

Hills Football Discovery Phase

AGES 3-8

Training Program



Created by



**HILLS FOOTBALL
DEVELOPMENT**



INTRODUCTION

Welcome to the Hills Football Discovery Phase Training Program. The purpose of this Training Program is to provide a crucial stakeholder in the Football Landscape in the Hills – our Member Club Coaches, a comprehensive resource to support them in their coaching journey and the delivery of best football practices in development and engagement for their team in the Season.

The Training Program directly targets individuals who are coaching participants between the ages of 3-8. The role of a coach in the Discovery Phase is to **facilitate the players' discovery of the fundamentals of football and the basic player actions required by providing a FUN FOOTBALL ENVIRONMENT**. This Training Program supports Coaches to embody this role and directly achieve Learning Outcomes that fosters a participant's life-long-love of the game and the beginning of their football development journey.

Hills Football wants all of our Member Club Coaches to feel confident and supported in their coaching role, and hope that Training Program will become a valuable resource that uplifts Football within the Hills Community.

Better Coaches = Better Players



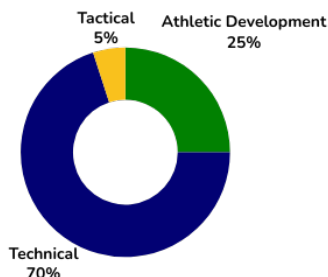
UNDERSTANDING THE PARTICIPANTS

The discovery phase refers to participants between the Ages of 3-8. Participants within this age group have the following characteristics;

- Enjoy playing, not watching
- Limited attention span
- Effort is performance – if they try hard, they are doing well
- Active imaginations
- Typically have 2 speeds – Extremely fast and stopped
- Still developing coordination
- First interaction with football

LEARNING OUTCOMES

As per The Hills Way, football Learning Outcomes are based on the characteristics of the developmental phase, setting a platform to enable a more enjoyable Player Experience and a heightened Player Development base.



In this development phase, the focus is on **DEVELOPING** a love for the game, fundamental technical football skills and gross motor skills

By the end of this phase participants should attain the following characteristics & abilities;

- Basic levels of confidence
- Basic levels of resilience and determination
- Understand the concept of Football game-play
- Understanding of how to manipulate the ball to;
 - dribble towards a direction
 - strike the ball towards a direction
 - basic ability to strike, control and dribble with both feet
 - maintain possession of the ball from a defender

TRAINING BLOCKS

For the Discovery Phase Hills Football recommend teams **train a minimum of once per week + playing a game on the weekend.**

Sessions are delivered in an 8-week block, with session plans being repeated from Week 9 onwards.

Repetition of Session Plans is a good way to analyse development throughout the season.

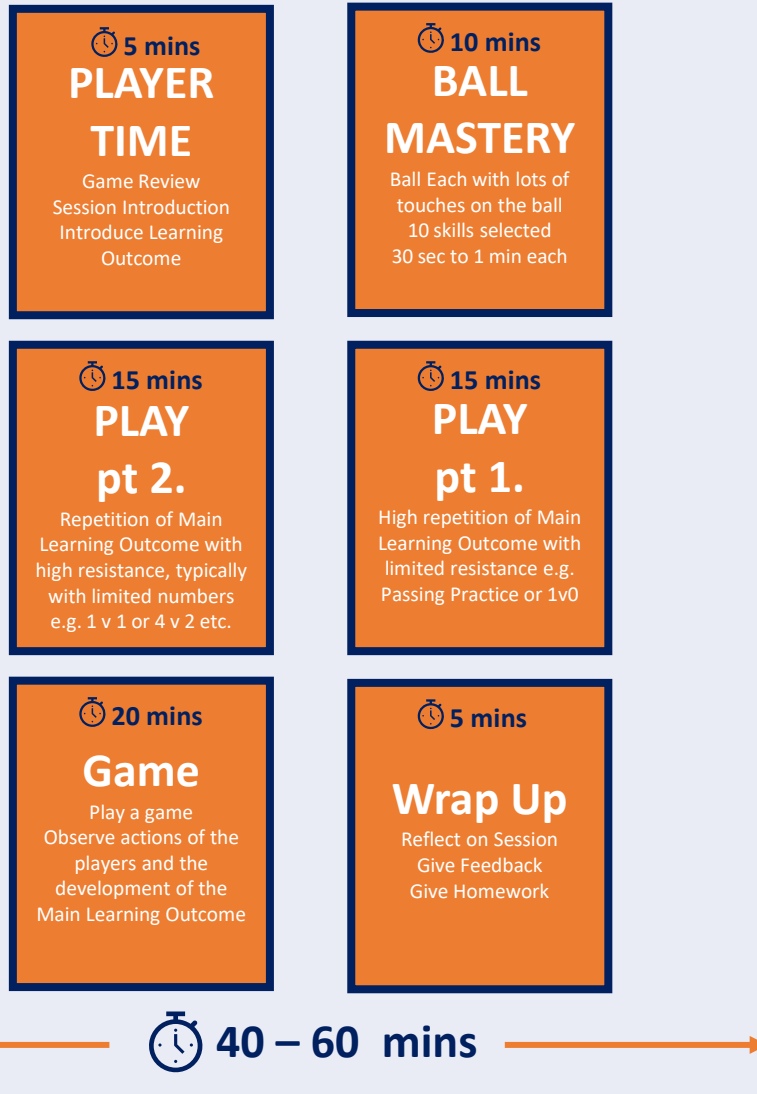
Sessions are designed to achieve learning outcomes linked to The Hills Way. The main principle of SCAN MOVE TOUCH PLAY is the base of all football in the Hills.

One Training Per week			
Week 1	Week 2	Week 3	Week 4
Session 1	Session 2	Session 3	Session 4
Running with the ball	Running with the ball	Beating a defender with a dribble	Beating a defender with a dribble
Week 5	Week 6	Week 7	Week 8
Session 5	Session 6	Session 7	Session 8
Striking the ball	Striking the ball	Passing and receiving	Passing and receiving
Week 9	Week 10	Week 11	Week 12
Session 1	Session 2	Session 3	Session 4
Running with the ball	Running with the ball	Beating a defender with a dribble	Beating a defender with a dribble
Week 13	Week 14	Week 15	Week 16
Session 5	Session 6	Session 7	Session 8
Striking the ball	Striking the ball	Passing and receiving	Passing and receiving

Learning Outcomes

SESSION STRUCTURE

Hills Football heavily encourages that sessions run for 40-60 minutes, *Dependent on your club/field availability*. Each component of the session provides the coach a way to ensure there are high levels of engagement, learning and development throughout the session.



COACHING DELIVERY

For Coaches who are facilitating practice for a Skill Acquisition Phase Age Group, it is crucial to factor in the following in their delivery;

- Characteristics of the participants
- Key learning outcomes
- Sessions being SAFE, ORGANISED AND FUN!
- Creating a Player-Centred environment

HFI recommends to Member Club Coaches that training sessions within the Skill Acquisition Phase should be fueled with maximum ball-rolling time and engagement and therefore encourage the coach to implore Key Coaching Tools.

The use of Coaching Tools better support coaches in their delivery to facilitate the best possible player experience & player development.

Coaching tools that coaches within this phase should look to use include;

- S.O.C.H.A.N.G.E.I.T
- Demonstrations (I Do, We Do, You Do)
- Rewarding over restricting/Constraints-Based Model
- Feedback
- Power of Encouragement
- Questioning

For more information on the above-mentioned Coaching Tools and to find other Coaching Tools and Resources go to <https://hillsfootball.com.au/coaches-hq/>



BALL MASTERY

Ball mastery exercises are specifically designed to improve a players' technique with the ball (both left and right foot), enhance coordination & agility and fitness, & controlled speed with the ball.

Ball Mastery comes from work with the ball to the point where it feels comfortable, like second nature, instinctive, and therefore develops the confidence of an individual on the ball.

Hills Football heavily encourages that each session within the Skill Acquisition Phase starts with an arrival activity of Ball Mastery.

The Coach to select 10 skill moves for players to complete. Each exercise should be performed twice for 30 seconds or 1 minute each.

Please note, players develop at different rates - some players will see early improvement while others may take a little longer. The key to their success is persistence and encouragement.

To view Ball Mastery skills – click on the following link
<https://www.youtube.com/watch?v=leMYh7roBjk>
https://www.youtube.com/watch?v=PuF_gM2S7rk



BALL MASTERY SKILLS				
Continuous Scissors	Sole Taps	Sole Drag	Football Dance	Triple Sole Drag
Sole Drag (R), Inside Push (L)	Sole Drag (L), Inside Push (R)	Sole Drag (R), Outside Push (R)	Sole Drag (L), Outside Push (L)	The V inside
The V outside	Pull, push instep - right foot	Pull, push instep - left foot	Pull, push instep - both foot	Triple Pull and Push - both feet
Roll Over, Stop	Inside x 4, Roll over	Inside x 4, Stop, Slide (out/in)	Inside cut, outside push (Messi)	Inside cut, outside push
Roll Over, Stop Instep	The L - right foot	The L - left foot	The L - both foot	Roll Over, Stop, step over
Juggling - Knee high (right only / Left only)	Juggling - Knee high (both together)	Around 2 cones - horizontal	Around 2 cones - vertical	Around 4 cones - square
Insidess (or Shuffle)	Forward-Backward Insidess	Forward-Backward Sole Taps	Roll Over (R)	Roll Over (L)
Roll Up – Both Feet	Roll Over – Both Feet	The V outside (R) and Inside (L)	The V outside (L) and Inside (R)	Sole Drag, Inside Push (R)
Sole Drag, Inside Push (L)	Drag, Stop, Toe	Triangle – Sole Drag, Inside (L), Inside (R)	2x Sole Drag (R) Triangle	2x Sole Drag (L) Triangle
Insidess, Diagonal Push and Pull	Inside, Outside, Inside	Quintuple Cut – Both Feet	Flip Flap (R)	Flip Flap (L)
Flip Flap – Both Feet	Inside & Flip Flap Both Feet	Preparing the L – right foot	Preparing the L – left foot	The Fake L
Double Sole Drag and the L – Both Feet	Insidess and the L – Both Feet	Bounce Ball (R)	Bounce Ball (L)	Bounce Ball (Both Feet)

Learning Outcome – Running with the ball

30m x 25m **1 Ball per Player**
Up to 12 players **20 cones, bibs & 2 goals**

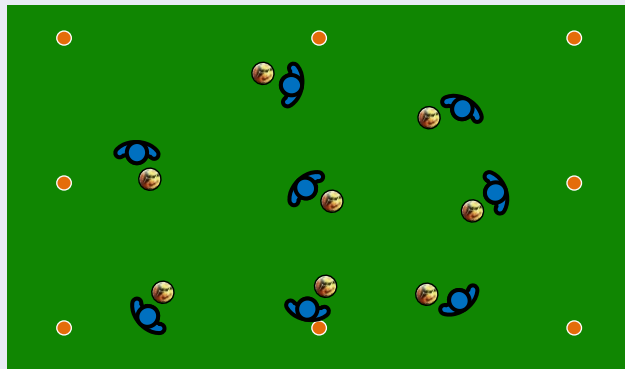
SCAN
 • Can you **SCAN** while you are dribbling

MOVE
 • Can you **MOVE** with the ball with speed

TOUCH
 • Can you **TOUCH** the ball smaller in tight areas and bigger when in open space

PLAY
 • Can you **PLAY** to dribble with varied speed towards a desired direction

PLAY – Traffic Lights! ⌚ 15 mins



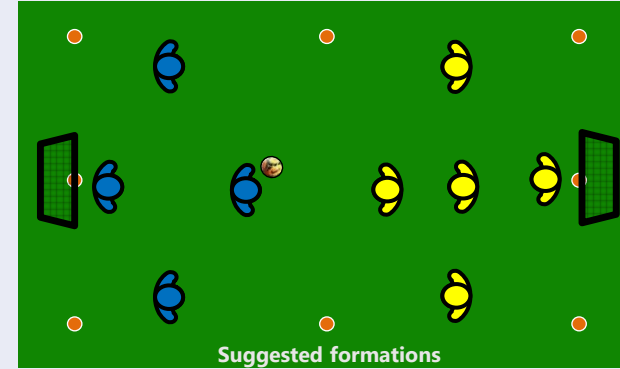
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 20 x 20m area Each player has a ball <p><u>Game rules</u></p> <p>1. Players are freely dribbling around the area and must complete different actions with the ball within the grid, including:</p> <ul style="list-style-type: none"> Green Light <ul style="list-style-type: none"> Dribble fast (both feet) Dribble fast (one foot) Yellow Light <ul style="list-style-type: none"> Dribble slow (both feet, little touches) Dribble slow (one foot) Red Light <ul style="list-style-type: none"> Aeroplane stop Pit Stop <ul style="list-style-type: none"> 10 toe taps Swap cars <ul style="list-style-type: none"> Swap balls (cars) with another player 	<ul style="list-style-type: none"> Can you keep the ball under control When you have little space, keep the ball close to you, if you see space in front of you can you accelerate into the space Can you change direction at speed Can you use both feet <p style="text-align:center">C.H.A.N.G.E I.T</p> <ul style="list-style-type: none"> Add another action Award points for who can do the actions the best Add a Defender

PLAY – Drag Race! ⌚ 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up the cones to replicate the circuit above Split players into 2-3 teams (max of 4 players per team) <p><u>Game rules</u></p> <p>1. Players must dribble through the circuit with their race cars (balls)</p> <p>2. There is several actions which the coach can call out during the race for the players to perform including:</p> <ul style="list-style-type: none"> Green Light – Dribble fast Yellow Light – Dribble slow Red Light – Aeroplane stop Pit Stop – 10 toe taps 	<ul style="list-style-type: none"> Can you keep the ball under control When you have little space, keep the ball close to you, if you see space in front of you can you accelerate into the space Can you change direction at speed Can you use both feet <p style="text-align:center">C.H.A.N.G.E I.T</p> <ul style="list-style-type: none"> Start without a ball Change the circuit (add more turns/stops for players to dribble around) Right foot only Left foot only

GAME - (Make it fun!) ⌚ 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30 x 25m area with goals on either side Play a game! <p><u>Game rules</u></p> <p>1. Put Players in a formation (suggested formations above)</p> <p>2. Play a normal game – if they score in the other teams goal it is a point</p> <p>3. Award bonus points for players dribbling with speed into space and away from defenders</p> <p>4. Every time the ball goes out get players to go back into their formation</p>	<ul style="list-style-type: none"> Praise players effort Reinforce main coaching points from the session <ul style="list-style-type: none"> Dribble with speed Dribble into space Changing direction when dribbling <p style="text-align:center">COACHING OBSERVATION</p> <p>Are players:</p> <ul style="list-style-type: none"> Dribbling with varied speed Dribbling into space Able to change direction with the ball

COACHING REFLECTION	
<ul style="list-style-type: none"> Was your session SAFE Was your session ORGANISED Was your session ENGAGING 	<ul style="list-style-type: none"> Did players end the session with smiles on their faces Were all players involved in the session

WRAP UP!
Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well. HIGH FIVES!

Learning Outcome – Running with the ball

30m x 25m
 1 Ball per Player
 Up to 12 players
 20 cones, bibs & 2 goals

SCAN

- Can you SCAN while you are dribbling

MOVE

- Can you MOVE with the ball with speed

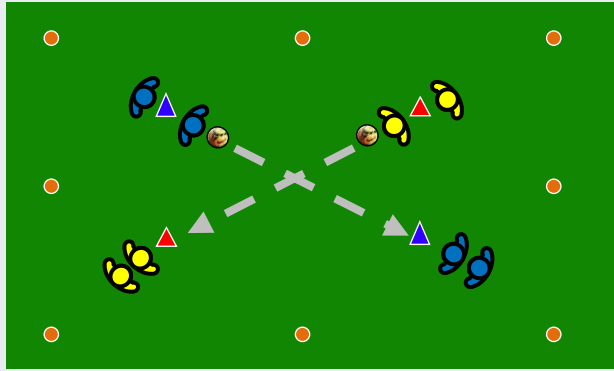
TOUCH

- Can you TOUCH the ball smaller in tight areas and bigger when in open space

PLAY

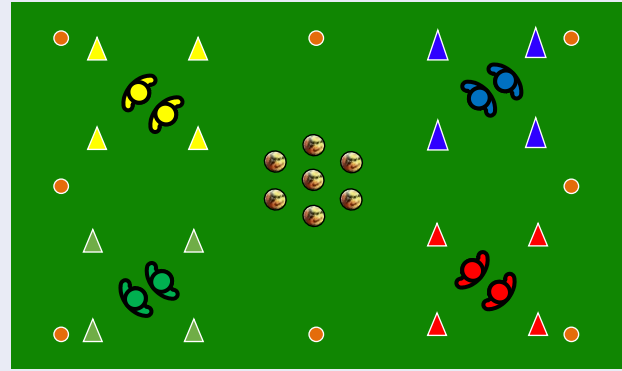
- Can you PLAY to dribble with varied speed towards a desired direction

PLAY – Criss Cross! 15 mins



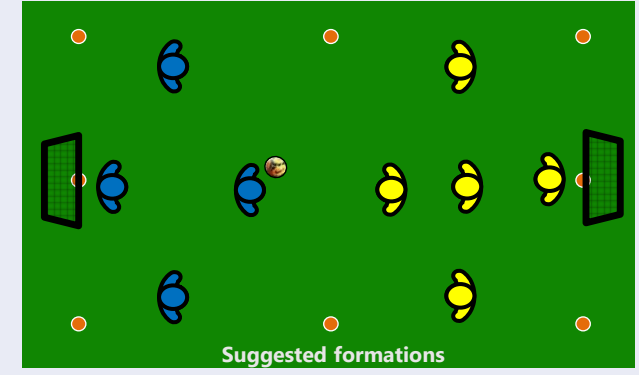
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 20m x 20m area Set up a 10 x 10m square within your area Each player has a ball to dribble Set up two even teams standing at the cone's diagonal from each other. <p><u>Game rules</u></p> <ol style="list-style-type: none"> Players must dribble diagonally across the field and avoid the other team. Players must perform a ball mastery skill before they reach the opposite corner Both teams are racing to see who can complete the most dribbles After each round introduce a different skill 	<ul style="list-style-type: none"> Can you dribble with speed Can you dribble into space Can you avoid other players in the middle Can you keep the ball close Can you use a ball mastery skill and then accelerate into space <p>C.H.A.N.G.E I.T</p> <ul style="list-style-type: none"> Coach stands in the middle to force players to run around them Add constraints to the dribble: <ul style="list-style-type: none"> Only use dominant foot Only use weaker foot Only use the sole of your foot Only use the outside of your foot

PLAY – Rob the nest! 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30 x 25m area with squares in the corners as shown Split the players into 4 even teams, lining up in their 'nests' Place all the balls in the middle of the grid <p><u>Game rules</u></p> <ol style="list-style-type: none"> On the coach's signal, one player per team run to take a ball from the "nest" Before taking a ball from the nest, players must complete a specific ball mastery skill After the middle nest is emptied, players can take a ball from another team's nest Play multiple rounds with a new skill every round 	<ul style="list-style-type: none"> Can you dribble with speed Can you SCAN for the balls Can you avoid other players in the middle Can you complete your ball mastery skill, turn with the ball and accelerate into space. <p>C.H.A.N.G.E I.T</p> <ul style="list-style-type: none"> Make it a competition! Add another requirement before players can take the ball (e.g.; Star Jumps) Players have to hop/skip to the middle rather than run.

GAME - (Make it fun!) 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30 x 25m area with goals on either side Play a game! <p><u>Game rules</u></p> <ol style="list-style-type: none"> Put Players in a formation (suggested formations above) Play a normal game – if they score in the other teams goal it is a point Award bonus points for players dribbling with speed into space and away from defenders Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> Praise players effort Reinforce main coaching points from the session <ul style="list-style-type: none"> Dribble with speed Dribble into space Changing direction when dribbling <p>COACHING OBSERVATION</p> <p>Are players:</p> <ul style="list-style-type: none"> Dribbling with varied speed Dribbling into space Able to change direction with the ball


COACHING REFLECTION

<ul style="list-style-type: none"> Was your session SAFE Was your session ORGANISED Was your session ENGAGING 	<ul style="list-style-type: none"> Did players end the session with smiles on their faces Were all players involved in the session
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WRAP UP!

Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well. HIGH FIVES!


 30m x 25m
  1 Ball per Player
 Up to 12 players
  20 cones, bibs & 2 goals




- Can you SCAN to view where the defender & make decisions that maintain possession



- Can you MOVE your body in between the defender and the ball to maintain possession



- Can you TOUCH the ball and keep it out of the tackling range of the defender



- Can you PLAY to maintain possession of the ball against a defender in a 1 v 1 situation

PLAY – Number Rush!

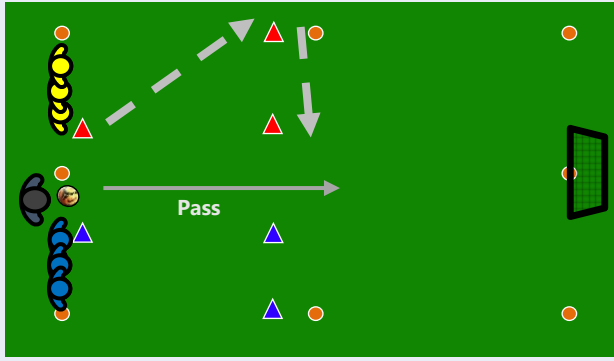
15 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 20 x 20m area Each player has a ball When coach calls out a number players must run to that numbered side and perform an aeroplane stop <p><u>Game rules</u></p> <ol style="list-style-type: none"> Players are dribbling freely in the area. Each side of the field is labelled with a number On the coaches' call – players must RUSH to the side with the corresponding number. First player there get a point 	<ul style="list-style-type: none"> Can you dribble with speed Can you find the space and accelerate into it Can you react to what's happening Can you avoid the other players
	C.H.A.N.G.E I.T
	<ul style="list-style-type: none"> Complete a skill after aeroplane stop (e.g. toe taps) Call multiple numbers for the same turn Add a defender in that can tackle players going through the middle (build-ups or swaps) Use colours rather than numbers

PLAY Hills Speedway 1v1!

20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 10 x 15 m area with one or two goals at one end of the area Split players into even teams – have teams stand behind a cone each All balls are with the coach on the base line <p><u>Game rules</u></p> <ol style="list-style-type: none"> On the coaches signal one player from each team must run to the side cone before running back to the cone in the middle The attacking team is the team that reaches the middle first – after one player reaches the middle the coach plays the ball through and it's a race to see who can get the ball and score. Once the 1 v 1 situation ends, the players involved must exit the field and go to the back of the line 	<ul style="list-style-type: none"> Can you dribble with speed away from the defender Can you dribble into space in front of you with speed Can you dribble with speed towards the goal
	C.H.A.N.G.E I.T
	<ul style="list-style-type: none"> Change the starting position of attackers Award extra points if an attacker can score within 5 seconds Increase or decrease space between the start and goal Delay the start of the defender entering the field of play Introduce extra points if the attacker can dribble into a shooting zone and score

GAME - (Make it fun!)

20 mins



Suggested formations

EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30 x 25m area with goals on either side Play a game! <p><u>Game rules</u></p> <ol style="list-style-type: none"> Put Players in a formation (suggested formations above) Play a normal game – if they score in the other teams goal it is a point Award bonus points for players dribbling with speed into space and away from defenders Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> Praise players effort Reinforce main coaching points from the session <ul style="list-style-type: none"> Dribble past the defender Dribble into space Dribble towards goal
	COACHING OBSERVATION
	<p>Are players:</p> <ul style="list-style-type: none"> Dribbling with varied speed Dribbling into space Able to change direction with the ball

COACHING REFLECTION

- Was your session SAFE
- Was your session ORGANISED
- Was your session ENGAGING
- Did players end the session with smiles on their faces
- Were all players involved in the session


WRAP UP!


Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well. HIGH FIVES!

Discovery Phase Training Program Session #04


Learning Outcome – Beating a defender with a dribble

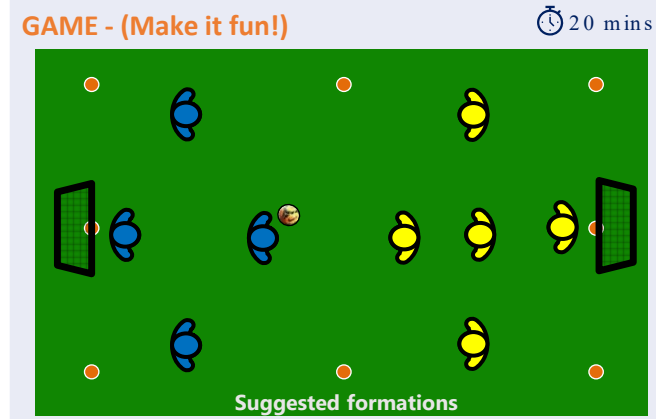
 30m x 25m
  1 Ball per Player
 Up to 12 players
  20 cones, bibs & 2 goals

 **SCAN**
 • Can you SCAN to view where the defender & make decisions that maintain possession

 **MOVE**
 • Can you MOVE your body in between the defender and the ball to maintain possession

 **TOUCH**
 • Can you TOUCH the ball and keep it out of the tackling range of the defender

 **PLAY**
 • Can you PLAY to maintain possession of the ball against a defender in a 1 v 1 situation



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30 x 25m area Players are lined up on the baseline Select TWO defenders who are positioned in the middle of the area 	<ul style="list-style-type: none"> Can you dribble with speed away from the defender Can you view where the defender is and dribble with speed into space away from them Can you beat the defender with a skill Can you maintain possession through putting your body in-between the defender and the ball
<p>Game rules</p> <ol style="list-style-type: none"> Attackers (blues) must attempt to get from one side of the square to the other without the defenders (Yellow) tipping them Defenders get a point for every player they can tip. If an attacker gets tipped, they must complete 10 toe taps or star-jumps and go to the end Play multiple rounds, giving each participant a turn to be the defender 	<p>C.H.A.N.G.E I.T</p> <ul style="list-style-type: none"> Start without balls Defender must attempt to win the ball off attackers for a point Increase or decrease number of defenders Add a goal for defender to score in

EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 10m x 15m area with two side gates and two gates on the starting line Set up two even teams 	<ul style="list-style-type: none"> Can you find the space and accelerate into it towards one of the gates Can you beat the defender with a skill move Can you be confident and turn with the ball and attempt to beat the defender for bonus points
<p>Game rules</p> <ol style="list-style-type: none"> The coach will start with the balls and play it in, with the first player in each line competing for the ball To score, players must perform a 'change of direction' to 'escape' their defender Players get a point if they can dribble through one of the gates 	<p>C.H.A.N.G.E I.T</p> <ul style="list-style-type: none"> Award bonus points if players dribble over the starting line (2 points) Award bonus points if players use a skill in order to beat a defender and dribble through a gate (5 points) Add more players to turn it into a 2v2

EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30 x 25m area with goals on either side Play a game! 	<ul style="list-style-type: none"> Praise players effort Reinforce main coaching points from the session <ul style="list-style-type: none"> Dribble with speed Dribble into space Dribble past defenders
<p>Game rules</p> <ol style="list-style-type: none"> Put Players in a formation (suggested formations above) Play a normal game – if they score in the other teams goal it is a point Award bonus points for players dribbling with speed into space and away from defenders Every time the ball goes out get players to go back into their formation 	<p>COACHING OBSERVATION</p> <p>Are players:</p> <ul style="list-style-type: none"> Maintaining possession of the ball Being confident in possession of the ball Dribbling with speed and acceleration into space & away from a defender

COACHING REFLECTION	
<ul style="list-style-type: none"> Was your session SAFE Was your session ORGANISED Was your session ENGAGING 	<ul style="list-style-type: none"> Did players end the session with smiles on their faces Were all players involved in the session

WRAP UP!
<p>Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well. HIGH FIVES!</p>

Learning Outcome – Striking the ball

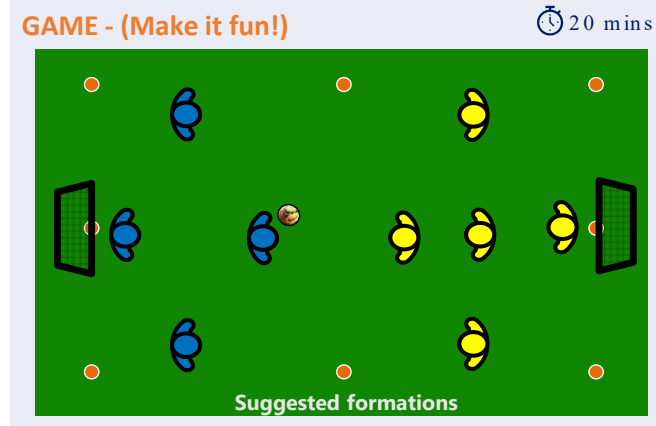
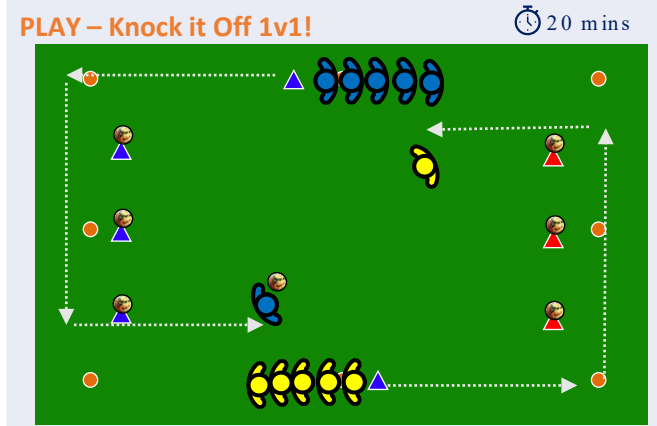
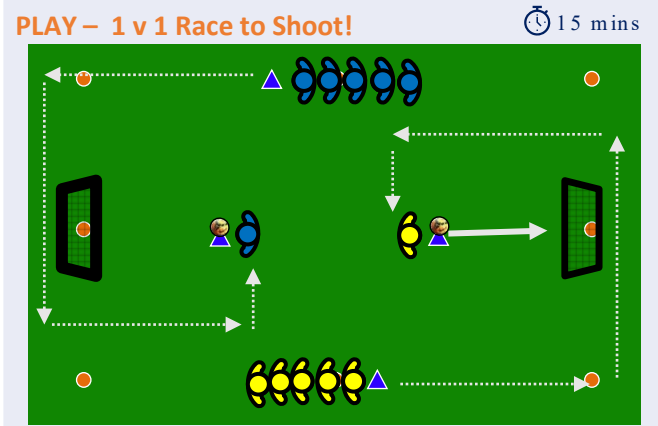
30m x 25m
 1 Ball per Player
 Up to 12 players
 20 cones, bibs & 2 goals

SCAN
 • Can you SCAN for a teammate or a target to strike the ball into.

MOVE
 • Can you MOVE to be in a position to receive the ball from a teammate

TOUCH
 • Can you TOUCH the ball to set up a pass or a shot with the next touch of the ball

PLAY
 • Can you PLAY and combine with your teammates with a pass to find space or to score



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 20m x 15m area with goals on either side Place one cone in 5m in front of each goal and place a ball on top Split players into two even teams, where they must line up behind a starting cone each <p><u>Game rules</u></p> <ol style="list-style-type: none"> The Player at the front of their teams line must run around the goal and must attempt to shoot the ball off the cone into the goal A team is awarded a point for the first person to get the ball into the goal. Once the players active have had their go, they must put the ball back on top of the cone and go to the back of their teams line The process is then repeated with the a different set of players 	<ul style="list-style-type: none"> Can you focus accurately striking the ball towards the goal Can you use your non-kicking foot to point towards where you want the ball to go Using your laces or the insides of the foot, can you strike through the ball
C.H.A.N.G.E.I.T	
	<ul style="list-style-type: none"> Change distance between cones and goal (further to make it more challenging or closer to make it easier) Change techniques of striking the ball (with outside of the foot, backheel, etc)

EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 20m x 15m area with 3 cones on either side with a ball on top of the cones Split players into two even teams, where they must line up behind a starting cone each <p><u>Game rules</u></p> <ol style="list-style-type: none"> One player from each team must run around the cones and must attempt to shoot the balls off the cones (i.e. blue team are aiming for the blue cones & yellow team are aiming for the red cones) The team who knocks all of the balls of their teams cones first are awarded with a point. If a ball is knocked off the cone it stays off, until all balls are off Once the players active have had their go, they return to the back of their teams line The process is then repeated with a different set of players 	<ul style="list-style-type: none"> Can you focus on accurately kicking the ball to knock it off the cone Can you use your non-kicking foot to point towards where you want the ball to go Using your laces or the insides of the foot, can you strike through the ball
C.H.A.N.G.E.I.T	
	<ul style="list-style-type: none"> Introduce additional players going at the same time i.e. 2v2, 3v3 Change the cones that teams are aiming to knock off, so that teams must now attempt to beat the defender and then strike to knock the balls off

EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30 x 25m area with goals on either side Play a game! <p><u>Game rules</u></p> <ol style="list-style-type: none"> Put Players in a formation (suggested formations above) Play a normal game – if they score in the other teams goal it is a point Award bonus points for players dribbling with speed into space and away from defenders Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> Praise players effort Reinforce coaching points from the session <ul style="list-style-type: none"> Can you strike the ball either to make a pass or to score a goal
COACHING OBSERVATION	
	<p>Are players:</p> <ul style="list-style-type: none"> Completing passes between each other with speed and accuracy

COACHING REFLECTION


<ul style="list-style-type: none"> Was your session SAFE Was your session ORGANISED Was your session ENGAGING 	<ul style="list-style-type: none"> Did players end the session with smiles on their faces Were all players involved in the session
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WRAP UP!


Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well. HIGH FIVES!

Learning Outcome – Striking the ball

 30m x 25m
  1 Ball per Player
 Up to 12 players
  20 cones, bibs & 2 goals

 **SCAN**


- Can you SCAN for a teammate or a target to strike the ball into.

 **MOVE**


- Can you MOVE to be in a position to receive the ball from a teammate

 **TOUCH**

- Can you TOUCH the ball to set up a pass or a shot with the next touch of the ball

 **PLAY**

- Can you PLAY and combine with your teammates with a pass to find space or to score

PLAY – Goals Galour!  15 mins




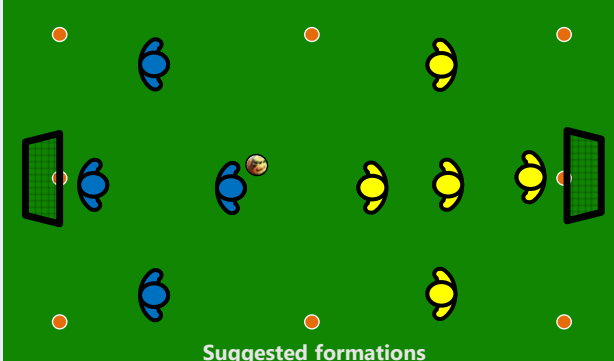
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 20m x 15m area with four goals on each side Split players into two even teams, where each player has a ball <p><u>Game rules</u></p> <ol style="list-style-type: none"> Players must attempt to score as many goals as possible within 60 seconds going in any direction Players are not allowed to score in the same goal twice in a row The team with the most number of goals after the 60 seconds are awarded with a point 	<ul style="list-style-type: none"> Can you focus accurately striking the ball towards the goal Can you use your non-kicking foot to point towards where you want the ball to go Using your laces or the insides of the foot, can you strike through the ball
	C.H.A.N.G.E I.T
	<ul style="list-style-type: none"> Introduce defenders on each team that must attempt to stop the other team from scoring goals Players must go and find a different ball from a goal rather than their own.

PLAY – 2 v 1!  20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up TWO 15m x 10m areas with one goal Split players into two teams. Defenders stand next to the goal with one defender standing in the goal designated as a goal-keeper. Attackers stand opposite the goal with two separate lines <p><u>Game rules</u></p> <ol style="list-style-type: none"> The ball begins with the defenders (yellow) who make a pass to one of the attackers (blue), and once the attacker controls the ball the game is live. Two attackers enter the game to create a 2v1 and must attempt to score a goal for a point. The defender must attempt to stop the attacker from scoring and can gain a point by dribbling to the attackers starting point Once the phase of play is completed, those involved in the game go to the back of their teams' line. 	<ul style="list-style-type: none"> Can you scan if there is an open shooting lane Can you move your body into a position where you can strike the ball as quickly as possible once you find an open shooting lane Can you touch the ball to set up a shot on goal or to create a clear shooting lane to pull the trigger Can you play to pull the trigger to shoot and finish attacking opportunities
	C.H.A.N.G.E I.T
	<ul style="list-style-type: none"> Change the roles of the players Bonus points for attackers if they can score within their attacking half (2 points) Bonus points for attackers if they can score with two or less touches during play (3 points)

GAME - (Make it fun!)  20 mins



Suggested formations

EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30 x 25m area with goals on either side Play a game! <p><u>Game rules</u></p> <ol style="list-style-type: none"> Put Players in a formation (suggested formations above) Play a normal game – if they score in the other teams goal it is a point Award bonus points for players dribbling with speed into space and away from defenders Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> Praise players effort Reinforce main coaching points from the session <ul style="list-style-type: none"> Accurately striking the ball while under pressure from opponent Keep composure when defender is pressuring.
	COACHING OBSERVATION
	<p>Are players:</p> <ul style="list-style-type: none"> Accurately striking the ball while under pressure from an opponent Maintaining composure in possession of the ball against a pressuring defender

COACHING REFLECTION


<ul style="list-style-type: none"> Was your session SAFE Was your session ORGANISED Was your session ENGAGING 	<ul style="list-style-type: none"> Did players end the session with smiles on their faces Were all players involved in the session
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WRAP UP!


Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well. HIGH FIVES!


Learning Outcome – Passing and receiving

 30m x 25m
  1 Ball per Player
 Up to 12 players
  20 cones, bibs & 2 goals

 **SCAN**
 • Can you SCAN to find a teammate in space away from the defender to maintain possession

 **MOVE**
 • Can you MOVE for your teammates to be in a position where you can receive the ball in space

 **TOUCH**
 • Can you TOUCH the ball away from a defender to perform an action that maintains possession – pass or dribble

 **PLAY**
 • Can you PLAY to maintain possession of the ball and find a teammate in space to create scoring chances

PLAY – Jungle Party!

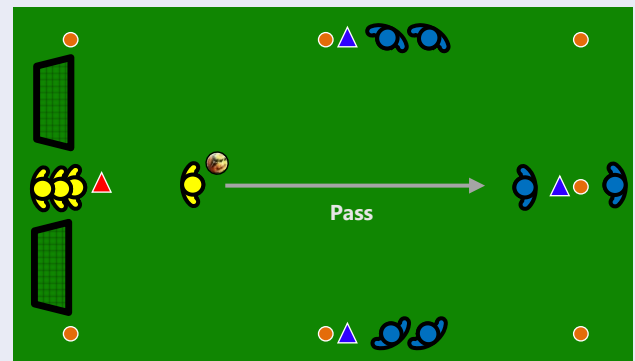
🕒 15 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30 x 25m area In the area set up four 3m x 3m grids near the corners of your area. (Bushes) Designate one Defender (Lion) <p><u>Game rules</u></p> <ol style="list-style-type: none"> 4 players are placed inside safe zones (Bushes) to hide from the Lion. All remaining players have a ball and dribble around the grid. The Lion must try and win the ball of one of the players with the ball – if they do, the Lion must throw their bib on the floor and swap with whoever lost the ball. Players with a ball are permitted to make a pass to a player who is standing in the Bushes/Safe Zones and must swap positions. 	<ul style="list-style-type: none"> Can you maintain possession of the ball through either a dribble or a pass Can you scan to see where the defender/Lion is located and MOVE away from them to maintain possession Can players in the bushes receive the ball and exit in one touch <p>C.H.A.N.G.E I.T</p> <ul style="list-style-type: none"> Add additional defenders/Lions Introduce a time limit on how long players can have a ball for (they must find a player within one of the safe zones) More/Less safe zones More/Less balls

PLAY – 3v1!

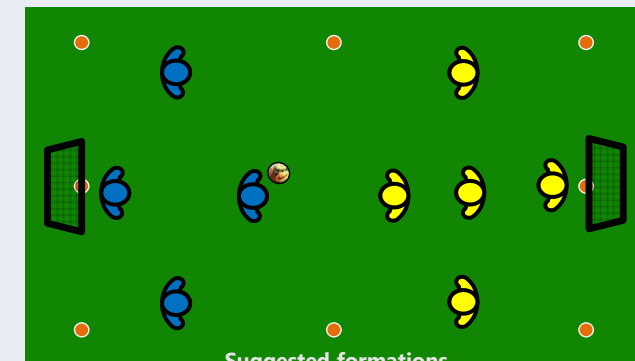
🕒 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 10m x 15m area 2 even teams Attackers (Blue) vs Defenders (Yellow) <p><u>Game rules</u></p> <ol style="list-style-type: none"> On the coaches call 1 defender dribbles into the grid and plays a pass to the CENTRAL attacker. (as shown) Once the attacker receives the ball the game is live and one attacker from each line enter the grid. The defender must attempt to get the ball and dribble out of the grid. The attackers must combine together to score. Allow 2-3 minute rounds then teams swap roles. 	<ul style="list-style-type: none"> Can you maintain possession of the ball by passing to a teammate in space Can you take your first touch away from the defender and into space to maintain possession of the ball Can attackers MOVE into a position where they can receive the ball from a teammate Can attackers work together to score a goal. <p>C.H.A.N.G.E I.T</p> <ul style="list-style-type: none"> Award bonus points if all players touch the ball (2 points) Award bonus points for 5 passes before scoring a goal Add a scoring zone in to prevent attackers scoring from distance

GAME - (Make it fun!)

🕒 20 mins



Suggested formations

EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30 x 25m area with goals on either side Play a game! <p><u>Game rules</u></p> <ol style="list-style-type: none"> Put Players in a formation (suggested formations above) Play a normal game – if they score in the other teams goal it is a point Award bonus points for players dribbling with speed into space and away from defenders Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> Praise players effort Reinforce main coaching points from the session <ul style="list-style-type: none"> Can you pass to your teammates Can you score a goal <p>COACHING OBSERVATION</p> <p>Are players:</p> <ul style="list-style-type: none"> Completing passes between each other Scoring goals


COACHING REFLECTION

<ul style="list-style-type: none"> Was your session SAFE Was your session ORGANISED Was your session ENGAGING 	<ul style="list-style-type: none"> Did players end the session with smiles on their faces Were all players involved in the session
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WRAP UP!

Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well. HIGH FIVES!


 30m x 25m
  1 Ball per Player
 Up to 12 players
  20 cones, bibs & 2 goals



- Can you **SCAN** to find a teammate in space away from the defender to maintain possession



- Can you **MOVE** for your teammates to be in a position where you can receive the ball in space



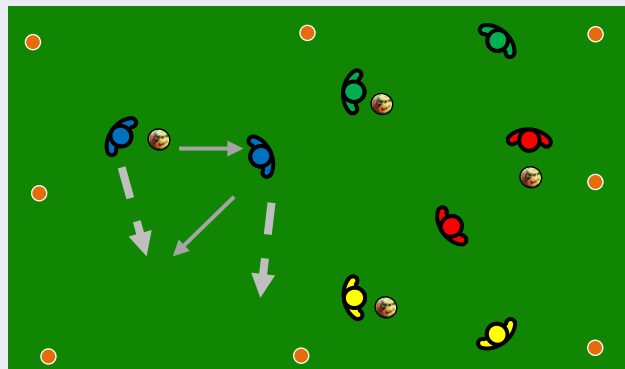
- Can you **TOUCH** the ball away from a defender to perform an action that maintains possession – pass or dribble



- Can you **PLAY** to maintain possession of the ball and find a teammate in space to create scoring chances

PLAY – Hot potato!

15 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> • Set up a 20m x 20m area • Players are grouped into pairs • Each pair has 1 ball <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. Working in pairs, players must pass and move the ball around the grid. 2. After passing to their teammate – players must attempt to “move to a new space” to receive the ball. 3. After receiving the ball players cannot move and must wait for their partner to move and call for the ball. 4. Players are limited to 5 seconds with the ball. 5. The team that has the most passes at the end of the designated time wins! 6. Allow 2–3-minute rounds. 	<ul style="list-style-type: none"> • Can you make a pass to your partner into space • Can players MOVE into space to receive the ball back • Can you receive the ball and pass with speed <p>C.H.A.N.G.E I.T</p> <ul style="list-style-type: none"> • Players start with the ball in their hands • Larger groups of players (3–4) • Reduce time limit with the ball to challenge players (4 Seconds/3 Seconds...)

PLAY – Rondo!

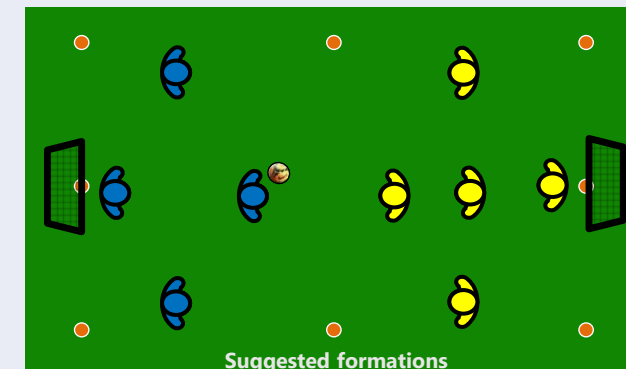
20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> • Set up a 20 x 20m area with two goals on one side • Players spread themselves around the grid with one designated defender (orange) <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. The attackers attempt to make as many passes as possible without the defender getting the ball. 2. Each time the players make 6 pass they can go a try to score in the goal for 1 point 3. Each time the players make 8 passes they get 2 points. 4. If the defender wins the ball, they must play it back to the coach to restart play and they get 1 point. 5. After 2–3-minute swap defenders. 	<ul style="list-style-type: none"> • Can you maintain possession of the ball by passing to a teammate in space • Can you take your first touch away from the defender and into space to maintain possession of the ball • Can attackers MOVE into a position where they can receive the ball from a teammate <p>C.H.A.N.G.E I.T</p> <ul style="list-style-type: none"> • Change the number of passes allowed before scoring. • Add another Defender • Coach starts as defender to allow players to understand concept of exercise.

GAME - (Make it fun!)

20 mins



Suggested formations

EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> • Set up a 30 x 25m area with goals on either side • Play a game! <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. Put Players in a formation (suggested formations above) 2. Play a normal game – if they score in the other teams goal it is a point 3. Award bonus points for players dribbling with speed into space and away from defenders 4. Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> • Praise players effort • Reinforce main coaching points from the session <ul style="list-style-type: none"> • First touch away from defenders into space • Move into space when team mate has ball <p>COACHING OBSERVATION</p> <p>Are players:</p> <ul style="list-style-type: none"> • Controlling the ball/taking a first touch • Taking their first touch into space • Moving into space when their teammate has the ball or after they have made a pass

COACHING REFLECTION

- Was your session SAFE
- Was your session ORGANISED
- Was your session ENGAGING
- Did players end the session with smiles on their faces
- Were all players involved in the session

WRAP UP!

Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well. HIGH FIVES!