

Hills Football Skill Acquisition Phase

AGES 9-12

Training Program



INTRODUCTION

Welcome to the Hills Football Skill Acquisition 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 9-12. The role of a coach in the Skill Acquisition Phase is to **prepare players for team football by developing the function game skills by providing a PLAYER-CENTRED LEARNING 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 progression 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



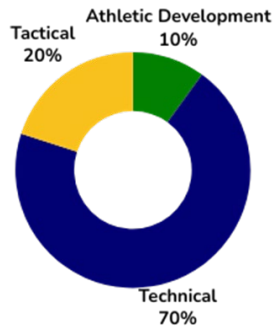
UNDERSTANDING THE PARTICIPANTS

The skill acquisition phase refers to participants between the Ages of 9-12. 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
- They are competitive, like challenges and want to show they're the best
- Highly motivated and enthusiastic
- Sensitive to criticism and failure

LEARNING OUTCOMES

As per The Hills Way, football learning objectives 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 age bracket, the focus is on **DEVELOPING** technical skills and understanding of when to apply in game situations.

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

- Building towards high levels of confidence
- Building towards high levels of competitiveness, resilience and determination
- Basic understanding of roles and responsibilities of positions
- Basic understanding of key game model principles and implementing onto game scenarios
- Understanding of how to manipulate the ball to;
 - Beat a defender with a skill, dribble or pass.
 - Strike the ball with desired speed for correct situation
 - Take a first touch; into space or to maintain possession, or to set up a next action (shot or pass)

TRAINING BLOCKS

For the Skill Acquisition Phase, it is recommended teams **train a minimum of twice per week + playing a game on the weekend.**

Sessions are delivered in a 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.

Two Sessions Per week			
Week 1		Week 2	
Session 1	Session 2	Session 3	Session 4
Beating a defender with a dribble	Beating a defender with a dribble	Maintaining possession	Maintaining possession
Week 3		Week 4	
Session 5	Session 6	Session 7	Session 8
Finding the Overload	Finding the Overload	Go Somewhere Else	Go Somewhere Else
Week 5		Week 6	
Session 9	Session 10	Session 11	Session 12
Movement to Disorganise	Movement to Disorganise	Breaking Lines	Breaking Lines
Week 7		Week 8	
Session 13	Session 14	Session 15	Session 16
Finish the Action	Finish the Action	Pull the Trigger	Pull the Trigger

For more information about The Hills Way and linked principles, head to <https://hillsfootball.com.au/the-hills-way/>

SESSION STRUCTURE

Hills Football heavily encourages that sessions run for 75-90 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)

Skill Acquisition Phase Training Program Session #01

Learning Outcome – Beating a defender with a dribble

30m x 25m **1 Ball per Player**
Up to 16 players **20 cones, bibs & 2 goals**

SCAN

- Can you SCAN for where the opposition and defender is.
- Can you SCAN for space

MOVE

- Can you MOVE into space with the ball at speed to get around a defender

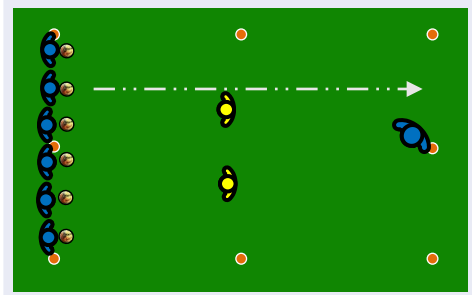
TOUCH

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

PLAY

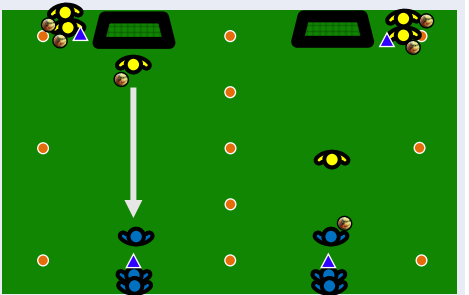
- Can you PLAY to beat the defender with a dribble

PLAY – Soccer Bull Rush 15 mins



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 <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. Attackers (blues) must attempt to get from one side of the square to the other without the defenders (Yellow) tipping them 2. Defenders get a point for every player they can tip. 3. If an attacker gets tipped, they must complete 10 toe taps or star-jumps and go to the end 4. Play multiple rounds, giving each participant a turn to be the defender 	<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>S.O.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

PLAY – Pressure from the Front 15 mins



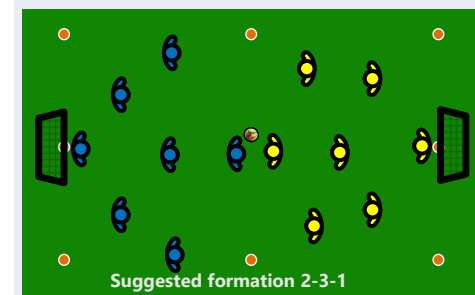
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> • Set up TWO 15m x 10m areas • Players are split into two teams • Defenders stand next to the goal. Attackers stand opposite the goal <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. The ball begins with the defenders (yellow) who make a pass to an attacker (blue), once the attacker controls the ball the game is live. 2. Attackers must attempt to dribble past the defender and score a goal for a point. 3. The defender must attempt to stop the attacker from scoring and can gain a point by dribbling to the attackers starting point 4. Once the phase of play is completed, those involved in the game go to the back of their teams' line. 5. Play multiple rounds, then switch the teams 	<ul style="list-style-type: none"> • Praise confidence in taking a defender on • Can you scan to view where the defender is • Can you scan to find the space to dribble into • Can you move with the ball with speed around/away from the defender • Can you use a skill move to beat the defender • Can you keep the ball out of tackling range from the defender <p>S.O.C.H.A.N.G.E.I.T</p> <ul style="list-style-type: none"> • Bonus points if the attacker can beat the defender with a skill move • Bonus points if the attacker can score a goal within 5 seconds • Bonus points for the defender if they can win the ball in the forward half of the grid

PLAY – 3 v 3 over the line 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> • Set up TWO 15m x 10m areas • Players are split into two teams within their grids <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. Teams must attempt to dribble over the oppositions end-line for a point 2. If the ball goes out – the team who's ball it is – starts at their end line 3. Bonus points are awarded to teams if they can beat the defender with a skill move 	<ul style="list-style-type: none"> • Praise confidence in taking a defender on • Can you scan to view where the defender is • Can you scan to find the space to dribble into • Can you move with the ball with speed around/away from the defender • Can you use a skill move to beat the defender • Can you keep the ball out of tackling range from the defender <p>S.O.C.H.A.N.G.E.I.T</p> <ul style="list-style-type: none"> • Bonus points to teams if they can win the ball/tackle in the attacking half & dribble across the opposing teams' line • Change the size of the field • Add in a time constraint for bonus points.

GAME – Play a Game 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> • Set up a 30m 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 confidence in taking a defender on with a dribble <p>Reinforce main points from the Session</p> <ul style="list-style-type: none"> • SCAN • MOVE • TOUCH • PLAY <p>S.O.C.H.A.N.G.E.I.T</p> <p>COACHING OBSERVATIONS</p> <ul style="list-style-type: none"> • Are players; • Scanning to view where the defender is & for space • Moving into space with the ball • Keeping the ball out of defenders' tackling range • Beating a defender with a dribble

COACHING REFLECTION

- Did players end the session with smiles
- Was there repetition of the learning outcome
- Was there a learning process during the session
- Did players have 10000+ touches of the ball
- Are players achieving the learning outcome in the game


WRAP UP!

- Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well.
- Give Homework (Ball Mastery Skills) HIGH FIVES!


Skill Acquisition Phase Training Program Session #02

Learning Outcome – Beating a defender with a dribble

 30m x 25m
  1 Ball per Player
 Up to 16 players
  20 cones, bibs & 2 goals



- Can you SCAN for where the opposition and defender is.
- Can you SCAN for space



- Can you MOVE into space with the ball at speed to get around a defender



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



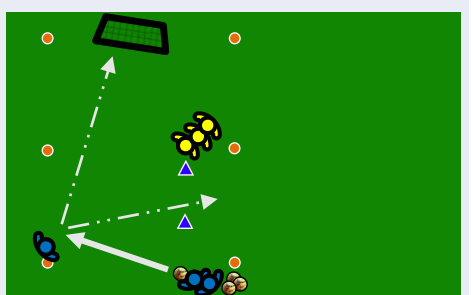
- Can you PLAY to beat the defender with a dribble

PLAY – 1 v 1 Escape Game 15 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> • Set up a 30m x 25m area • On the perimeter of the grid set up 5 gates roughly 4m apart • Each gate should have one "protector" and everyone else should have a ball each <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. Attackers (blues) must attempt to dribble their ball through one of the gates 2. The protectors (yellows) must attempt to stop the attackers from dribbling through the gates. 3. The attacker gets a point for every gate they dribble through 4. The defender gets a point for every ball they win 5. If the attacker loses the ball from the defender, they must do 10 toe taps then that can dribble again. 	<ul style="list-style-type: none"> • Praise confidence in taking a defender on • Can you scan to look where the defender is and move into the space • Can you put the defender off balance with a skill move and then dribble with speed away • Can you keep the ball out of tackling range from the defender
	S.O.C.H.A.N.G.E I.T
	<ul style="list-style-type: none"> • Start without the balls • Award Bonus points if attackers do a skill prior to dribbling through a gate • Increase or decrease the size of the gates

PLAY – 1 v 1 Decision Making 15 mins



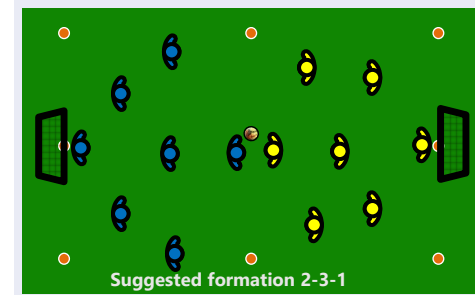
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> • Set up TWO 15m x 10m areas • On one side of the grid place a 4m apart gate and on another side place a goal • Separate players into two teams (teams having a max of 3 players) <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. Attackers (blues) must attempt to score either by dribbling the ball through the gate (two points) or scoring in the goal (one point) 2. Defenders (yellow) must attempt win the ball off the attacker and dribble it out of the grid for a point. 3. The ball begins with a non-active attacker who passes the ball to their teammate and then the game is live 4. Once the game has completed players return to the back of their line. The game repeats with two new players 5. After 5-10 mins swap the roles of the players 	<ul style="list-style-type: none"> • Can you scan to look where the defender is and make a decision to beat them with a dribble • Can you put the defender off balance with a skill move or change of direction and then dribble with speed away • Can you keep the ball out of tackling range from the defender • Can you be confident in taking the defender on
	S.O.C.H.A.N.G.E I.T
	<ul style="list-style-type: none"> • Award bonus points for attackers using a skill to beat the defender and dribble through the gate (3 points) • Award bonus points if an attacker can get a point within 7 seconds • Increase or decrease the size of the grid • Change the starting position of the defenders to be closer or further away from the attackers

PLAY – 3 v 3 Zones 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> • Set up TWO 15m x 10m areas, breaking the grid into THREE 8m zones. • Place a goal on either side of the area • Players are split into two teams, & are then split three zones to create 1 v 1 <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. Teams must attempt to combine and score in the others teams' goal for a point 2. Players are restricted to the zone that they are standing in 3. The team in possession is allowed up to two attackers in the zone the ball is in. 4. Goals can only be scored in the final attacking third 5. Bonus points are awarded to teams if they progress the ball into a forward zone using a dribble (1 point for each dribble progression) 	<ul style="list-style-type: none"> • Can you scan to look where the defender is – <ul style="list-style-type: none"> • If there is space in front of you, dribble into it with pace, • if defender is in front – a teammate will be free, look to pass them the ball so they can progress the ball • Can you keep the ball out of tackling range from the defender • Can you be confident in possession of the ball
	S.O.C.H.A.N.G.E I.T
	<ul style="list-style-type: none"> • Allow the defending team to have 2 players in each zone • Bonus points awarded if teams score in the final attacking third within 7 seconds. • Add in a floater/bouncer (always on the team that has possession) who has no restrictions to zones. • Remove all restrictions – bonus points still awarded for progression into zone via a dribble

GAME – Play a Game 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> • Set up a 30m 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 an attacker beating a defender with a dribble 4. Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> • Praise confidence in taking a defender on with a dribble <p>Reinforce main points from the Session</p> <ul style="list-style-type: none"> • SCAN • MOVE • TOUCH • PLAY
	S.O.C.H.A.N.G.E I.T
	<p style="text-align: center;">COACHING OBSERVATIONS</p> <ul style="list-style-type: none"> • Are players; • Scanning to view where the defender is & for space • Moving into space with the ball • Keeping the ball out of defenders' tackling range • Beating a defender with a dribble

COACHING REFLECTION

- Did players end the session with smiles
- Was there repetition of the learning outcome
- Was there a learning process during the session
- Did players have 10000+ touches of the ball
- Are players achieving the learning outcome in the game

WRAP UP!

- Ask players what they learnt and enjoyed from the session.
- Tell the team and individuals what they did well.
- Give Homework (Ball Mastery Skills)
- HIGH FIVES!

30m x 25m
 1 Ball per Player
 Up to 16 players
 20 cones, bibs & 2 goals

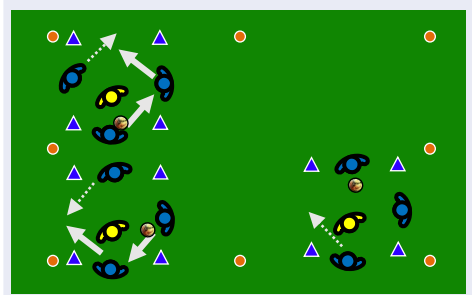
- Can you SCAN to view where the defender and teammates are to make a pass to maintain possession of the ball

- Can you MOVE to create passing options for the person with the ball (triangles and diamonds)

- Can your TOUCH allow you to receive and play the ball quickly to an option in space

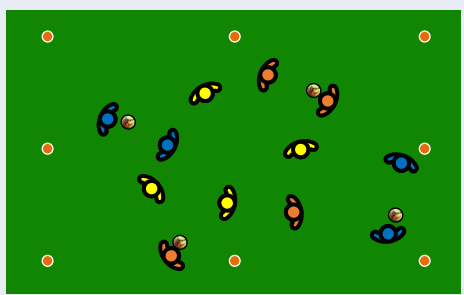
- Can you PLAY to move the ball quickly to make it hard for the defender to gain possession

PLAY – 3 v 1 Rondo 15 mins



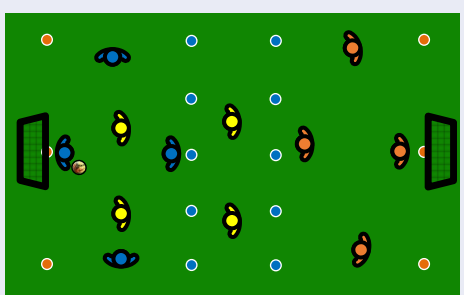
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up multiple 5m x 5m squares In each square have 3 attackers against 1 defender (numbers permitting) <p><u>Game rules</u></p> <ol style="list-style-type: none"> Attackers (blues) must attempt to keep the ball away from the defender in the middle Attackers are awarded a point if they can get to 10 passes without the defender winning possession of the ball Defenders (yellow) must attempt to win the ball for a point Players take turns being a defender after 3-4 mins rounds each. 	<ul style="list-style-type: none"> Can you scan to view where the defender is to make a pass to maintain possession Can you move to create a triangle so that the person with the ball has passing options Can you focus on your first touch to receive and play the ball quickly Can you move the ball quickly with limited touches to make it hard for the defender to gain possession of the ball
	S.O.C.H.A.N.G.E.I.T
	<ul style="list-style-type: none"> Increase or decrease the size of the area The player who loses the ball – goes into the middle Maximum number of touches for the attackers – 2 touch only Increase or decrease the number of passes needed

PLAY – Interceptors 15 mins



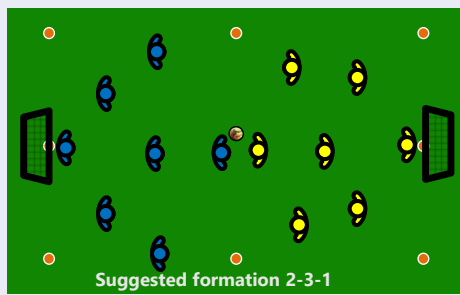
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area Split players into 3 separate teams In their teams, players are put into pairs, with one ball between each pair. One team is designated as the INTERCEPTORS (yellow) and do not require a ball <p><u>Game rules</u></p> <ol style="list-style-type: none"> Working in pairs, Attackers (blues & oranges) must attempt to keep the ball away from the interceptors (yellow) Attackers get a point if they can get 10 passes without an interceptor winning possession Interceptors receive a point for every time they win possession of the ball off attackers If the attackers lose their ball to an interceptor, both attackers must do 5 star jumps before they can enter the game again. Swap teams allocated to being interceptors 	<ul style="list-style-type: none"> Can you scan to view where the interceptors are to make a pass to maintain possession Can you move to support your teammate and create passing options Can you focus on how your first touch can allow you to receive and play the ball quickly Can you move the ball quickly with limited touches to make it hard for the defender to gain possession of the ball
	S.O.C.H.A.N.G.E.I.T
	<ul style="list-style-type: none"> Increase or decrease the size of the area Add goals – interceptors must attempt to get the ball into a goal for a point Maximum number of touches for the attackers – 2 touch only Each team only has one ball between four players Increase or decrease the number of passes needed

PLAY – Cross the River 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area with a 5m wide zone in the middle Set up two goals on either side of the grid Split players into 3 separate teams One team is designated as defenders <p><u>Game rules</u></p> <ol style="list-style-type: none"> The attacking team in possession (blue) must complete 5 passes before switching play to the team in the furthers grid (orange). 1 point. When play is switched successfully, two defenders (yellow) in the centre “river” move into the orange team’s grid, whilst the other defenders go to the middle grid If the defenders win possession of the ball, they must attempt to score in the goal of the grid they won the ball in. If they score, they receive a point. Rotate roles of teams after 5 mins 	<ul style="list-style-type: none"> Can you scan to view where the defenders are to make a pass to maintain possession Can you move to support your teammate and create passing options Can you focus on how your first touch can allow you to receive and play the ball quickly Can you move the ball quickly with limited touches to make it hard for the defender to gain possession of the ball
	S.O.C.H.A.N.G.E.I.T
	<ul style="list-style-type: none"> When defenders win the ball – all defenders are allowed to join the attack and try and score Increase or decrease the number of passes needed Increase or decrease the number of defenders allowed to enter the team in possessions grid

GAME – Play a Game 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m 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 teams if they can make 10 passes without the opposition gaining possession of the ball. Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> Praise confidence in looking to find a teammate in space <p>Reinforce main points from the Session</p> <ul style="list-style-type: none"> SCAN MOVE TOUCH PLAY
	COACHING OBSERVATIONS
	<ul style="list-style-type: none"> Are players; Scanning to view where the defender is & for a teammate in space Moving into a position where they can receive the ball or creating triangles and diamonds Taking their first touch to set up a pass with speed Circulating the ball quickly and keeping possession away from defenders

COACHING REFLECTION

- Did players end the session with smiles
- Was there repetition of the learning outcome
- Was there a learning process during the session
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- Are players achieving the learning outcome in the game

WRAP UP!

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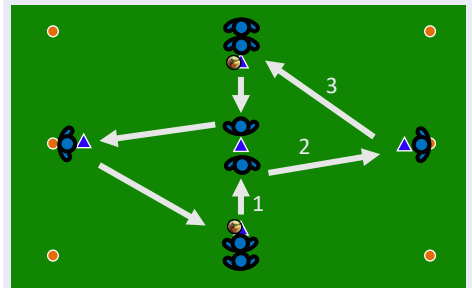
SCAN
• Can you SCAN to view where the defender and teammates are to make a pass to maintain possession of the ball

MOVE
• Can you MOVE to create passing options for the person with the ball (triangles and diamonds)

TOUCH
• Can your TOUCH allow you to receive and play the ball quickly to an option in space

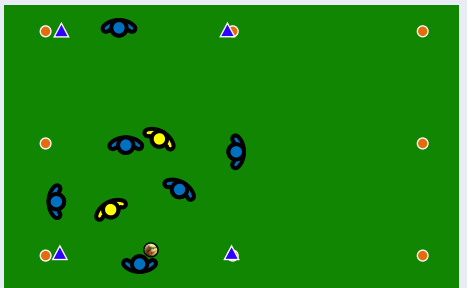
PLAY
• Can you PLAY to move the ball quickly to make it hard for the defender to gain possession

PLAY – Bayern PP 15 mins



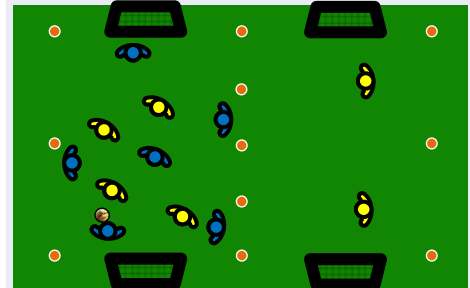
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up cones in a diamond with one cone in the middle Two players must go to the middle cone, and one player goes to the wide cones Players at the base and top of the diamond have a ball each Max of 12 players in one passing practice <p><u>Game rules</u></p> <ol style="list-style-type: none"> The Player at the Base of the pattern – makes a pass to the player in the middle cone. The player at the middle cone takes a touch and makes a pass to the wide player The wide player controls the ball and dribbles to the opposite base of the diamond where the pattern started. Players must follow their pass 	<ul style="list-style-type: none"> Can you scan to view where you want to pass the ball Can you execute a pass to your teammate so that they can control it Can your first touch set up your next action – either a pass or a dribble Can you think about your next move before you receive the ball
S.O.C.H.A.N.G.E.I.T	
	<ul style="list-style-type: none"> Change the direction of the passing practice – rather than going to the right, person in the middle goes to the left Limit the touches – 2 touch only Give players a target for how many rounds to complete within 30 seconds If two practices are set up make it a race

PLAY – 6 v 2 Rondos 15 mins



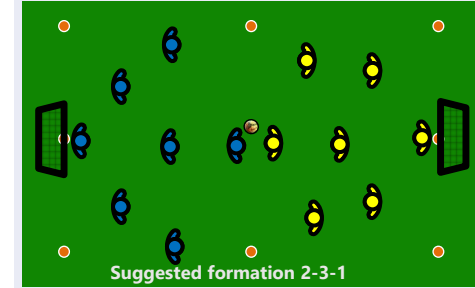
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 15m x 10m area Designate two players to be the defenders (yellow) Four attackers go to a side of the grid each – with an additional two attackers going into the middle <p><u>Game rules</u></p> <ol style="list-style-type: none"> Working as a team the attackers (Blues) must attempt to maintain possession of the ball away from the defenders Attackers are awarded with a point if they accumulate 10 passes without the defender's gaining possession of the ball. If the defenders can gain possession of the ball, they must make a pass between each other for a point 	<ul style="list-style-type: none"> Can you scan to view where the defenders are in order to make a pass to a teammate into space Off-the-ball can you move to create a passing option for your teammate on the ball Can you execute a pass to a teammate in space away from the defenders Can your first touch set up your next action – a pass Can you think about your next ball before you receive the ball
S.O.C.H.A.N.G.E.I.T	
	<ul style="list-style-type: none"> Increase or decrease the size of the area Introduce more or less defenders Increase or decrease the number of passes needed for a point Bonus points are awarded if the attackers can work the ball to all sides of the grid

PLAY – 6 v 6 possession to score 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area with 2 goals on each side of the area Split the grid into two halves Split players into two even teams Put teams on a half of the grid each <p><u>Game rules</u></p> <ol style="list-style-type: none"> Working as a team, the team in possession (blue) must attempt to combine to get 5 passes before they unlock the goals and can score. Four defenders (yellow) are allowed to go into the oppositions half of the grid and attempt to win the ball back – if they do, they must attempt to get the ball back to their half, and then they turn into the attacking team. Teams may only score in the goals on their half of the grid. If the ball goes out, the team that kicks it out loses possession of the ball. 	<ul style="list-style-type: none"> Can you scan to view where the defenders are in order to make a pass to a teammate in space Off-the-ball can you move to create a passing option for your teammate on the ball Can you execute a pass to a teammate in space away from the defenders Can your first touch set up your next action – a pass Can you think about your next ball before you receive the ball
S.O.C.H.A.N.G.E.I.T	
	<ul style="list-style-type: none"> Increase or decrease the number of defenders allowed to enter the oppositions zone Increase or decrease the number of passes needed prior to scoring Bonus points are awarded if the attackers can get 10+ passes

GAME – Play a Game 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m 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 making 10 passes before scoring Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> Praise confidence in maintaining possession of the ball away from a defender Praise confidence in finding a teammate in space <p>Reinforce main points from the Session</p> <ul style="list-style-type: none"> SCAN MOVE TOUCH PLAY
S.O.C.H.A.N.G.E.I.T	
	<p>COACHING OBSERVATIONS</p> <ul style="list-style-type: none"> Are players; Scanning to view where the defender is & for a teammate in space Moving into a position where they can receive the ball or creating triangles and diamonds Taking their first touch to set up a pass with speed Circulating the ball quickly and keeping possession away from defenders

COACHING REFLECTION

- Did players end the session with smiles
- Was there repetition of the learning outcome
- Was there a learning process during the session
- Did players have 10000+ touches of the ball
- Are players achieving the learning outcome in the game


WRAP UP!

- Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well.
- Give Homework (Ball Mastery Skills) HIGH FIVES!


Skill Acquisition Phase Training Program Session #05

Learning Outcome – Finding & Exploiting the Attacking Overload


 30m x 25m
  1 Ball per Player
 Up to 16 players
  20 cones, bibs & 2 goals




- Can you SCAN to view where the defender is & teammates are to find an attacking overload



- Can you MOVE into space to create width and make the field big when in possession of the ball

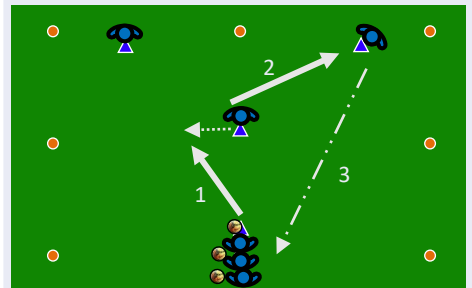


- Can you TOUCH the ball to set up your next action – pass to teammate in space or dribble away from defender



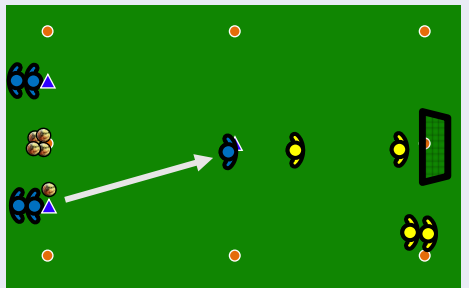
- Can you PLAY a pass to a teammate to exploit an attacking overload and create an attacking opportunity

PLAY – Y PP 15 mins



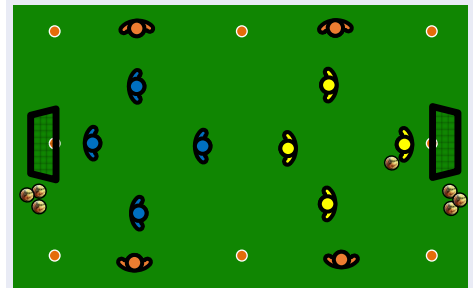
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up cones in a triangle with one cone in the middle One player must go to the middle cone, and two players go to the top cones (one on each) Players at the base of the triangle have a ball each Max of 8 players in one passing practice (if you have more – set up 2 practices) 	<ul style="list-style-type: none"> Can you scan where you want to pass the ball Can you move to open your body up to receive the ball on your back foot Can your first touch set up your next action Can you execute a pass to a teammate into space
<p>Game rules</p> <ol style="list-style-type: none"> The Player at the Base of the pattern – makes a pass to the player in the middle cone. The player at the middle cone takes a touch and makes a pass to one of the top players The top player controls the ball and dribbles to the base of the triangle Players must follow their pass The pattern is repeated, however the player in the middle must pass to the opposite top cone 	<p>S.O.C.H.A.N.G.E.I.T</p> <ul style="list-style-type: none"> Limit the touches – 2 touch only Give players a target for how many rounds to complete within 30 seconds If two practices are set up make it a race

PLAY – 3 v 1 Overload + GK 15 mins



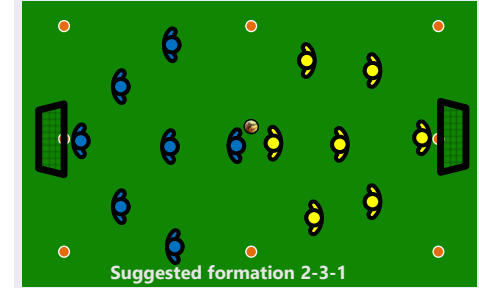
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area with one goal Split players into two teams Place cones in the starting positions of attackers <p>Game rules</p> <ol style="list-style-type: none"> The game begins with an attacker (Blue) making a pass to their teammate at the top of the cone – one attacker from each cone must come out to create a 3 v 1 against the defender (Yellow) The defender (yellow) must attempt to win possession of the ball off the attackers and attempt to dribble it back to the top of the grid for a point One yellow defender is in goals to be a goalkeeper. Once the game is ended – the defender that was just the goalkeeper turns into the singular defender. A teammate at the front of the line replaces them in goals 	<ul style="list-style-type: none"> Can you scan to view where the defender is and where teammates are Can you move into space making the field big Can your first touch set up your next action & move the ball into space Can you execute a pass to a teammate and make the most of an attacking overload (more attackers than defenders) Can you find the attacking overload and create goal scoring opportunities <p>S.O.C.H.A.N.G.E.I.T</p> <ul style="list-style-type: none"> Bonus points are awarded to defenders if they can win the ball in front of the middle cone Change the starting position of the middle attacker to be closer or further away from teammates Change the starting position of the defender to be further or closer to the ball Add additional defenders

PLAY – 4 v 4 + 4 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area with goals on either side Split players into 3 even teams One team are designated as bouncers (orange) and spread themselves out around the perimeter of the grid <p>Game rules</p> <ol style="list-style-type: none"> Working collectively teams must attempt to score a goal The Bouncers (orange) are on the team that has possession of the ball and must stay on the perimeter of the grid. If teams can combine with all four bouncers, they are awarded with 2 points. If teams can combine with all four bounces and then score, they are awarded with 3 points. 	<ul style="list-style-type: none"> Can you scan to view where the defenders are and where teammates are Can you move to create space and make the field big when in possession of the ball Can you execute a pass to a teammate or a bouncer in space to drag a defender out of position Can you find the attacking overload in wide areas to create space to go forward centrally <p>S.O.C.H.A.N.G.E.I.T</p> <ul style="list-style-type: none"> Change the roles of the players and teams Limit the touches of the bouncers Allow/Disallow the bouncers to be allowed to be tackled by the defenders Change to allowing bouncers when in possession of the ball to enter the field of play

GAME – Play a Game 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area with goals on either side Play a game! <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 combining with wide players to move the ball forward. Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> Praise confidence in using the width to create attacking overloads <p>Reinforce main points from the Session</p> <ul style="list-style-type: none"> SCAN MOVE TOUCH PLAY <p>COACHING OBSERVATIONS</p> <ul style="list-style-type: none"> Are players; Scanning to view where the defender is & for teammates Moving into space off the ball and creating width Using their first touch to set up a next action Finding an attacking overload when in possession of the ball and exploiting it (exploiting = getting passed a defender to create a goal scoring opportunity)

COACHING REFLECTION

- Did players end the session with smiles
- Was there repetition of the learning outcome
- Was there a learning process during the session
- Did players have 10000+ touches of the ball
- Are players achieving the learning outcome in the game


WRAP UP!

- Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well.
- Give Homework (Ball Mastery Skills) HIGH FIVES!


Skill Acquisition Phase Training Program Session #06

Learning Outcome – Finding & Exploiting the Attacking Overload

 30m x 25m
  1 Ball per Player
 Up to 16 players
  20 cones, bibs & 2 goals




- Can you SCAN to view where the defender is & teammates are to find an attacking overload




- Can you MOVE into space to create width and make the field big when in possession of the ball




- Can you TOUCH the ball to set up your next action – pass to teammate in space or dribble away from defender




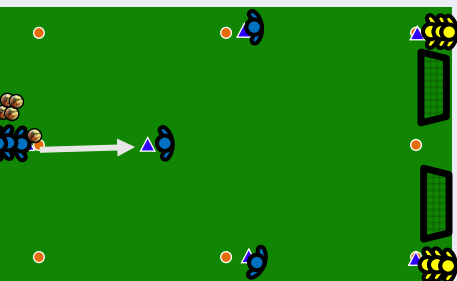
- Can you PLAY a pass to a teammate to exploit an attacking overload and create an attacking opportunity

PLAY – Y PP part 2.  15 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up cones in a triangle with one cone in the middle One player must go to the middle cone, and two players goes to the top cones (one on each) Max 8 players (if more – set up 2 practices) <p><u>Game rules</u></p> <ol style="list-style-type: none"> The Player at the Base of the triangle – makes a pass to the player in the middle The player at the middle makes a 'bounce' pass back to the player at the base of the triangle The player at the base of the triangle makes a long pass to one of the sides of the top of the triangle The top player controls the ball and dribbles to the base of the triangle Players rotate to new positions - bottom player goes to the middle – middle player goes to top Pattern is repeated, however pass 3 is passed to the opposite top cone 	<ul style="list-style-type: none"> Can you scan where you want to pass the ball Can you move to be ready to receive the ball Can your first touch set up your next action Can you execute a pass to a teammate into space Can you think about your next action before you receive the ball
S.O.C.H.A.N.G.E I.T	
	<ul style="list-style-type: none"> Limit the touches – 2 touch only Give players a target for how many rounds to complete within 30 seconds If two practices are set up make it a race

PLAY – 3 v 2  15 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area with two goals on one side Split players into two teams Place cones in the starting positions of attackers and defenders <p><u>Game rules</u></p> <ol style="list-style-type: none"> The game begins with an attacker (Blue) making a pass to their teammate at the bottom cone – one attacker from each cone must come out to create a 3 v 2 against the defenders (Yellow) When the first pass is played - A defender from each cone comes out and must attempt to win possession of the ball off the attackers and attempt to dribble it back to the top of the grid for a point. Once the game is over, players go to the back of the line and new players enter the field of play into the starting positions 	<ul style="list-style-type: none"> Can you scan where the defenders are and a teammate is to find the attacking overload Can you move into space in possession of the ball to create width Can your first touch set up your next action Can you play a pass to a free teammate away from the defenders Can you attack with speed to create an attacking opportunity
S.O.C.H.A.N.G.E I.T	
	<ul style="list-style-type: none"> Rotate roles of players Bonus points are awarded to defenders if they can win the ball before the halfway mark of the grid Bonus points are awarded if attackers can score within 10 seconds Introduce attackers can only score once a pass is made from the middle player to one of the wide players

PLAY – Wave Game  20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area with two goals on either side Split players into even teams <p><u>Game rules</u></p> <ol style="list-style-type: none"> The game begins with a 2 v 1, as soon as that game is finished – a new wave of two additional attackers this time however from the yellow team, enter the field to create a 3 v 2. The cycle is repeated with each phase of the game starting from the opposite team and the team in possession having an attacking overload The cycle ends once the ball leaves the pitch or a goal is scored. If the defenders win the ball, they must attempt to score a goal Once the final cycle is complete the practice restarts as a 2 v 1 	<ul style="list-style-type: none"> Can you scan for where the defenders are, and a teammate is to find an attacking overload Can you move into space in possession of the ball to create width Can your first touch set up your next action Can you play a pass to a free teammate away from the defenders Can you use an attacking overload to move the ball forward with speed
S.O.C.H.A.N.G.E I.T	
	<ul style="list-style-type: none"> Rotate the starting players and order of players involved in the game Bonus points are awarded if attackers can score within 10 seconds Change the size of the area Bonus points for defenders if they can win the ball and score

GAME – Play a Game  20 mins



Suggested formation 2-3-1

EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m 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 attackers scoring a goal within 10 seconds after winning the ball Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> Praise confidence in using the attacking overloads to move the ball forward with speed <p>Reinforce main points from the Session</p> <ul style="list-style-type: none"> SCAN MOVE TOUCH PLAY
S.O.C.H.A.N.G.E I.T	
	<p>COACHING OBSERVATIONS</p> <ul style="list-style-type: none"> Are players; Scanning to view where the defender is & for teammates Moving into space off the ball and creating width Using their first touch to set up a next action Finding an attacking overload when in possession of the ball and exploiting it (exploiting = getting passed a defender to create a goal scoring opportunity)

COACHING REFLECTION


- Did players end the session with smiles
- Was there repetition of the learning outcome
- Was there a learning process during the session
- Did players have 10000+ touches of the ball
- Are players achieving the learning outcome in the game

WRAP UP!


- Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well.
- Give Homework (Ball Mastery Skills) HIGH FIVES!

Learning Outcome – Go Somewhere Else


 30m x 25m
  1 Ball per Player
 Up to 16 players
  20 cones, bibs & 2 goals




- Can you SCAN to view where the defenders are to change the direction of attack




- Can you MOVE to be an option away from the defenders making the field big in possession of the ball

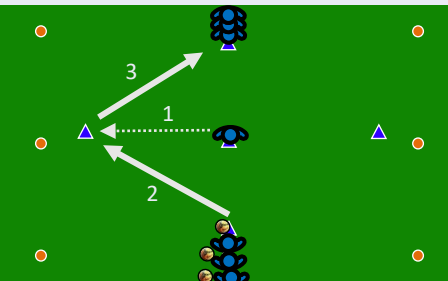


- Can you TOUCH into space to set up a pass to a teammate into space




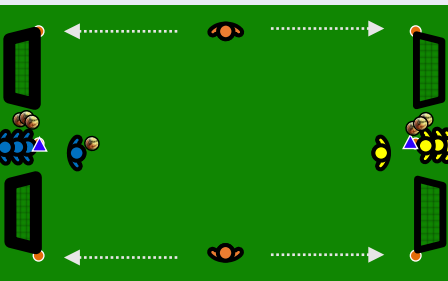
- Can you PLAY to make the field big when in possession and look to change the direction of attack away from defenders

PLAY – Diamond PP  15 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up cones in a diamond with one cone in the middle One player at the middle cone, remaining players go to top & base of diamond Max 8 players (if more – set up 2 practices) <p><u>Game rules</u></p> <ol style="list-style-type: none"> Player in the middle cone moves to one side of the diamond to receive the ball The player at the base of the diamond makes a pass to the middle player who has moved to one of the wide cones The middle player takes a touch and plays a pass to the player at the top of the diamond. Players rotate to new positions - bottom player goes to the middle – middle player follows their pass to the end of the diamond The pattern is repeated however the starting position will be the top of the diamond 	<ul style="list-style-type: none"> Can you scan where you want to pass the ball Can you move to open your body up to receive the ball on your back foot Can your first touch set up your next action Can you execute a pass to a teammate Can you think about your next action before you receive the ball
S.O.C.H.A.N.G.E I.T	
	<ul style="list-style-type: none"> Limit the touches – 2 touch only Give players a target for how many rounds to complete within 30 seconds If two practices are set up, make it a race

PLAY – 1 v 1 + 2  15 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 15m x 10m area with two goals on either side Split players into even teams with two players designated to be bouncers Have players go to a side each and line up behind a starting cone <p><u>Game rules</u></p> <ol style="list-style-type: none"> The attackers (Blues) must attempt to score a goal for a point The defenders (Yellow) must attempt to win the ball and score a goal for a point The bouncers (orange) can move up and down their sideline and are on whatever team has possession of the ball The game begins by the attacker making a pass to one of the bouncers and a 1 v 1 + 2 is started Bonus points are if the attacker can get the ball to both bouncers before they score 	<ul style="list-style-type: none"> Can you scan to find space away from the defender Can you move to be an option for the player who has possession of the ball Can your touch into space set up a pass into space Can you play a pass to a teammate in space away from the defender to go somewhere else Can you change the direction of the attack by finding a teammate in a wide area
S.O.C.H.A.N.G.E I.T	
	<ul style="list-style-type: none"> Change the roles of the players or players who are designated as bouncers Bonus points for attackers if they can score get the ball to both bouncers and score within 10 seconds Allow bouncers to score a goal Include more attackers or defenders

PLAY – 4 v 4 + 4 (4 goals)  20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area with two goals on either side Split players into three even teams One team is designated as bouncers and go to the outside of the grid. The bouncers are on the team that has possession of the ball <p><u>Game rules</u></p> <ol style="list-style-type: none"> Teams in the middle play against each other (yellow vs blue) with support of the bouncers (oranges) being on whatever team has the ball If teams score a goal they are awarded with a point Bonus points are awarded if a team can combine with all four bouncers – 2 points Bonus points are awarded if a team can combine with all four bouncers and then score a goal – 3 points. 	<ul style="list-style-type: none"> Can you scan to view where the defenders are and find a teammate in space Can you move to be an option in space away from the defenders Can your touch into space set up a pass into space Can you play to make the field big and look to change the direction of attack away from defenders
S.O.C.H.A.N.G.E I.T	
	<ul style="list-style-type: none"> Change the roles of the players who are bouncers to a different team Bonus points for the defenders if they can win the ball and all players are on one half of the field Bouncers can be tackled by the players in the middle

GAME – Play a Game  20 mins



Suggested formation 2-3-1

EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m 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 passes completed to players in wide positions Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> Praise confidence in players attempting to change the direction of the attack by making a pass to a teammate in space or going somewhere else
S.O.C.H.A.N.G.E I.T	
	<p>Reinforce main points from the Session</p> <ul style="list-style-type: none"> SCAN MOVE TOUCH PLAY
COACHING OBSERVATIONS	
	<p>Are players;</p> <ul style="list-style-type: none"> Scanning to view where the defender is & for space Moving to be an option off the ball away from the defenders, using width and depth Taking a touch into space to set up a pass to a teammate in space Making the field big when in possession Changing the direction of attack away from defenders

COACHING REFLECTION

- Did players end the session with smiles
- Was there repetition of the learning outcome
- Was there a learning process during the session
- Did players have 10000+ touches of the ball
- Are players achieving the learning outcome in the game


WRAP UP!

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


Give Homework (Ball Mastery Skills)
HIGH FIVES!

Learning Outcome – Go Somewhere Else


 30m x 25m
  1 Ball per Player
 Up to 16 players
  20 cones, bibs & 2 goals



- Can you SCAN to view where the defenders are to change the direction of attack



- Can you MOVE to be an option away from the defenders making the field big in possession of the ball

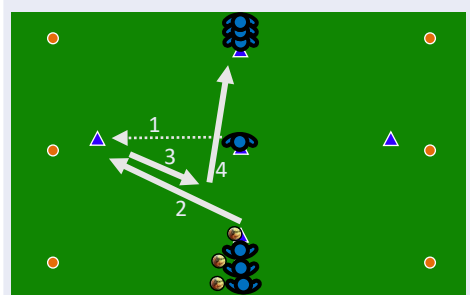


- Can you TOUCH into space to set up a pass to a teammate into space



- Can you PLAY to make the field big when in possession and look to change the direction of attack away from defenders

PLAY – Diamond PP Part 2. 15 mins



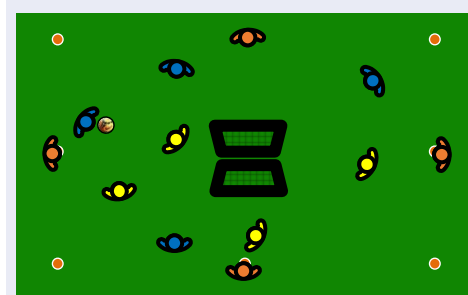
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up cones in a diamond with one cone in middle One player at the middle cone, remaining players go to top & base of diamond Max 8 players (if more – set up 2 practices) <p><u>Game rules</u></p> <ol style="list-style-type: none"> Player in the middle cone moves to one side of the diamond to receive the ball The player at the base of the diamond makes a pass to the middle player who has moved to one of the wide cones The middle player plays a pass back to the player at the base The player at the base makes a pass to the player that is standing at the top of the diamond. Players rotate - bottom player goes to the middle – middle player goes to the top The pattern is repeated however the starting position will be the top of the diamond 	<ul style="list-style-type: none"> Can you scan where you want to pass the ball Can you move to open your body up to receive the ball on your back foot Can your first touch set up your next action Can you execute a pass to a teammate Can you think about your next action before you receive the ball
	S.O.C.H.A.N.G.E I.T
	<ul style="list-style-type: none"> Limit the touches – 2 touch only Give players a target for how many rounds to complete within 30 seconds If two practices are set up, make it a race

PLAY – Pressure from in front 15 mins



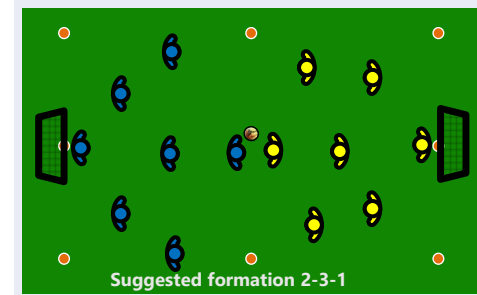
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up TWO 15m x 10m areas with one goal Place two colour cones of different colour 10m apart and 5m away from the goal Split players into two teams Defenders stand next to the goal. Attackers stand opposite the goal with one attacker standing 5m away from the starting cone <p><u>Game rules</u></p> <ol style="list-style-type: none"> The game begins with one defender (Yellow) touching one of the colour cones. Once the defender touches the cone, the attacker receives the ball from a teammate. The game is live once the pass is made and the attacker controls the ball Attackers must attempt to score a goal for a point Defenders must attempt to win the ball off the attackers and dribble it out of the grid for a 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 to view where the defender is Can you move to the opposite side of the defender and open your body up to allow your first touch to take you towards where you want to go Can your first touch go away from the defender and set up a dribble towards the goal Can you play to change the direction of attack depending on where the defender is located
	S.O.C.H.A.N.G.E I.T
	<ul style="list-style-type: none"> Rotate the roles of players Bonus points for attackers if they can score within 10 seconds Change the position of the coloured cones to be closer or further away from the starting position of attackers Have attackers move first and defenders must go to the opposite cone to where the attacker has moved

PLAY – Rondo Loco 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area with two goals in the center of the grid which are back-to-back Split players into three even teams One team is designated as bouncers and go to the outside of the grid. The bouncers are on the team that has possession of the ball <p><u>Game rules</u></p> <ol style="list-style-type: none"> Teams in the middle play against each other (yellow vs blue) with support of the bouncers (oranges). Teams must attempt to combine and get 5 passes before they can attempt to score in one of the goals. If possession is lost the same process occurs, and pass counts reset. If teams score a goal they are awarded with a point Bonus points are awarded if a team can combine for 10 passes and then score – 2 points 	<ul style="list-style-type: none"> Can you scan to view where the defenders are and find a teammate in space Can you move to be an option in space away from the defenders Can your first touch go away from the defender and set up a pass into space Can you play to make the field big and look to change the direction of attack away from defenders
	S.O.C.H.A.N.G.E I.T
	<ul style="list-style-type: none"> Change the roles of the players who are bouncers to a different team Bonus points for attackers if they can combine the ball to all four bouncers. Bouncers can be tackled by the players in the middle Increase or decrease the number of passes needed before teams are allowed to score

GAME – Play a Game 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m 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 teams that can go somewhere else and change the direction of attack depending on where the defenders are located Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> Praise confidence in players attempting to change the direction of the attack by making a pass to a teammate in space or going somewhere else
	S.O.C.H.A.N.G.E I.T
	<p>Reinforce main points from the Session</p> <ul style="list-style-type: none"> SCAN MOVE TOUCH PLAY
	COACHING OBSERVATIONS
	<ul style="list-style-type: none"> Are players; Scanning to view where the defender is & for space Moving to be an option off the ball away from the defenders, using width and depth Taking a touch into space to set up a pass to a teammate in space Making the field big when in possession Changing the direction of attack away from defenders

COACHING REFLECTION

- Did players end the session with smiles
- Was there repetition of the learning outcome
- Was there a learning process during the session
- Did players have 10000+ touches of the ball
- Are players achieving the learning outcome in the game

WRAP UP!

- Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well.
- Give Homework (Ball Mastery Skills) HIGH FIVES!

Skill Acquisition Phase Training Program Session #09

Learning Outcome – Movement to Disorganise the Opposition

30m x 25m **1 Ball per Player**
Up to 16 players **20 cones, bibs & 2 goals**

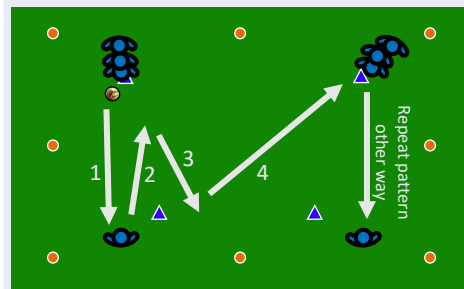
SCAN • Can you SCAN to view where the defender is and where space is

MOVE • Can you MOVE once you make a pass to support your teammate on the ball and/or disorganise the defence

TOUCH • Can your TOUCH keep the ball out of tackling range and set up your next action

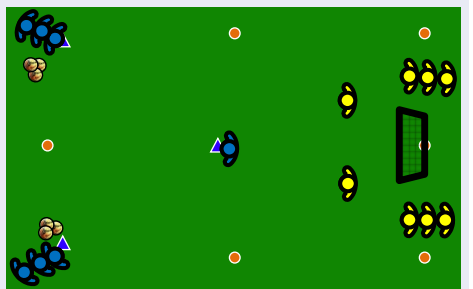
PLAY • Can you PLAY with attacking patterns – give and go's, up-back-through to disorganise the defence

PLAY – Breaking Lines PP 15 mins



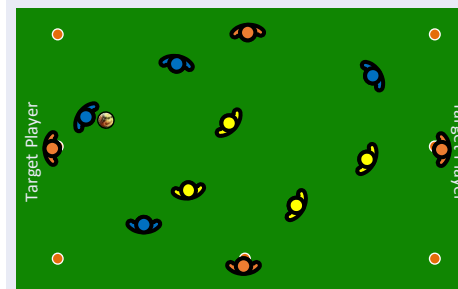
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up cones in a trapezium (two bottom cones closer together) One player at the bottom cones each and remaining players go to the top of trapezium Max 8 players (if more – set up 2 practices) <p><u>Game rules</u></p> <ol style="list-style-type: none"> Player at the top makes a pass to the bottom player. The bottom player plays it back to the person they received the ball from Players complete a 'give and go' around the cone where the bottom player receives the ball again The bottom player then plays a diagonal pass over to the opposite side of the passing practice The passing pattern is repeated however is completed the opposite direction Players must follow their pass 	<ul style="list-style-type: none"> Can you scan where you want to pass the ball Can you move as soon as you make a pass to set up a next action or phase of play Can your first touch set up your next action Can you execute a pass to a teammate Can you think about your next action before you receive the ball Can you play to circulate the ball with speed
	S.O.C.H.A.N.G.E I.T
	<ul style="list-style-type: none"> Limit the touches – 2 touch only Give players a target for how many rounds to complete within 30 seconds If two practices are set up, make it a race

PLAY – 3 v 2 15 mins



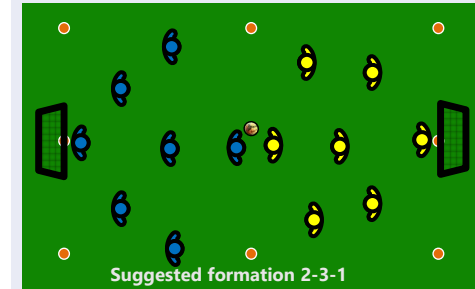
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 15m x 10m area with one goal on the side Split players into even teams Have attackers (Blues) on one side of the grid and defenders (Yellows) on the side with the goal One attacker must start in the middle of the grid <p><u>Game rules</u></p> <ol style="list-style-type: none"> The game begins with a pass made to the attacker standing in the middle of the grid Once the game is live – two other attackers enter the grid and two defenders enter the grid Attackers must attempt to score a goal for a point Defenders must attempt to win the ball off the attackers and dribble it out of the grid for a point Once the phase of play is completed, those involved in the game go to the back of their teams' line. A new attacker must enter the middle of the grid 	<ul style="list-style-type: none"> Can you scan to view where the defender is Can you move off the ball to be an option for the player on the ball Can you move once you make a pass to support your teammate on the ball and/or disorganise the defence Can your first touch keep the ball out of defenders tackling range and set up your next action Can you play with attacking patterns give and go's, up-back-through to disorganise the defence and create goal scoring opportunities
	S.O.C.H.A.N.G.E I.T
	<ul style="list-style-type: none"> Rotate the roles of players Bonus points for attackers if they play an attacking pattern and score a goal (3 points) Bonus points for defenders if they can win the ball in the attacking half (2 points)

PLAY – End-to-End Target 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area Split players into three even teams One team is designated as bouncers and go to the outside of the grid. The bouncers are on the team that has possession of the ball <p><u>Game rules</u></p> <ol style="list-style-type: none"> Teams in the middle play against each other (yellow vs blue) with support of the bouncers (oranges). For a point, teams must attempt to get the ball from one target player over to the other target player without losing possession of the ball. If possession is lost the process resets. If teams get a point, they continue the same process again and must work the ball to the opposite target player After a period of time (5-7 mins) – swap the roles of teams 	<ul style="list-style-type: none"> Can you scan to view where the defender is Can you move off the ball to be an option for the player on the ball Can you move once you make a pass to support your teammate on the ball and/or disorganise the defence Can your first touch keep the ball out of defenders tackling range and set up your next action Can you play with attacking patterns give and go's, up-back-through to disorganise the defence and create goal scoring opportunities
	S.O.C.H.A.N.G.E I.T
	<ul style="list-style-type: none"> Bonus points for attackers if they play an attacking pattern whilst moving the ball from target player to the other (2 points) Bonus points for teams if all players get a touch before transferring the ball from one target player to the other (3 points)

GAME – Play a Game 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m 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 using attacking passing patterns to disorganise the opposition and create goal scoring opportunities Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> Praise confidence in moving off the ball to disorganise the opposition <p>Reinforce main points from the Session</p> <ul style="list-style-type: none"> SCAN MOVE TOUCH PLAY
	S.O.C.H.A.N.G.E I.T
	COACHING OBSERVATIONS
	<ul style="list-style-type: none"> Are players; Scanning to view where the defender is & for space Moving once they have made a pass to disorganise the oppositions defence Keeping the ball out of defenders' tackling range Using attacking patterns, - give and go's, up-back-through

COACHING REFLECTION

- Did players end the session with smiles
- Was there repetition of the learning outcome
- Was there a learning process during the session
- Did players have 10000+ touches of the ball
- Are players achieving the learning outcome in the game


WRAP UP!

- Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well.
- Give Homework (Ball Mastery Skills) HIGH FIVES!


Skill Acquisition Phase Training Program Session #10

Learning Outcome – Movement to Disorganise the Opposition


 30m x 25m
  1 Ball per Player
 Up to 16 players
  20 cones, bibs & 2 goals



- Can you SCAN to view where the defender is and where space is



- Can you MOVE once you make a pass to support your teammate on the ball and/or disorganise the defence

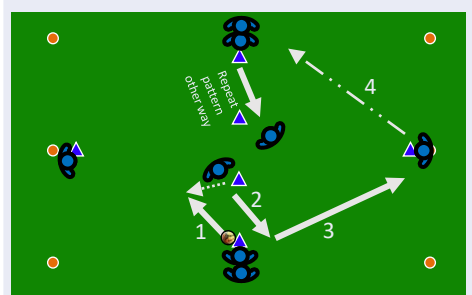


- Can your TOUCH keep the ball out of tackling range and set up your next action



- Can you PLAY with attacking patterns – give and go's, up-back-through to disorganise the defence

PLAY – Ajax PP 15 mins



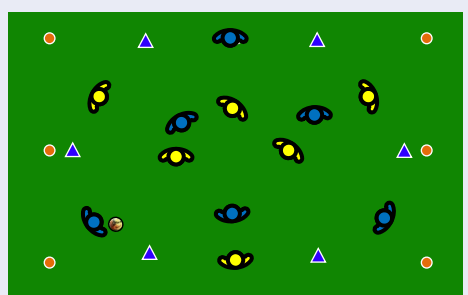
EXPLANATION	COACHING POINTS
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| <ul style="list-style-type: none"> Set up cones in a diamond with one cone in the middle Two players go to middle cones, and one player goes to each of the wide cones Max of 12 players in one passing practice <p><u>Game rules</u></p> <ol style="list-style-type: none"> The Player at the Base of the pattern – makes a pass to the player in the middle cone. The player at the middle cone makes a pass back to the person that they received the ball from The player at the base of the diamond then makes a pass over to the wide player on the right The wide player controls the ball and dribbles to the opposite base of the diamond where the pattern started. Players move to new positions; player at the bottom moves to the middle – middle player moves to wide position | <ul style="list-style-type: none"> Can you scan where you want to pass the ball Can you move as soon as you make a pass to set up a next action Can your first touch set up your next action Can you execute a pass to a teammate Can you think about your next action before you receive the ball Can you play to circulate the ball with speed |
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S.O.C.H.A.N.G.E.I.T

- Change the direction of the passing practice – rather than going to the right, person in the middle goes to the left
- Give players a target for how many rounds to complete within 30 seconds
- If two practices are set up, make it a race

PLAY – Hexagon 6 v 3 15 mins



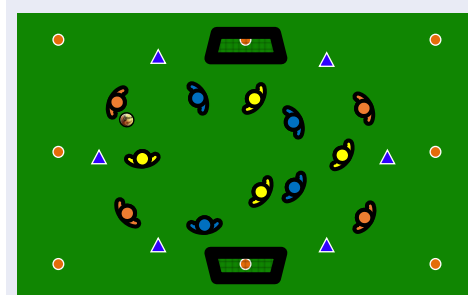
EXPLANATION	COACHING POINTS
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| <ul style="list-style-type: none"> Set up a 30m x 25m hexagon Split players into two even teams Three players on each team go to one side each of the hexagon and are bouncers (must stay on their side of the hexagon) Remaining players go to the middle of the grid to make a 3 v 3 + 3 bouncers on their team <p><u>Game rules</u></p> <ol style="list-style-type: none"> Working in teams, players must attempt to combine with their teammates (including their team's bouncers) to get 6 passes for a point If possession is lost, then the count of passes restarts. Players can only pass to their teams' bouncers. Bonus points are awarded to teams if they can combine for 10 passes without losing possession of the ball | <ul style="list-style-type: none"> Can you scan where the defenders are to find a teammate in space Can you move as soon as you make a pass to set up a next action Can your first touch set up your next action Can you think how you can move both the ball and yourself to disorganise the opposition Can you play to with attacking patterns to circulate the ball and disorganise the opponent |
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S.O.C.H.A.N.G.E.I.T

- Progress to – if a teammate makes a pass to a bouncer, they must swap positions
- Bonus points if teams can combine with all bouncers without losing possession of the ball (2 points)

PLAY – Hexagon 4 v 4 + 4 20 mins



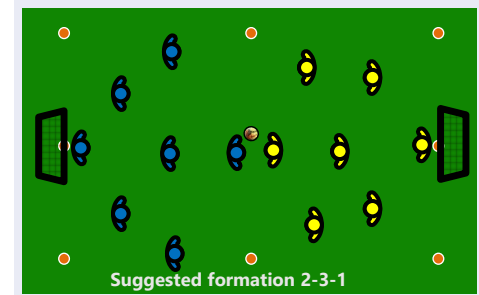
EXPLANATION	COACHING POINTS
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| <ul style="list-style-type: none"> Set up a 30m x 25m hexagon with goals on two sides of the hexagon. Split players into three even teams Have one team go to the outside of the hexagon and go to a side each and become bouncers The bouncers are on the team that has possession of the ball <p><u>Game rules</u></p> <ol style="list-style-type: none"> Working in teams, players must attempt to combine with their teammates (including their team's bouncers) to get 5 passes before goals are unlocked and they can score. If possession is lost, then the count of passes restart and goals are locked again. Bonus points are awarded to teams if they can combine for 10 passes before scoring a goal (2 points) After a period of time (5-7 mins) – swap the roles of teams | <ul style="list-style-type: none"> Can you scan where the defenders are to find a teammate in space Can you move as soon as you make a pass to set up a next action Can your first touch set up your next action Can you think how you can move both the ball and yourself to disorganise the opposition Can you play to with attacking patterns to circulate the ball and disorganise the opponent |
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S.O.C.H.A.N.G.E.I.T

- Bonus points if teams can combine with all bouncer players without losing possession of the ball (2 points)
- Bonus points for teams if all players get a touch whilst combining for passes (3 points)

GAME – Play a Game 20 mins



EXPLANATION	COACHING POINTS
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- | | |
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| <ul style="list-style-type: none"> Set up a 30m 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 using attacking passing patterns to disorganise the opposition and create goal scoring opportunities <p>1. Every time the ball goes out get players to go back into their formation</p> | <ul style="list-style-type: none"> Praise confidence in moving off the ball to disorganise the opposition <p>Reinforce main points from the Session</p> <ul style="list-style-type: none"> SCAN MOVE TOUCH PLAY |
|--|--|

COACHING OBSERVATIONS

- Are players;
- Scanning to view where the defender is & for space
- Moving once they have made a pass to disorganize the oppositions defence
- Keeping the ball out of defenders' tackling range
- Using attacking patterns, - give and go's, up-back-through

COACHING REFLECTION

- Did players end the session with smiles
- Was there repetition of the learning outcome
- Was there a learning process during the session
- Did players have 10000+ touches of the ball
- Are players achieving the learning outcome in the game


WRAP UP!

- Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well.
- Give Homework (Ball Mastery Skills) HIGH FIVES!


Skill Acquisition Phase Training Program Session #11

Learning Outcome – Breaking the lines of the Opposition


 30m x 25m
  1 Ball per Player
 Up to 16 players
  20 cones, bibs & 2 goals



- Can you SCAN to view where the defenders are to make a pass that breaks the lines of the opposition



- Can you MOVE off-the-ball to create a passing option for your teammate on the ball

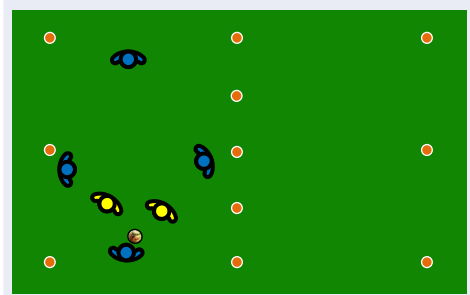


- Can you TOUCH the ball to set up your next action – a pass to a teammate



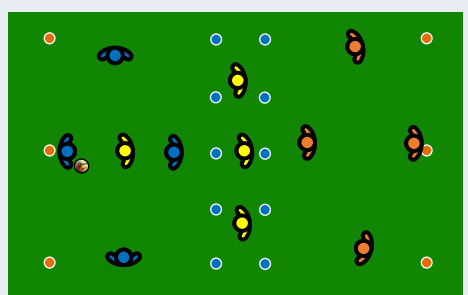
- Can you PLAY a pass that splits the defenders to break the line of the opposition

PLAY – 4 v 2 Progressive Rondo 15 mins



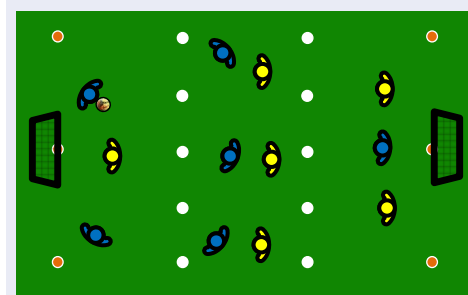
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> • Set up TWO 25m x 15m areas with the area split into two halves. • Designate two players to be the defenders (yellow) • Four attackers go to a side of the grid each (blue) <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. Working as a team the attackers must attempt to maintain possession of the ball away from the defenders 2. Once attackers get to 6 passes, they must attempt to progress into the opposite half of the grid. 3. Attackers are awarded with a point if they can do the above action without losing possession of the ball to the defenders 4. Once they make it across the play resumes and they must attempt to progress to the half again. 5. If the defenders gain possession of the ball, they must make a pass between each other for a point 	<ul style="list-style-type: none"> • Can you scan to view where the defenders are in order to make a pass that breaks the line of the opposition • Off-the-ball can you move to create a passing option for your teammate • Can your first touch set up your next action – a pass • Can you look to make a pass that splits the defenders to break a line <p style="text-align: center;">S.O.C.H.A.N.G.E.I.T</p> <ul style="list-style-type: none"> • Change the roles of the players • Increase or decrease the size of the area • Increase or decrease the number of passes needed before you can progress to the opposite side • Bonus points are awarded if attackers can make a pass that breaks the line of the opposition through splitting two defenders (1 point)

PLAY – Cross the River 15 mins



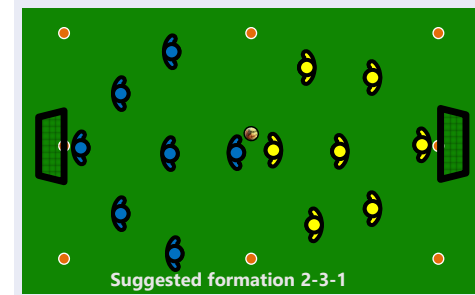
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> • Set up a 30m x 25m area with a 5m wide zone in the middle • Split players into 3 separate teams • One team is designated as defenders (yellow) <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. The attacking team in possession (blue) must complete 5 passes before switching play to the team in the furthers grid (orange). 1 point. 2. One defender is permitted to enter the grid and must attempt to win the ball off the team in possession and pass it back to their teammates for a point. 3. Once the ball makes it 'across the river', play resumes with a new team in possession, and a new defender enters the grid 4. Rotate roles of teams after 5 mins 	<ul style="list-style-type: none"> • Can you scan to view where the defenders are to make a pass to maintain possession or to break the lines of the opposition • Off-the-ball can you move to create a passing option for your teammate • Can your first touch set up your next action – a pass • Can you look to make a pass that splits the defenders to break a line <p style="text-align: center;">S.O.C.H.A.N.G.E.I.T</p> <ul style="list-style-type: none"> • Increase or decrease the number of passes needed • Increase or decrease the number of defenders allowed to enter the team in possessions grid • Bonus points are awarded if attackers can make a pass that breaks the line of the opposition through splitting two defenders (1 point)

PLAY – Locked in Game 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> • Set up a 30m x 25m area, breaking the grid into three even components • Place a goal on either side of the area • Players are split into two teams, & are then split three zones to based on the formation 2-3-1 formation <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. Working in teams attackers must attempt to combine and score in the others teams' goal for a point 2. When defending - Players are restricted to the zone in their starting position 3. With the ball – attackers are permitted to go into any zone 4. Goals can only be scored in the final attacking third 5. Bonus points are awarded to teams if they make a pass to a teammate in a forward zone 	<ul style="list-style-type: none"> • Can you scan to look where the defender is to make a pass to maintain possession or to break the lines of the opposition • Off-the-ball can you move to create a passing option for your teammate • Can your first touch set up your next action – a pass • Can you look to make a pass that splits the defenders to break a line <p style="text-align: center;">S.O.C.H.A.N.G.E.I.T</p> <ul style="list-style-type: none"> • Remove all restrictions – bonus points still awarded for progression into zone via a pass • Bonus points for teams if they can make 10 passes before scoring (2 points) • Bonus points are awarded if attackers can make a pass that breaks the line of the opposition through splitting two defenders (1 point)

GAME – Play a Game 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> • Set up a 30m 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 passes that breaks the line of the opposition through splitting two defenders. 4. Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> • Praise confidence in making a forward pass to teammate through splitting two defenders. <p>Reinforce main points from the Session</p> <ul style="list-style-type: none"> • SCAN • MOVE • TOUCH • PLAY <p style="text-align: center;">COACHING OBSERVATIONS</p> <ul style="list-style-type: none"> • Are players; • Scanning to view where defenders are • Moving off-the-ball to create passing options for a teammate on the ball • Taking a first touch to set up a pass to a teammate • Playing passes that splits defenders and breaks lines


COACHING REFLECTION

- Did players end the session with smiles
- Was there repetition of the learning outcome
- Was there a learning process during the session
- Did players have 10000+ touches of the ball
- Are players achieving the learning outcome in the game


WRAP UP!

- Ask players what they learnt and enjoyed from the session.
- Tell the team and individuals what they did well.
- Give Homework (Ball Mastery Skills) HIGH FIVES!


 30m x 25m
  1 Ball per Player
 Up to 16 players
  20 cones, bibs & 2 goals




- Can you SCAN to view where the defenders are to make a pass that breaks the lines of the opposition



- Can you MOVE off-the-ball to create a passing option for your teammate on the ball

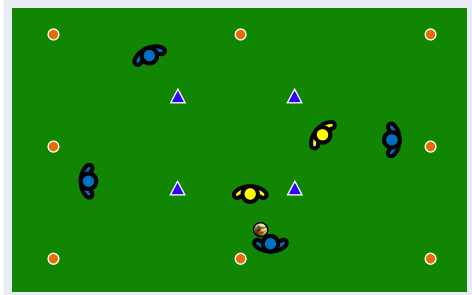


- Can you TOUCH the ball to set up your next action – a pass to a teammate



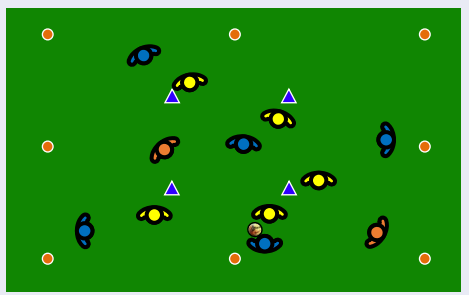
- Can you PLAY a pass that splits the defenders to break the line of the opposition

PLAY – Guard the Castle 15 mins



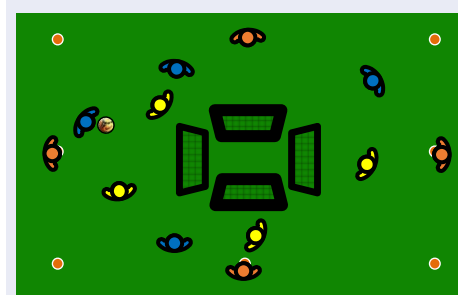
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up TWO 15m x 15m areas with a 5mx5m square in the middle (the castle) Designate two players to be the defenders (yellow) Four attackers go to a side of the grid each (blue) <p><u>Game rules</u></p> <ol style="list-style-type: none"> Working as a team the attackers must attempt to maintain possession of the ball away from the defenders and make a pass across castle/centre square of the grid to another teammate Attackers receive a point if they can get 10 passes without losing possession of the ball (1 points) Attackers receive a point if they can make a pass across the castle to a teammate (1 point) Defenders are not allowed to go into the castle If the defenders gain possession of the ball, they must make a pass between each other for a point 	<ul style="list-style-type: none"> Can you scan to view where the defenders are in order to make a pass that breaks the line of the opposition Off-the-ball can you move to create a passing option for your teammate Can your first touch set up your next action – a pass Can you look to make a pass that splits the defenders to break a line
	S.O.C.H.A.N.G.E.I.T
	<ul style="list-style-type: none"> Change the roles of the players Increase or decrease the size of the area Increase or decrease the number of passes needed for a point Increase or decrease the number of defenders

PLAY – 5 v 5 + 2 Centre Pocket 15 mins



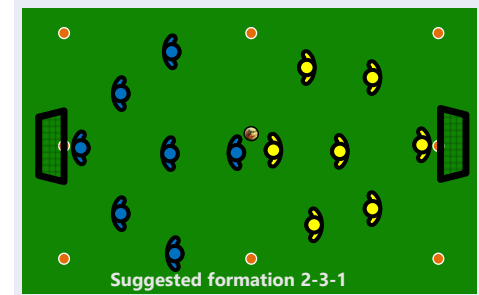
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area with a 5m x 5m square in the middle (centre pocket) Split players into two even teams with two even teams with two players designated as floaters (floaters are on whatever team has the ball) <p><u>Game rules</u></p> <ol style="list-style-type: none"> Working as a team, players must attempt to make 6 passes of the ball for a point without losing possession of the ball. If possession is lost, then the count of passes restarts. Bonus points are awarded if a team can make a pass to a teammate in the centre pocket (1 point) Defenders are not allowed to enter the centre pocket Attackers are only allowed to stay in the centre pocket for 5 seconds before they have to move out. 	<ul style="list-style-type: none"> Can you scan to view where the defenders are in order to make a pass that breaks the line of the opposition Off-the-ball can you move to create a passing option for your teammate Can your first touch set up your next action – a pass Can you look to make a pass that splits the defenders to a teammate within the centre pocket.
	S.O.C.H.A.N.G.E.I.T
	<ul style="list-style-type: none"> Change the roles of floaters Allow defenders to enter the centre pocket Increase or decrease the size of the area Increase or decrease the number of passes needed for a point

PLAY – Rondo Loco 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area with FOUR goals in the middle of the grid Split players into three even teams Designate one team as bouncers who goes to the outside of the grid on a side each <p><u>Game rules</u></p> <ol style="list-style-type: none"> Working in teams, players must attempt to combine with their teammates (including their team's bouncers) to get 6 passes before goals are unlocked and they can score. If possession is lost, then the count of passes restart and goals are locked again. Bonus points are awarded to teams if they can combine for 10 passes before scoring a goal (2 points) After a period of time (5-7 mins) – swap the roles of teams 	<ul style="list-style-type: none"> Can you scan to view where the defenders are in order to make a pass that breaks the line of the opposition Off-the-ball can you move to create a passing option for your teammate Can your first touch set up your next action – a pass Can you look to make a pass that splits the defenders to break a line to either a teammate in space or a shot on goal
	S.O.C.H.A.N.G.E.I.T
	<ul style="list-style-type: none"> Bonus points if teams can combine with all bouncer players without losing possession of the ball (2 points) Bonus points for teams if all players get a touch whilst combining for passes (3 points)

GAME – Play a Game 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m 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 passes that breaks the line of the opposition through splitting two defenders. Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> Praise confidence in making a central forward pass to teammate through splitting two defenders. <p>Reinforce main points from the Session</p> <ul style="list-style-type: none"> SCAN MOVE TOUCH PLAY
	COACHING OBSERVATIONS
	<ul style="list-style-type: none"> Are players; Scanning to view where defenders are Moving off-the-ball to create passing options for a teammate on the ball Taking a first touch to set up a pass to a teammate Playing passes that splits defenders and breaks lines

COACHING REFLECTION

- Did players end the session with smiles
- Was there repetition of the learning outcome
- Was there a learning process during the session
- Did players have 10000+ touches of the ball
- Are players achieving the learning outcome in the game

WRAP UP!

- Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well.
- Give Homework (Ball Mastery Skills) HIGH FIVES!

Skill Acquisition Phase Training Program Session #13

Learning Outcome – Finish the Action

30m x 25m
 1 Ball per Player
 Up to 16 players
 20 cones, bibs & 2 goals

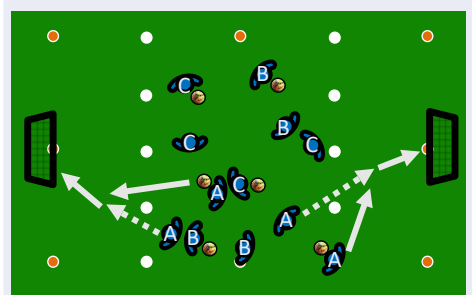
- Can you SCAN to view for the defenders and where space is to make a forward run

- Can you MOVE off the ball to make a forward run to lose the defender and create an attacking opportunity

- Can you TOUCH the ball to set up a forward pass to a forward running teammate

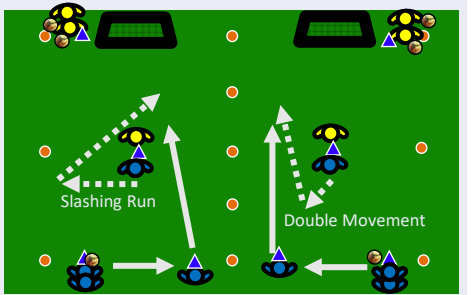
- Can you PLAY to finish the action by losing your defender and with a shot on goal

PLAY – Breakaway 15 mins



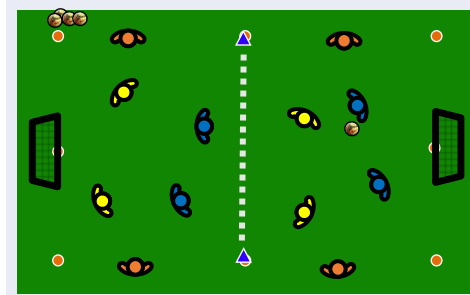
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area with one goal on either side of the grid In front of the goal set up a scoring zone 5m away Place players into pairs who have one ball between each pair Designate each pair a letter or colour – 3 groups. <p><u>Game rules</u></p> <ol style="list-style-type: none"> Working in pairs, players pass to each other and move with the ball. Once the coach calls a particular letter or group, they must make a pass into the shooting zone for a teammate who runs through and then scores in one of the goals Players who score a goal earn a point and must grab their ball and start the process again passing with their teammate. Other pairs or groups continue to play the ball until they hear their letter/number/group called 	<ul style="list-style-type: none"> Can you scan to view where space is to make a forward run Off-the-ball can you move to make a forward run into the scoring zone to create an attacking opportunity Can your first touch set up your next action – a forward pass to a forward running a teammate or to set up a shot. Can you look to finish the action by losing your defender and with a shot on goal
	S.O.C.H.A.N.G.E.I.T
	<ul style="list-style-type: none"> Change to when letter is called that team turns into defenders and must attempt to stop others from scoring Increase or decrease the size of the area Limit the touches allowed in the scoring zone

PLAY – 1 v 1 Back to Goal 15 mins



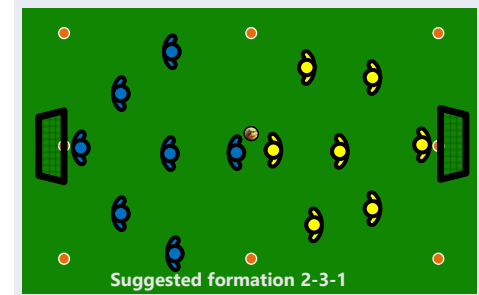
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up TWO 15m x 10m areas with one goal Place three cones in a triangle Split players into two teams. Defenders stand next to the goal. Attackers stand opposite the goal with one attacker at each cone in the triangle. <p><u>Game rules</u></p> <ol style="list-style-type: none"> The game begins with the attackers (Blue) making a pass to their teammate, as the ball moves, the attacker in the middle of the grid must make a forward run. As the attacker makes a forward run, the ball is played into them, and the game is live – with a 1 v 1 Attackers must attempt to score a goal for a point Defenders (Yellow) must attempt to win the ball off the attackers and dribble it out of the grid for a 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 to view for the defenders and where space is to make a forward run Off-the-ball can you move to make a forward run to lose the defender and create an attacking opportunity Can your first touch set up your next action – a forward pass to a forward running a teammate or to set up a shot. Can you look to finish the action by losing your defender and with a shot on goal
	S.O.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 10 seconds (2 points) Introduce a scoring zone that attackers can get bonus points if they score within the zone

PLAY – 2 v 2 + 2 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area with goals on either side Split field into two zones Separate players into three even teams One team is designated as bouncers and go to the outside of the grid. The bouncers are on the team that has possession of the ball Players are split into the two zones, with two bouncers in each zone, and two players from each team in each zone <p><u>Game rules</u></p> <ol style="list-style-type: none"> Working in teams, players locked into their zones and must attempt to score Teams are awarded with a point if they score a goal (1 point) Bonus points are awarded if the team in possession finds a forward runner in the attacking zone and they score (2 points) Bonus points are awarded if the above process occurs and the attacker scores within two touches (3 points) 	<ul style="list-style-type: none"> Can you scan to view for the defenders and where space is to make a forward run Off-the-ball can you move to make a forward run into the scoring zone to create an attacking opportunity Can your first touch set up your next action – a forward pass to a forward running a teammate or to set up a shot. Can you look to finish the action by losing your defender and with a shot on goal
	S.O.C.H.A.N.G.E.I.T
	<ul style="list-style-type: none"> Change the roles of the players/teams Introduce a scoring zone for attackers that defenders are not allowed to go in if a forward pass is made into the zone. Remove restrictions of the zones so that players are permitted to move wherever – bonus point system still in play

GAME – Play a Game 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m 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 passes to forward running teammates that leads to a goal scoring opportunity Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> Praise confidence in making forward runs and finding the forward runner, and then finish the action with a touch towards goal to set up a finish <p>Reinforce main points from the Session</p> <ul style="list-style-type: none"> SCAN MOVE TOUCH PLAY
	S.O.C.H.A.N.G.E.I.T
	<p style="text-align: center;">COACHING OBSERVATIONS</p> <ul style="list-style-type: none"> Are players; Scanning to view where the defender is & for space to make a forward run Moving off-the-ball to lose their defender Taking their first touch to set up a forward pass to a forward running teammate Finishing the action with a shot on goal

COACHING REFLECTION

- Did players end the session with smiles
- Was there repetition of the learning outcome
- Was there a learning process during the session
- Did players have 10000+ touches of the ball
- Are players achieving the learning outcome in the game


WRAP UP!

- Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well.
- Give Homework (Ball Mastery Skills) HIGH FIVES!


Skill Acquisition Phase Training Program Session #14

Learning Outcome – Finish the Action


 30m x 25m
  1 Ball per Player
  Up to 16 players
  20 cones, bibs & 2 goals



- Can you SCAN to view for the defenders and where space is to make a forward action



- Can you MOVE off the ball to create an option for a forward action and create an attacking opportunity

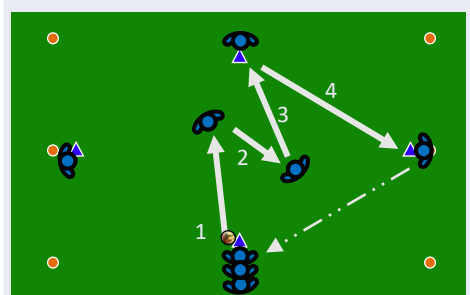


- Can you TOUCH the ball to set up a forward pass to a teammate in a forward position



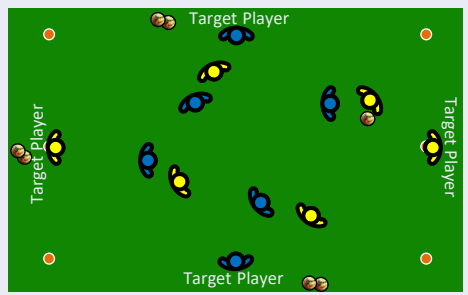
- Can you PLAY to finish the action by progressing the ball forward and creating an attacking opportunity

PLAY – Barca PP 15 mins



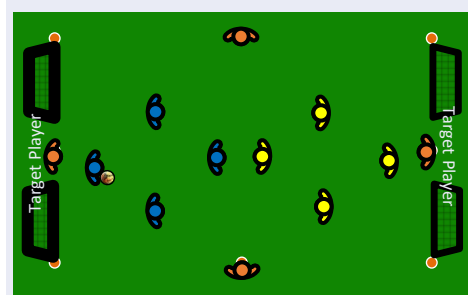
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up cones in a diamond Two players go to the middle of the diamond and one player goes to each of the wide and top cones Max of 8 players in one passing practice <p><u>Game rules</u></p> <ol style="list-style-type: none"> The Player at the Base of the pattern – makes a pass to one of the players in the middle of the diamond. The player in the middle of the diamond makes a pass to other player in the middle of the diamond The player that receives the ball in the middle of the diamond then makes a pass to the player at the top of the diamond The player at the top the diamond then makes a pass over to one of the wide players The wide player controls the ball and dribbles back to the base of the diamond Players move to new positions by following where they passed the ball 	<ul style="list-style-type: none"> Can you scan where you want to pass the ball Can you move as soon as you make a pass to set up a next action or phase of play Can your first touch set up your next action Can you execute a pass to a teammate Can you think about your next action before you receive the ball Can you play to progress the ball forward
S.O.C.H.A.N.G.E.I.T	
	<ul style="list-style-type: none"> Limit the touches – 2 touch only Give players a target for how many rounds to complete within 30 seconds If two practices are set up, make it a race

PLAY – 5 v 5 target man 15 mins



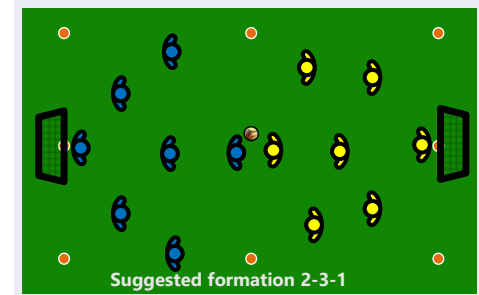
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 25m x 25m area Split players into two even teams Designate two players in each team to be target players and must go to one side each of the grid – with each team's target player being opposite from one another <p><u>Game rules</u></p> <ol style="list-style-type: none"> For a point, teams must attempt to get the ball from one target player over to the other target player without losing possession of the ball. If possession is lost the process resets. If teams get a point, they continue the same process again and must work the ball to the opposite target player After a period of time (3-5 mins) – swap the responsibilities of target players 	<ul style="list-style-type: none"> Can you scan to view where the defender is Can you move off the ball to be an option for the player on the ball Can you move once you make a pass to support your teammate on the ball Can your first touch set up your next action – a forward pass to a teammate in a forward position Can you play to finish the action by progressing the ball forward and away from the defenders
S.O.C.H.A.N.G.E.I.T	
	<ul style="list-style-type: none"> Bonus points for teams if all players get a touch before transferring the ball from one target player to the other (2 points) Progress to players interchanging with target players – the player that makes the pass to a target player takes their position.

PLAY – 4 v 4 + 4 with target man 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area with two goals on either side Split players into three even teams One team is designated as bouncers and go to the outside of the grid. The bouncers are on the team that has possession of the ball <p><u>Game rules</u></p> <ol style="list-style-type: none"> Teams in the middle play against each other (yellow vs blue) with support of the bouncers (oranges) being on whatever team has the ball If teams score a goal they are awarded with a point Bonus points are awarded if a team can combine with the target player on their attacking half before scoring a goal – 2 points. 	<ul style="list-style-type: none"> Can you scan to view where the defender is Can you move off the ball to be an option for the player on the ball Can you move once you make a pass to support your teammate on the ball Can your first touch set up your next action – a forward pass to a teammate in a forward position Can you play to finish the action by progressing the ball forward to a target player to create an attacking opportunity
S.O.C.H.A.N.G.E.I.T	
	<ul style="list-style-type: none"> Change the roles of the players who are bouncers to a different team Bouncers can be tackled by the players in the middle Bonus points are awarded if teams can finish a goal within two touches after receiving the ball of the attacking target players – 3 points

GAME – Play a Game 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m 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 forward passes onto teammates in a forward position that create an attacking opportunity Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> Praise confidence in players making forward passes to a teammate who sets the ball up to another teammate for a shot on goal <p>Reinforce main points from the Session</p> <ul style="list-style-type: none"> SCAN MOVE TOUCH PLAY
S.O.C.H.A.N.G.E.I.T	
	<p>COACHING OBSERVATIONS</p> <ul style="list-style-type: none"> Are players; Scanning to view for space to make a forward run Moving off-the-ball to lose their defender Taking their first touch to set up a forward pass to a forward teammate Progressing the ball forward Finishing the action with a shot on goal

COACHING REFLECTION


- Did players end the session with smiles
- Was there repetition of the learning outcome
- Was there a learning process during the session
- Did players have 10000+ touches of the ball
- Are players achieving the learning outcome in the game

WRAP UP!


- Ask players what they learnt and enjoyed from the session.
- Tell the team and individuals what they did well.
- Give Homework (Ball Mastery Skills) HIGH FIVES!

Learning Outcome – Pull the Trigger to finish attacking opportunities


 30m x 25m
  1 Ball per Player
 Up to 16 players
  20 cones, bibs & 2 goals



- Can you SCAN if there is an open shooting lane



- Can you MOVE into a position where you can strike the ball as quickly as possible and with limited touches

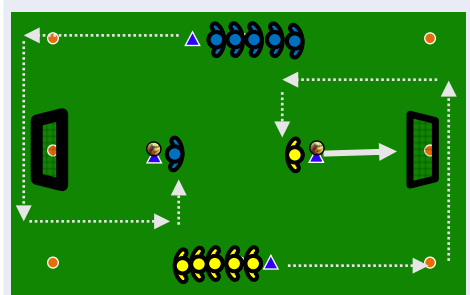


- Can you TOUCH the ball to set up a shot on goal or to create a clear shooting lane to pull the trigger



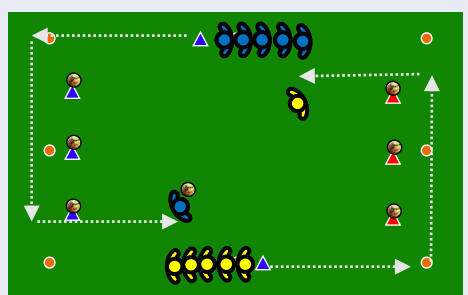
- Can you PLAY to pull the trigger to shoot and finish attacking opportunities

PLAY – 1 v 1 Race to Shoot 15 mins



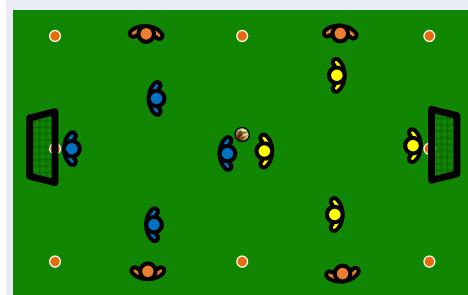
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 20m x 15m area with goals on either side Place one cone in 5m in front of each goal and place a ball on top Split players into two even teams, where they must line up behind a starting cone each <p><u>Game rules</u></p> <ol style="list-style-type: 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 scan for where the goal is Can you move your body over the ball and ensure that your non-striking foot is next to the ball aiming towards where you want to strike 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
S.O.C.H.A.N.G.E I.T	
<ul style="list-style-type: none"> Make it a race based on teams Set up multiple cones in the middle of the grid so multiple people can go Goals are worth extra points if players use their weak foot to score 	

PLAY – Knock it Off 1 v 1 15 mins



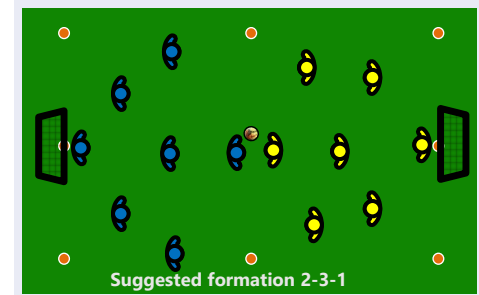
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 20m x 15m area with 3 cones on either side with a ball on top of the cones Split players into two even teams, where they must line up behind a starting cone each <p><u>Game rules</u></p> <ol style="list-style-type: none"> One player 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 knocked 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 scan if there is an open shooting lane Can you move into a position where you can strike the ball as quickly as possible and with limited touches 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
S.O.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 	

PLAY – Shoot on site 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area with two goals on either side Split players into three even teams One team is designated as bouncers and go to the outside of the grid. The bouncers are on the team that has possession of the ball <p><u>Game rules</u></p> <ol style="list-style-type: none"> Teams in the middle play against each other (yellow vs blue) with support of the bouncers (oranges) being on whatever team has the ball If teams score a goal they are awarded with a point Bonus points are awarded if a team can score a goal with 2 or less touches – 2 points. 	<ul style="list-style-type: none"> Can you scan if there is an open shooting lane Can you move into a position where you can strike the ball as quickly as possible and with limited touches 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
S.O.C.H.A.N.G.E I.T	
<ul style="list-style-type: none"> Change the roles of the players who are bouncers to a different team Restrict area in which shots can be taken (i.e. shots must be taken in the attacking half) 	

GAME – Play a Game 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m 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 if a team can score a goal with 2 or less touches Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> Praise confidence in creating a shooting lane and attempting to score within 2 or less touches <p>Reinforce main points from the Session</p> <ul style="list-style-type: none"> SCAN MOVE TOUCH PLAY
S.O.C.H.A.N.G.E I.T	
	<p>COACHING OBSERVATIONS</p> <ul style="list-style-type: none"> Are players; Scanning to view for an open shooting lane Moving into a position to strike the ball as quickly as possible and wit limited touches Taking a touch to set up a shot on goal or to create a clear shooting lane Pulling the trigger to finish attacking opportunities

COACHING REFLECTION

- Did players end the session with smiles
- Was there repetition of the learning outcome
- Was there a learning process during the session
- Did players have 10000+ touches of the ball
- Are players achieving the learning outcome in the game

WRAP UP!

- Ask players what they learnt and enjoyed from the session. Tell the team and individuals what they did well.
- Give Homework (Ball Mastery Skills) HIGH FIVES!

Skill Acquisition Phase Training Program Session #16

Learning Outcome – Pull the Trigger to finish attacking opportunities

30m x 25m
 1 Ball per Player
 Up to 16 players
 20 cones, bibs & 2 goals

SCAN

- Can you SCAN if there is an open shooting lane

MOVE

- Can you MOVE into a position where you can strike the ball as quickly as possible and with limited touches

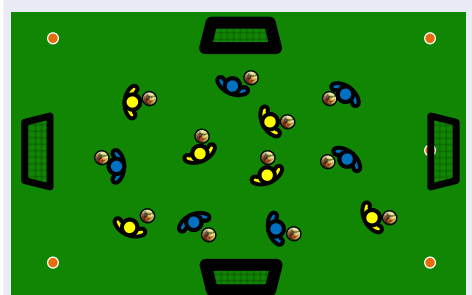
TOUCH

- Can you TOUCH the ball to set up a shot on goal or to create a clear shooting lane to pull the trigger

PLAY

- Can you PLAY to pull the trigger to shoot and finish attacking opportunities

PLAY – Goals Galour 15 mins



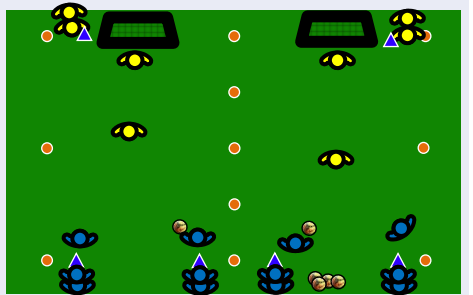
EXPLANATION	COACHING POINTS
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| <ul style="list-style-type: none"> Set up a 20m x 15m area with four goals on each side Split players into two even teams, where each player has a ball <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. Players must attempt to score as many goals as possible within 60 seconds going in any direction 2. Players are not allowed to score in the same goal twice in a row 3. 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 scan for where the goal is Can you move your body over the ball and ensure that your non-striking foot is next to the ball aiming towards where you want to strike 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 |
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S.O.C.H.A.N.G.E I.T

- 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 15 mins



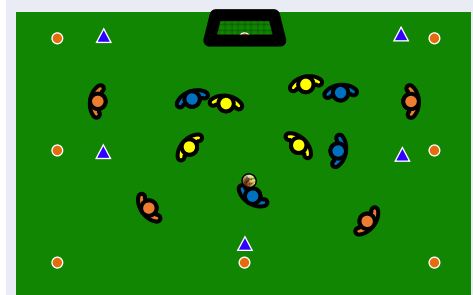
EXPLANATION	COACHING POINTS
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| <ul style="list-style-type: none"> Set up TWO 15m x 10m areas with one goal Split players into two teams. Defenders stand next to the goal with one defender standing in the goal designated as a goal-keeper. Attackers stand opposite the goal with two separate lines <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. 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. 2. Two attackers enter the game to create a 2v1 and must attempt to score a goal for a point. 3. The defender must attempt to stop the attacker from scoring and can gain a point by dribbling to the attackers starting point 4. 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 |
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S.O.C.H.A.N.G.E I.T

- 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)

PLAY – 4 v 4 + 4 Around box 20 mins



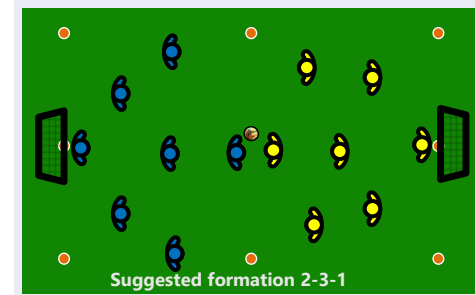
EXPLANATION	COACHING POINTS
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| <ul style="list-style-type: none"> Set up a 30m x 25m pentagon with a goal on the base of the pentagon. Split players into three even teams Have one team go to the outside of the pentagon and go to a side each and become bouncers The bouncers are on the team that has possession of the ball <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. Working in teams, players must attempt to combine with their teammates (including their team's bouncers) to get 5 passes before goal is unlocked and they can score. 2. If possession is lost, then the count of passes restart and goals are locked again. 3. Bonus points are awarded to teams if they can combine for 10 passes before scoring a goal (2 points) 4. After a period of time (5-7 mins) – swap the roles of teams | <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 |
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S.O.C.H.A.N.G.E I.T

- Bonus points if teams can combine with all bouncer players without losing possession of the ball (2 points)
- Bonus points for teams if all players get a touch whilst combining for passes (3 points)

GAME – Play a Game 20 mins



EXPLANATION	COACHING POINTS
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| <ul style="list-style-type: none"> Set up a 30m 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 if players can score a goal with 2 or less touches 4. Every time the ball goes out get players to go back into their formation | <ul style="list-style-type: none"> Praise confidence in creating a shooting lane and attempting to score within 2 or less touches Reinforce main points from the Session SCAN MOVE TOUCH PLAY |
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COACHING OBSERVATIONS

- Are players;
- Scanning to view for an open shooting lane
- Moving into a position to strike the ball as quickly as possible and with limited touches
- Taking a touch to set up a shot on goal or to create a clear shooting lane
- Pulling the trigger to finish attacking opportunities

COACHING REFLECTION

- Did players end the session with smiles
- Was there repetition of the learning outcome
- Was there a learning process during the session
- Did players have 10000+ touches of the ball
- Are players achieving the learning outcome in the game

WRAP UP!

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| <p>Ask players what they learnt and enjoyed from the session.
Tell the team and individuals what they did well.</p> | <p>Give Homework (Ball Mastery Skills)
HIGH FIVES!</p> |
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