional game with each team scoring on their opponents' goal where there is no designated goalkeeper.
- **COACH CONSIDER:** Have balls around the playing space and when they go out of bounds either allow players to grab then nearest ball or the coach can serve into the playing area.
- **MAKE IT EASIER:** Start with two balls.
- **MAKE IT HARDER:** Players have to be in the final zone to score.



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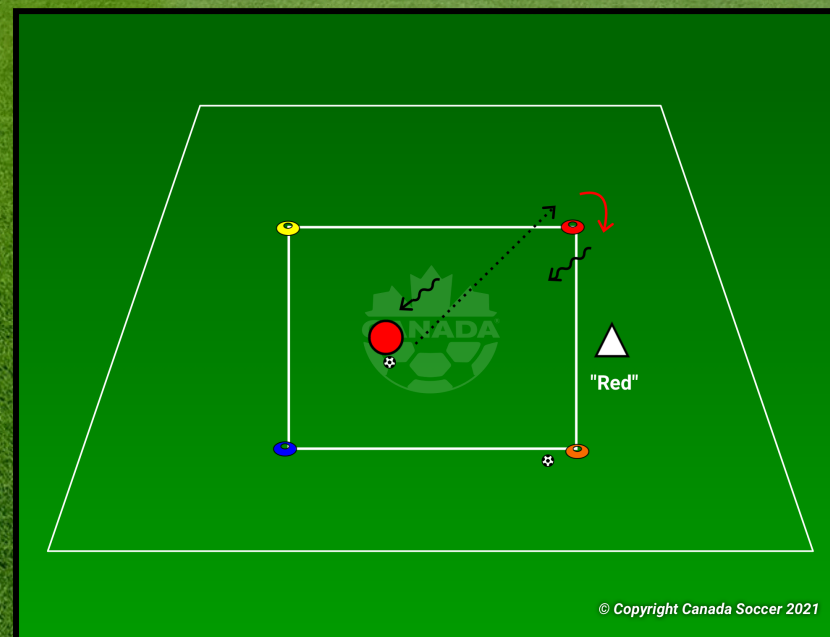




CHALLENGE FOR HOME: COLOR SQUARE

OBJECTIVE

- Setup a space that is 10x10 with a different color cone or objective in each corner.
- Player dribbles in the box and when the resting player shouts the color or object, they speed up towards it slowing down when going around and start dribbling again.
- **COACH CONSIDER:** Use any objects to make the playing space. Bags, coats, shoes etc.
- **COACH CONSIDER:** If alone set an order and see how quickly you can complete it.
- **MAKE IT EASIER:** Remove the ball.
- **MAKE IT HARDER:** Add multiple colors or objectives for the player to complete.



| | | | | |
|---|---|---------|---|-----------|
|  |  | Players |  | Dribble |
|  |  | Parents |  | Pass/Shot |
|  | | Coach |  | Movement |



SESSION #5 - 1V1 DUELS

Fundamentals



Key Questions

SESSION OBJECTIVES

- **Primary:** To create an environment that presents moments to attack an opponent 1v1.
- **Secondary:** Explore different movements and actions.
- **Tertiary:** Create a fun and enjoyable experience.

QUESTIONS FOR COACHES TO EXPLORE

- **Who** is the focus? Every player.
- **What** is our objective? An introduction to explore movement and actions with the ball.
- **Where** can beating an opponent in a 1v1 occur? Everywhere on the field. Do not be concerned about risk and reward at this age.
- **When** should a player attack 1v1? When a player identifies spaces or gaps to exploit.
- **Why** will this help? If a player can beat an opponent or exploit gaps and space, they can unbalance the opposition.
- **How** can you be successful? Explore a variety of surfaces of the foot to move the ball, bending the knees to easily change direction and change pace where necessary, explore deception actions such as dropping the shoulder, step overs etc.
- **Consider:** Make it fun and do not get concerned on stoppages and coaching. Let them explore the environment.



Physical Literacy Toolbox

Why develop Physical Literacy?

Physical Literacy increases
physical activity,
which increases
personal success



- ↑ Educational success
- ↑ Cognitive skills
- ↑ Mental health
- ↑ Psychological wellness
- ↑ Social skills
- ↑ Healthy lifestyle habits
- ↑ Physical health
- ↑ Physical fitness

TRAVELLING MOVEMENTS

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: INTRODUCTION TO 1V1

- This activity is a semi-opposed technical practice introducing 1v1 scenarios.
- Players will also be required to use searching skills to locate available gaps & space.

PART TWO: SPATIAL RECOGNITION

- This activity encourages players to make positive (going forward) decisions when under pressure in 1v1 situations.
- Players will also be required to use searching skills to locate available gaps & space.

PART THREE: 1V1 ESCAPE GAME

- This activity encourages players to break lines in 1v1 situations.
- An activity that allows players to explore moving with their ball.

PART FOUR: 5V5

- This fun game allows players to explore a representative game that has direction, teams and goals.

CHALLENGE FOR HOME: 1V1 GATE

- This is a fun activity encouraging players to develop 1v1 skills.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

- If activities are illustrated as using less players, then in attendance, consider these solutions to keep players active:
 - Multiple stations
 - Third team (consider duration inactive)
 - Resting players/Substitutions (consider duration inactive) can they juggle, 1v1, 2v1, etc.
 - Tasking players – Example: Target player vs a target goal

WHY MAKE IT EASIER

- If players are unable to have a balanced consistency of success and failure.

WHY MAKE IT HARDER

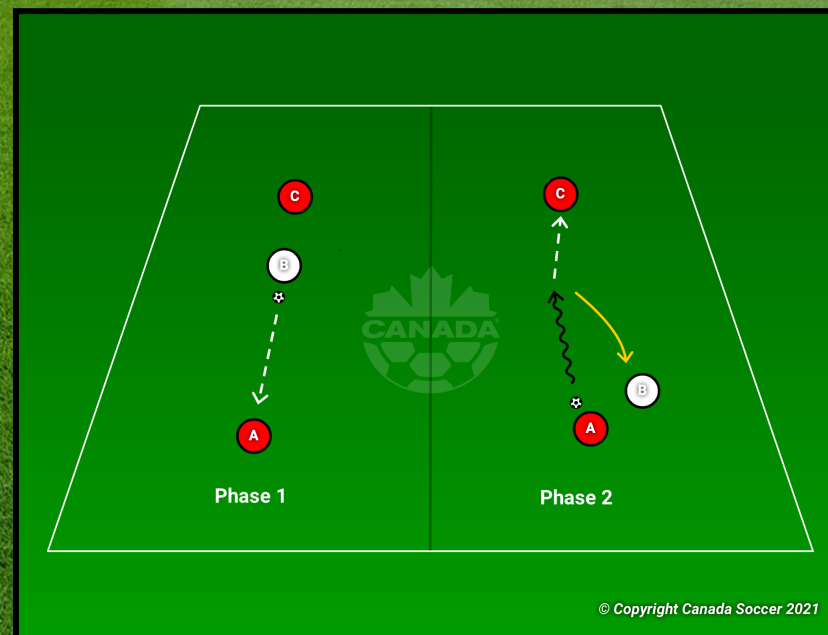
- Players are consistently having success and need to be presented with a new problem to solve. This can involve changing the environment or restricting or rewarding the behaviour of those participating.



INTRODUCTION TO 1V1

OBJECTIVE

- **RECOMMENDATION:** 10x5 for three players.
- Player A passes to Player B and then follows his pass to press Player B. Player B then shifts the angle of the ball to evade the onrushing defender (Phase 2) and play into Player C before the process repeats. Player A takes the space of where Player B started.
- **COACH CONSIDER:** Allowing time for the players to explore how to get the past defender prior to providing solutions.
- **MAKE IT HARDER:** Progress by involving a one-two instead of the singular pass and introduce the decision between shielding the ball to spin the defender (pressure from behind) or taking a forward touch to break a line (pressure from in front).

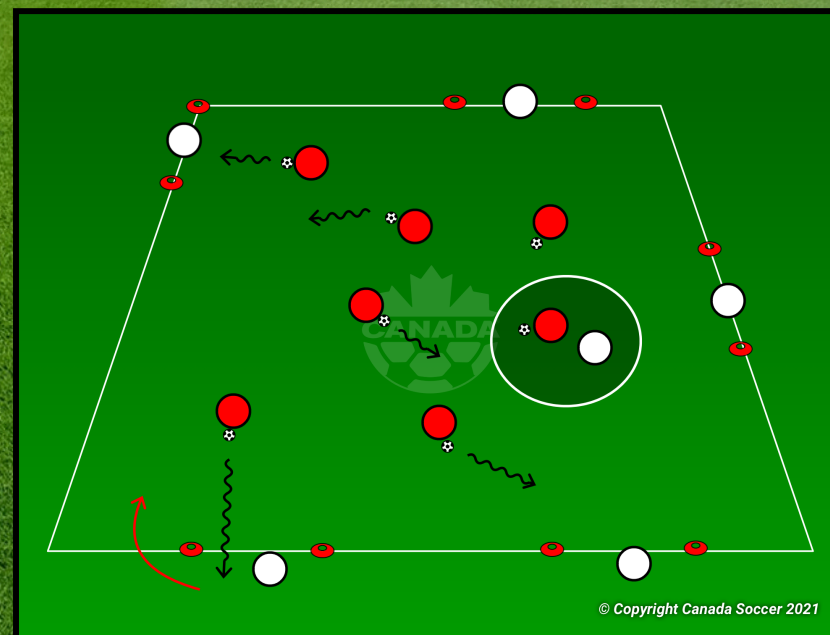




1V1 ESCAPE GAME

OBJECTIVE

- **RECOMMENDATION:** 15X15 with twelve players.
- Red (attackers) all have a ball and move around the area.
- White (defenders) are 'fixed' on their lines and can only move either left or right in their gate.
- Each time Red breaks through a gate successfully, they score a point. On doing so, they re-enter the playing area outside of a gate (as illustrated on the diagram).
- A period of play lasts for two minutes before players change roles.
- **MAKE IT HARDER:** One attacker is converted into a defender that operates inside the playing area. Their role is to try and steal the ball from Red and retain it while the same attacker attempts to win it back. (as illustrated on the diagram)



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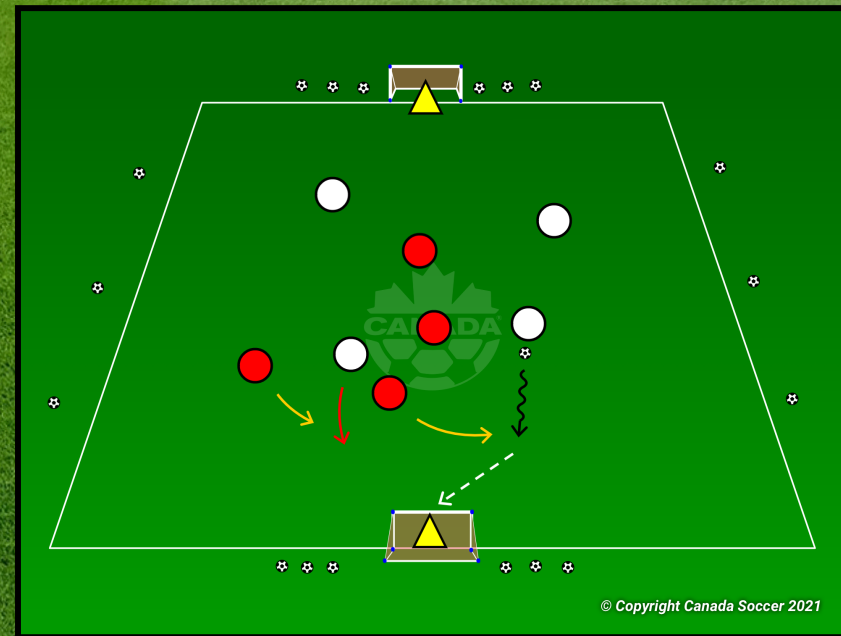




5v5

OBJECTIVE

- **REQUIREMENT:** 40X30 with ten players in two teams.
- 5v5 directional game with each team scoring on their opponents' goal.
- When the ball leaves the playing area players can dribble, pass or throw based on the situation they see.
- **COACH CONSIDER:** Have balls around the playing space and when they go out of bounds either allow players to grab then nearest ball or the coach can serve into the playing area.

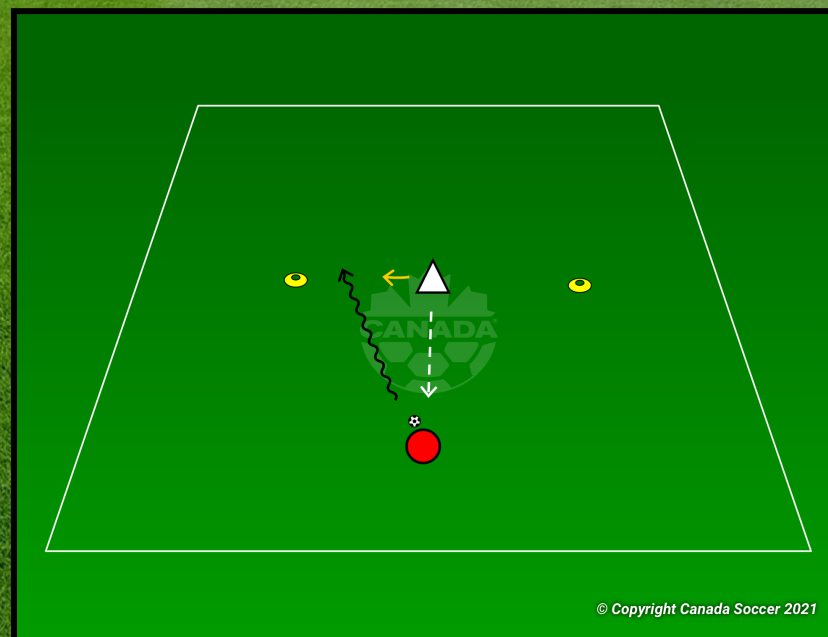




CHALLENGES FOR HOME: 1V1 GATE

OBJECTIVE

- Setup a space and create a gate.
- Encourage the player to dribble 1v1 through the gate past the defender.
- **COACH CONSIDER:** If players do not have a sibling, simply use an object to practice 1v1 moves against.
- **MAKE IT EASIER:** Start with no ball and avoid being tagged.



| | | | | |
|---|---|---------|---|-----------|
|  |  | Players |  | Dribble |
|  |  | Parents |  | Pass/Shot |
|  | | Coach |  | Movement |



SESSION #6- SCORING GOALS

Fundamentals



Key Questions

SESSION OBJECTIVES

- **Primary:** To create an environment that presents moments to practice shooting and scoring goals.
- **Secondary:** Explore different movements and actions.
- **Tertiary:** Create a fun and enjoyable experience.

QUESTIONS FOR COACHES TO EXPLORE

- **Who** is the focus? Every player.
- **What** is our objective? An introduction to explore shooting and scoring goals.
- **Where** should shooting & scoring occur? Near a goal or target.

- **When** will the opportunity to shoot and score happen? When a player finds space and time near a goal or target.
- **Why** will this help? Repetition of a variety of scoring opportunities will assist players in the limited opportunities the players will get in games.
- **How** can you be successful? Quick search to locate where the goal and goalkeeper are, keep eyes on ball when making contact and explore a variety of surfaces to strike the ball.
- **Consider:** Make it fun and do not get concerned on stoppages and coaching. Let them explore the environment.



Physical Literacy Toolbox

Why develop Physical Literacy?

Physical Literacy increases
physical activity,
which increases
personal success



- ↑ Educational success
- ↑ Cognitive skills
- ↑ Mental health
- ↑ Psychological wellness
- ↑ Social skills
- ↑ Healthy lifestyle habits
- ↑ Physical health
- ↑ Physical fitness

TRAVELLING MOVEMENTS

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: MONKEY IN THE MIDDLE

- A fun activity that encourages players to escape being tagged.
- Players will also be required to use searching skills to locate available gaps & space.

PART TWO: ELIMINATION

- A fun activity that encourages players to escape being tagged with and without the ball.
- Players will also be required to use searching skills to locate available gaps & space.

PART THREE: FOUR GOAL GAME

- A fun activity that encourages players explore actions moving with the ball, turning and escape pressure
- Players will also be required to use searching skills to locate available gaps & space.

PART FOUR: 3V3+2

- This fun game allows players to explore a representative game that has direction, teams and goals.

CHALLENGE FOR HOME: GOALS

- This is a fun activity encouraging players to develop kicking movements and practice their favourite celebrations.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

- If activities are illustrated as using less players, then in attendance, consider these solutions to keep players active:
 - Multiple stations
 - Third team (consider duration inactive)
 - Resting players/Substitutions (consider duration inactive) can they juggle, 1v1, 2v1, etc.
 - Tasking players – Example: Target player vs a target goal

WHY MAKE IT EASIER

- If players are unable to have a balanced consistency of success and failure.

WHY MAKE IT HARDER

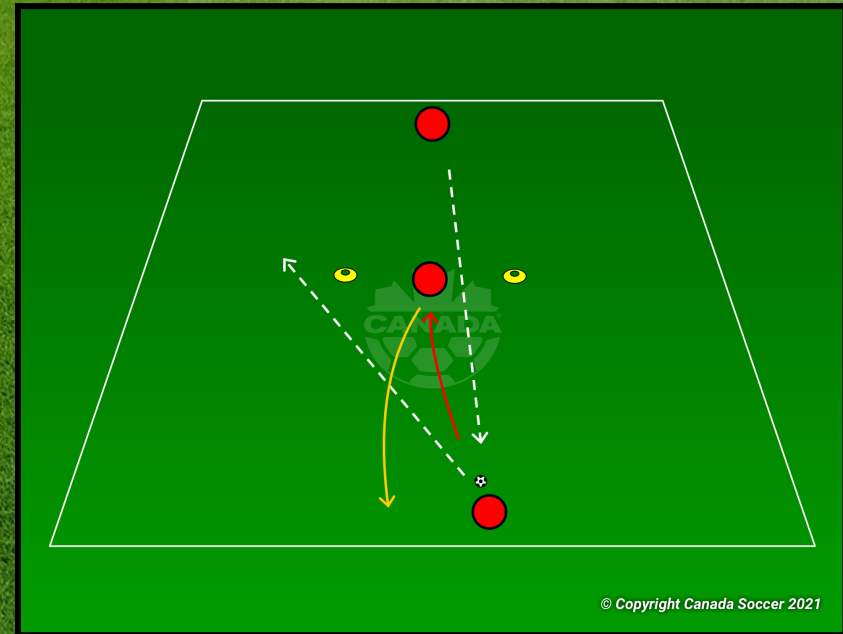
- Players are consistently having success and need to be presented with a new problem to solve. This can involve changing the environment or restricting or rewarding the behaviour of those participating.



MONKEY IN THE MIDDLE

OBJECTIVE

- **RECOMMENDATION:** 10x5 for three players.
- Players on the outside attempt to score between the cones on the player (goalkeeper) in the middle.
- If the player scores they get a point and stay where they are.
- If they miss, they rotate with the player in the middle.
- **COACH CONSIDER:** Keeping score and moving players to other groups.
- **MAKE IT EASIER :** Do not allow players to use their hands.

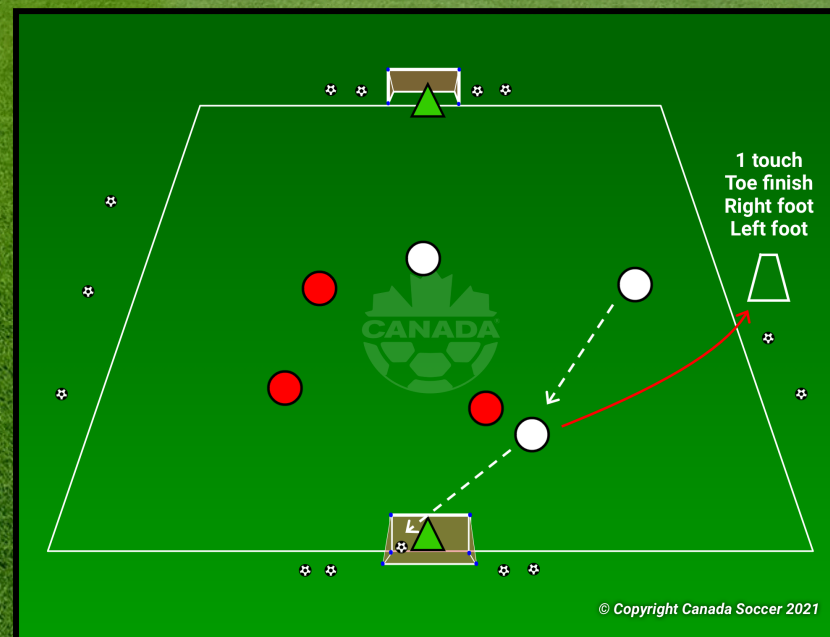




ELIMINATION

OBJECTIVE

- **RECOMMENDATION:** 20X15 with eight players in two teams
- 4v4 directional game with each team scoring on their opponents' goal with an attempt to be the first team to successfully complete the different types of finishes agreed upon.
- If a player scores a goal, they are to run to the board and tick the goal off before returning to the game.
- **COACH CONSIDER:** Allow the players to decide the type of goals.
- **MAKE IT EASIER:** Only have two types of goals listed resulting in the game ending sooner.



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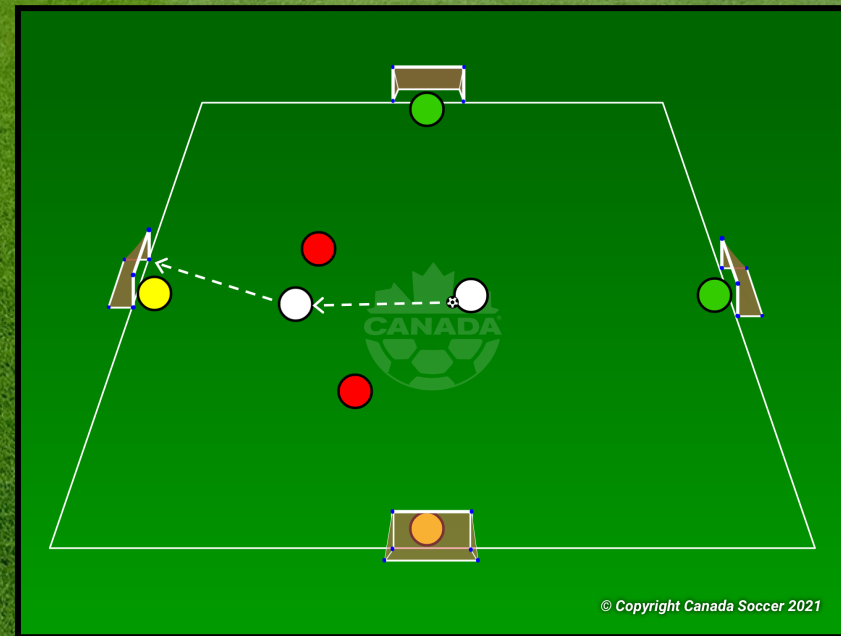




4 GOAL GAME

OBJECTIVE

- **RECOMMENDATION:** 15X15 with eight players in four pairs.
- 2v2 multidirectional game where they can score in any of the four goals.
- The other two pairs go in any of the four goals (as illustrated on the diagram)
- **COACH CONSIDER:** Play for a designated amount of time or the first to score a goal then rotate the players.
- **MAKE IT EASIER:** Start with two balls in the playing space.



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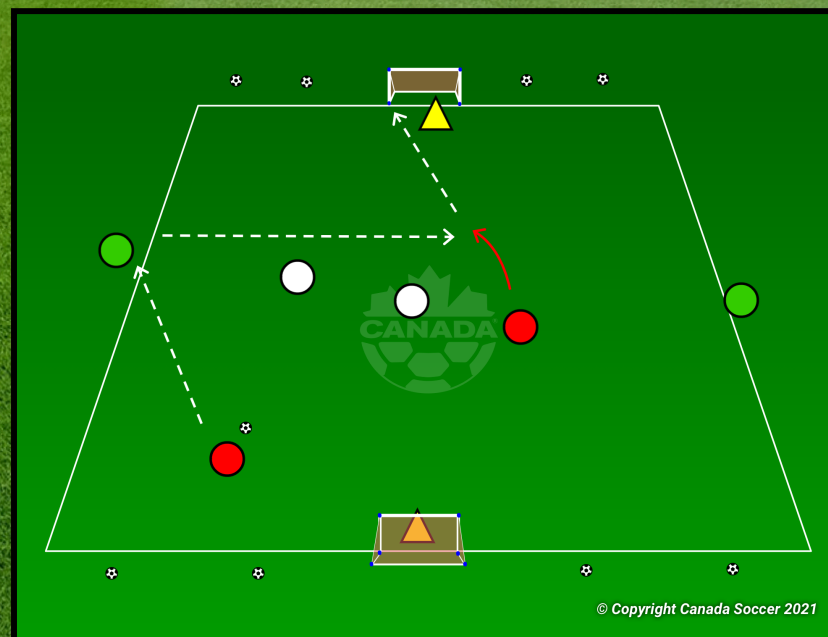




3v3+2

OBJECTIVE

- **RECOMMENDATION:** 20X15 with eight players in two teams plus two neutrals.
- 3v3+2 directional game with each team scoring on their opponents' goal.
- Two players are located on the outside of the playing area and can be utilized for the team in possession.
- Set a target number of goals to win before rotating with the two green players.
- **COACH CONSIDER:** Have balls around the playing space and when they go out of bounds either allow players to grab then nearest ball or the coach can serve into the playing area.



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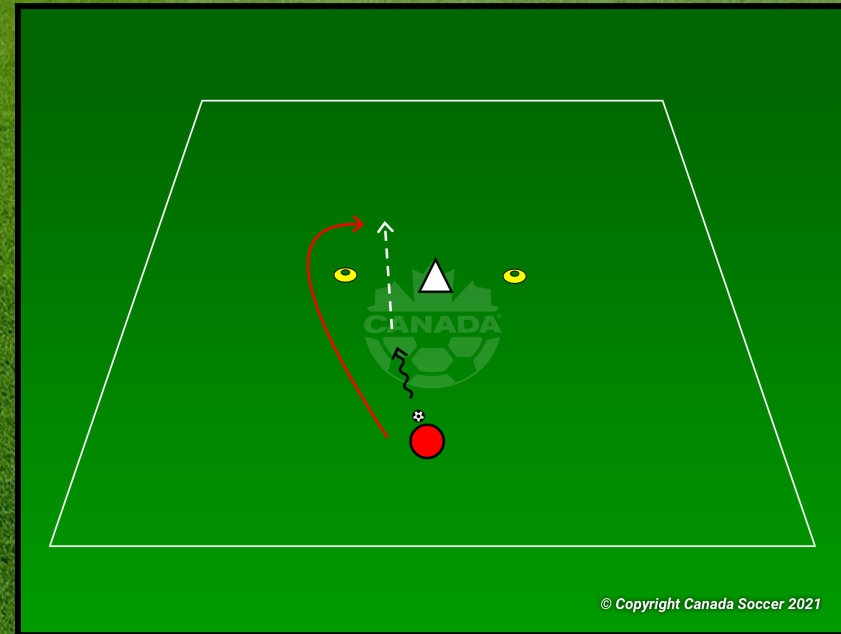




CHALLENGES FOR HOME: GOALS!

OBJECTIVE

- Setup a space and create a goal.
- Encourage the player to shoot in the goal and practice their celebrations.
- **COACH CONSIDER:** Use any objects to make the goal. Bags, coats, shoes etc.
- **MAKE IT EASIER:** Have no goalkeeper.



| | | | | |
|---|---|---------|---|-----------|
|  |  | Players |  | Dribble |
|  |  | Parents |  | Pass/Shot |
|  | | Coach |  | Movement |



FUNDAMENTALS

Pre-Designed Practice Session Plans