

## Hills Football Session Plan

Session Objective – 1<sup>st</sup> Touch away from a defender

Suggested Equipment – Balls, Bibs, Cones, Mini Goals

### Beginning (Skill Intro)

#### **Organisation:**

3mx3m Grid

5-6 players per group

1 ball per group

#### **Learning:**

Player Actions

Scanning to see where to take touch

1<sup>st</sup> touch to set up next pass/dribble

1<sup>st</sup> touch away from defender

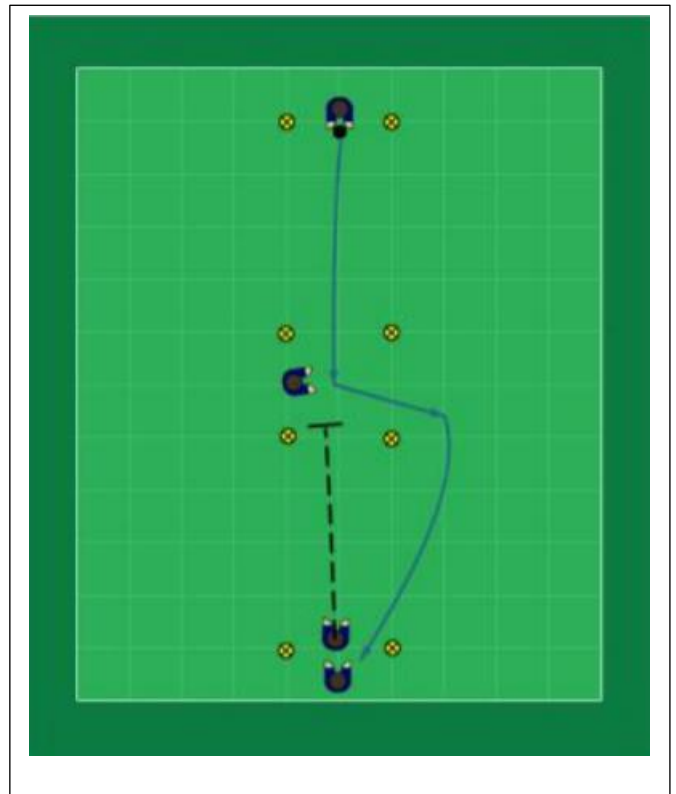
#### **Instruction points:**

1) Take touch away from the defender to pass to opposite player

#### **Variations**

Passive defender who comes from different directions

Active defender



**Middle (Skill Training)**

**Organisation:**

20m x 20m Grid

3v3 + 2 or 4v4 + 2

**Learning:**

Player Actions

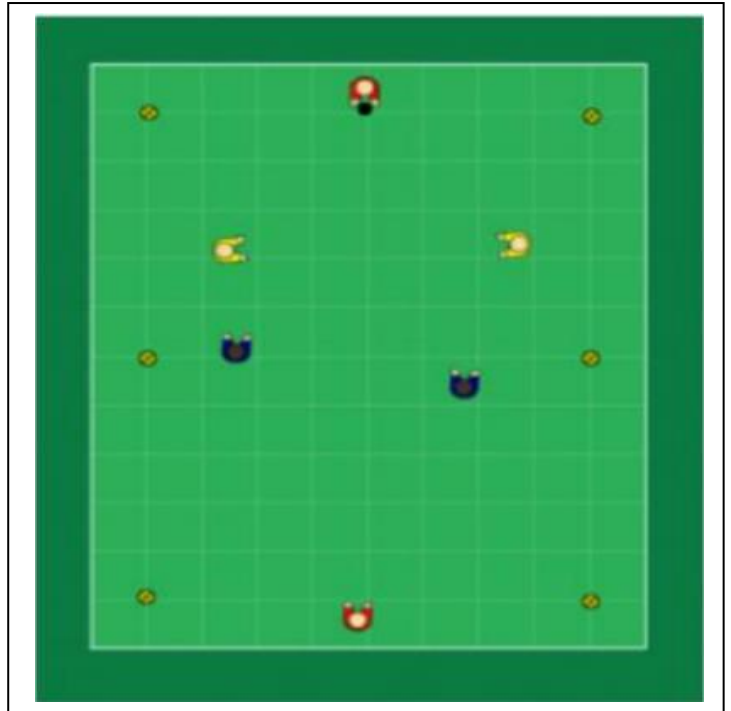
Scanning to see where to take touch

1<sup>st</sup> touch to set up next pass/dribble

1<sup>st</sup> touch away from defender

**Instruction points:**

Can we keep the ball by taking our first touch away from the defender to set us up to pass



**Organisation:**

Game set up

**Learning:**

Game

**Instruction points:**

What is today's session topic?

Can we continue to demonstrate what we have been learning?

