

Session 1

Start Game – 15 Minutes

Organisation/ Explanation

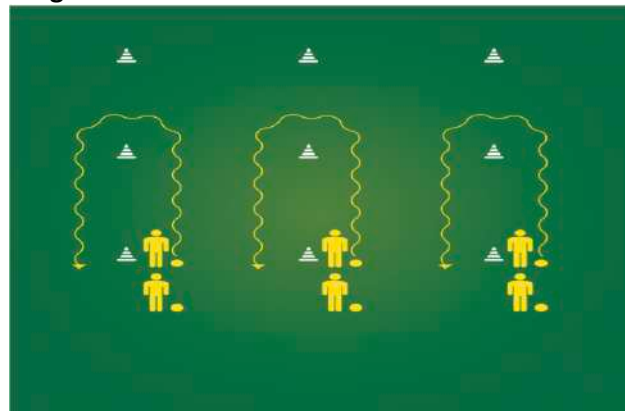
Relays

- Each player starts with a ball and dribbles around the marker
- Next player goes once first player returns

Guidelines

- Avoid long queues
- Give drinks breaks where necessary
- Exercise can be used with and without the ball
- No more than 3 players to a line

Diagram



Middle – 20 Minutes

Organisation/ Explanation

- Set Up triangle 10m – 12m long
- Object of the game is for the teams to gather as many balls as they can to bring back to their nest.
- Once all balls taken from the centre, players can then collect from each other's teams.
- Players to dribble the ball back to their nests
- Players cannot stop balls being taken from their nest.
- No tackling or defending
- No hands, Feet only.

Diagram

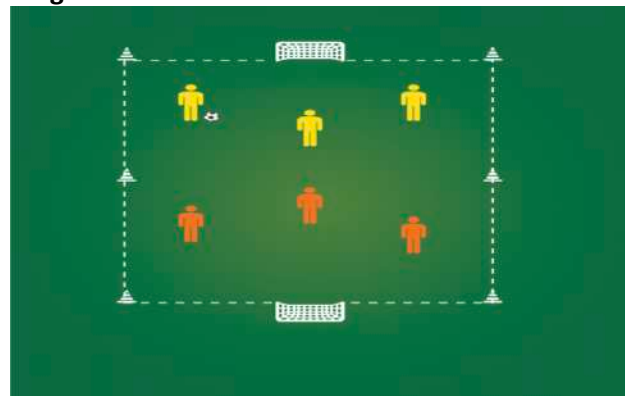


End Game – 20 Minutes

Organisation/ Explanation

- Length 20m, Width 15m
- 2 goals on each end line
- No Goalkeepers
- Goal scored in either of your opponent's goal
- Encourage players to shoot as often as possible

Diagram



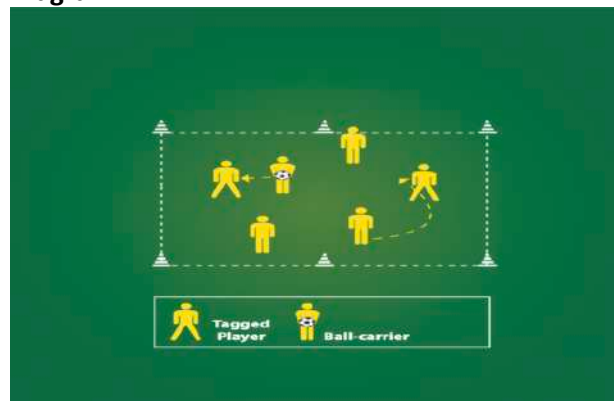
Session 2

Start Game – 15 Minutes

Organisation/ Explanation

- 10m x 14m area. 5 players avoid one player (tagger) who has the ball in their hands.
- Tagger attempts to tag other players, if tagged, player is stuck in the mud and stand with their legs wide apart until a team-mate crawls under the legs
- Game played by running with the ball in hands progress into dribbling ball on the floor.
- Rotate tagger every 1 minute

Diagram

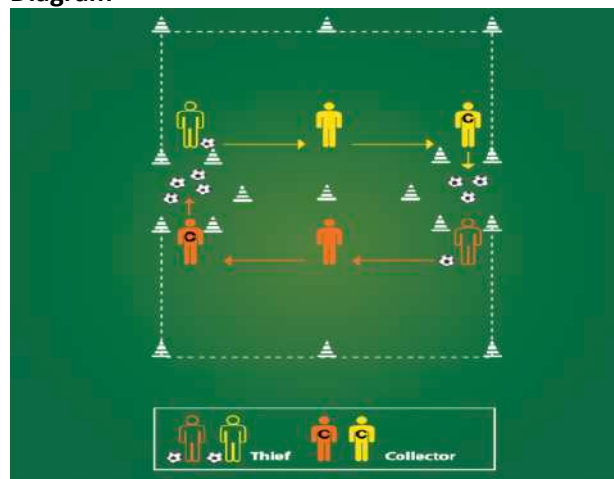


Middle Game – 20 Minutes

Organisation/ Explanation

- Two teams split up as shown. Each team starts with equal amount of footballs in their 'safe'
- Game starts and one player 'thief' takes a ball and passes it across to their team-mate who then passes it to the 'collector' as seen in diagram.
- Opposite team does the same and winning team will be the team with the most footballs in their 'safe'
- 2 minute games. Keep score on who wins.
- Rotate the 'thief' and 'collectors'
- Change direction of the game to work on both left and right foot.

Diagram

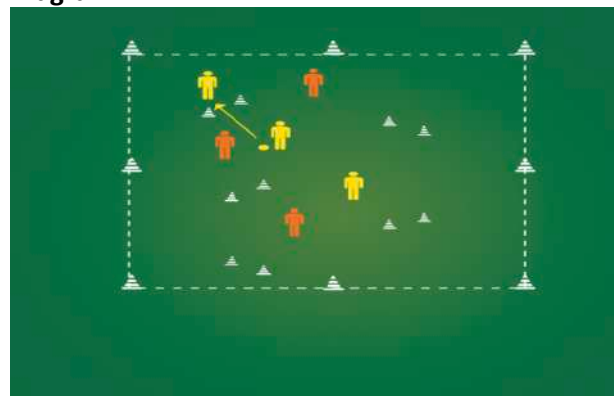


End Game – 20 Minutes

Organisation/ Explanation

- Length 15m – 20m
- Width 15m
- Goal, (mark 4 or 5 gates of 1m-2m width in the area)
- To score a goal, pass the ball through any of the gates to a team-mate
- This game encourages passing

Diagram



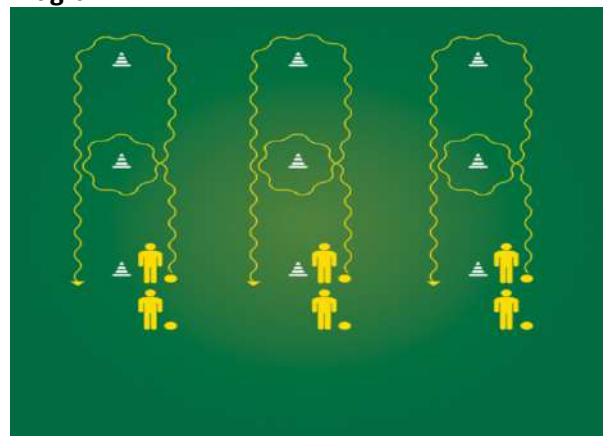
Session 3

Start Game – 15 Minutes

Organisation/ Explanation

- Player starts with a ball and dribbles around first cone then to the second cone and returns.
- Team-mate waiting in the line starts only when first player has returned with their ball.
- Players to use both left and right foot to dribble the ball around the cone.
- Players to use inside and outside of the foot to move the ball around the cones.
- Encourage a competition element, ie, first team to complete relay 2 times gets 3 points

Diagram

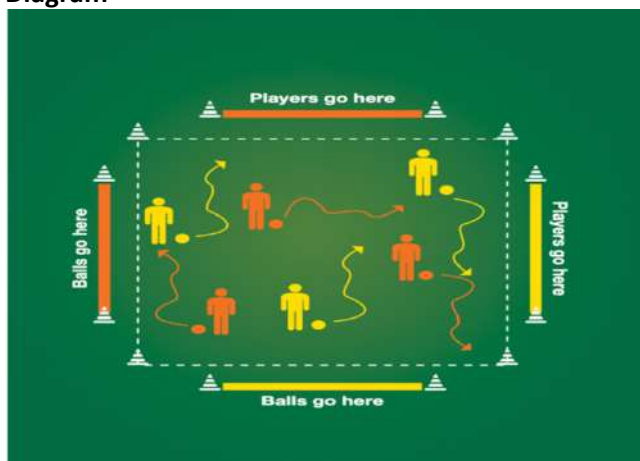


Middle Game – 20 Minutes

Organisation/ Explanation

- Field size 15m x 15m
- Players in two teams dribble ball inside the square.
- On the call of 'empty it' by the coach, both teams compete against each other to 'kick' out opponents ball out of the square.
- Winning team is the team who has players remaining in the square with their ball.

Diagram

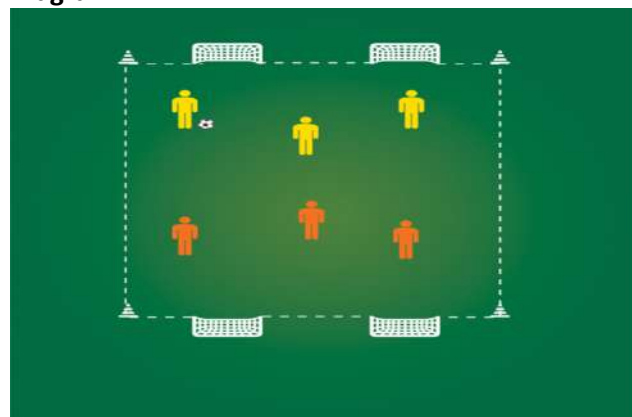


End Game – 20 Minutes

Organisation/ Explanation

- Length: 20m , Width: 15m
- Goals: 2 goals on each end line 2 metres wide.
- No Goalkeepers
- Goals can be scored in either of the two oppositions goals.
- Encourage players to shoot as often as possible
- Encourage players to spread out and find space to receive the ball.

Diagram



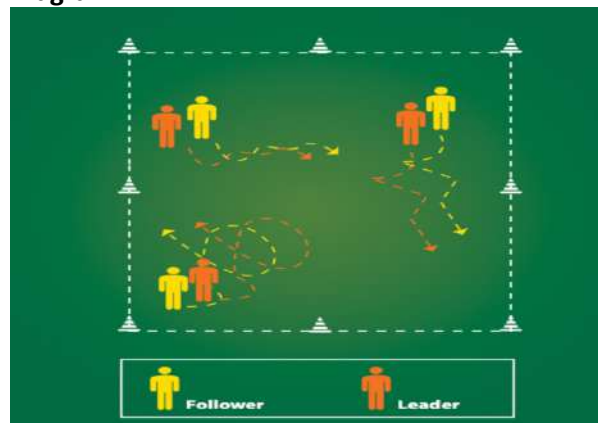
Session 4

Start Game – 15 Minutes

Organisation/ Explanation

- Players get into pairs, one designated as 'leader' and the other as 'follower'.
- 'Leader' moves around the playing area changing speed and direction.
- "Follower" copies everything the 'Leader' does.
- Change roles frequently and pairings.
- Encourage the players to be creative and perform as many ball mastery skills moves as possible.

Diagram

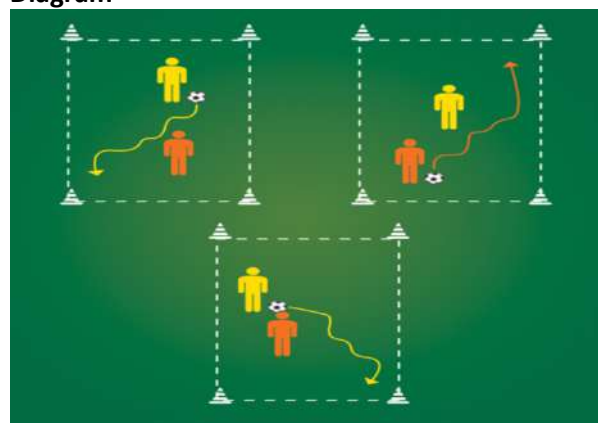


Middle Game – 20 Minutes

Organisation/ Explanation

- 10m x 7m playing areas.
- Players play 1v1 on each mini field as illustrated.
- Players score by dribbling ball over the end line.
- Set playing areas up so there is space in between to avoid any player collisions.
- Rotate players regularly.
- Play maximum of 1-2 minutes games only.

Diagram

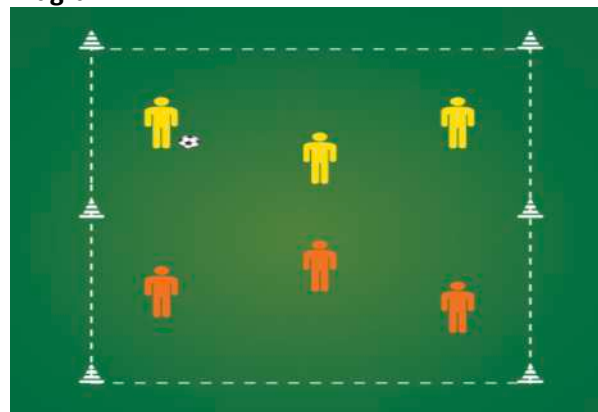


End Game – 20 Minutes

Organisation/ Explanation

- Playing area: Length 20m x Width 15m.
- No goals.
- Usual game rules apply.
- To score a goal, players must dribble the ball over the opponents end line.
- Encourage players to dribble the ball as often as possible and to take players on in a 1v1 situation.

Diagram



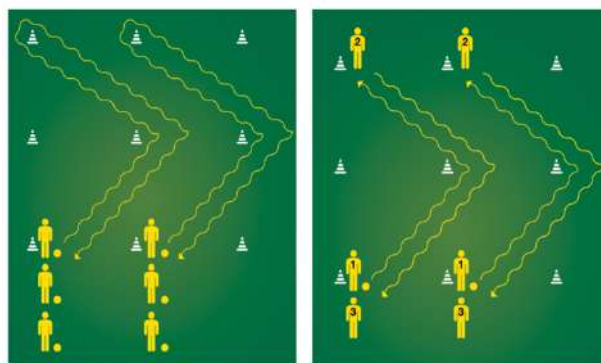
Session 5

Start Game – 15 Minutes

Organisation/ Explanation

- Each player starts with a ball and dribble around the markers as illustrated
- Once player has returned, next player can go and repeat.
- Vary the exercise by having player at each end of the relay as illustrated.
- Encourage quick ball movement through dribbling and close control.

Diagram

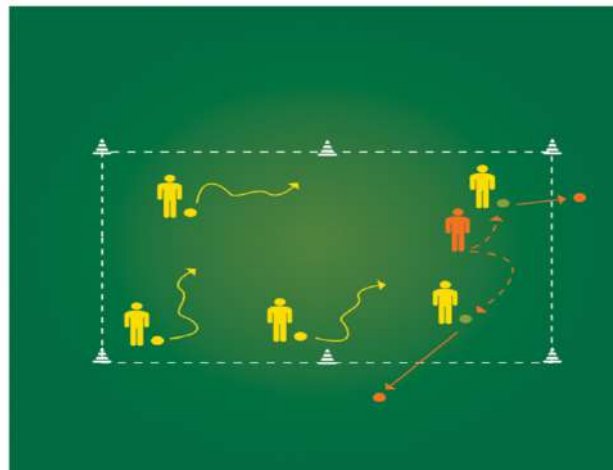


Middle Game – 20 Minutes

Organisation/ Explanation

- Playing area: 10m x 14m
- Players dribble around with a ball each
- On coaches call of 'shark attack' tagger looks to kick as many balls out of the grid as possible in 30 seconds.
- Rotate the 'shark' so that everyone gets a go at defending.
- Encourage players to keep close control of the ball and to find space to get away from the 'shark'

Diagram

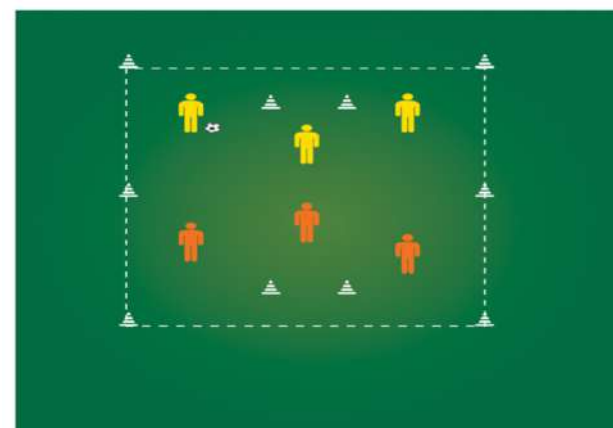


End Game – 20 Minutes

Organisation/ Explanation

- Playing Area: Length 20m, Width 15m, Gate, 2m03m apart.
- Players score by passing or shooting through wither side of the gate.
- Encourage players to find space in which to pass or dribble the ball.
- Just let the players play, do not stop the game to correct player positions.
- Play with or without goalkeepers.
- Play 3-5 minute games and swap players in and out of teams.

Diagram



Session 6

Start Game – 15 Minutes

Organisation/ Explanation

- 2 players without a ball links hands and move around playing area trying to kick other players balls out of the grid.
- Players with the ball avoid having their balls kicked out of the grid.
- Change the chasing pair when everyone is out.
- Change the chasing pair after a certain amount of time. When a player has their ball kicked out, they return to the game until time is up.

Diagram

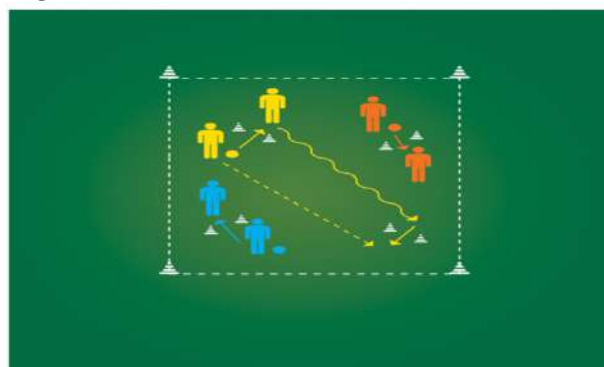


Middle Game – 20 Minutes

Organisation/ Explanation

- Playing area: 7m x 10m.
- Set up four small gates – two cones about 2 metres apart.
- Players keep possession in their pairs and look to play the ball through the gates to score a goal.
- Winning team will be the team that scores through all the goals or who have scored the most goals in a set amount of time ie 2 minutes

Diagram

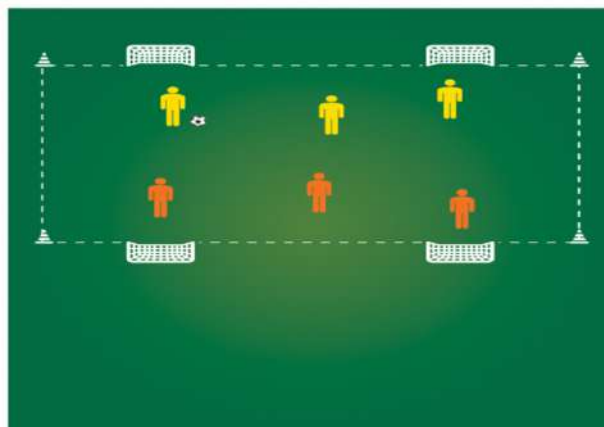


End Game – 20 Minutes

Organisation/ Explanation

- Playing Area: Length 15m, width 25m
- Goals: 2 goals (2m wide) on each end line.
- The game is designed to develop awareness.
- Allow the players to play, no stoppages to correct position.
- Encourage players to find space.

Diagram



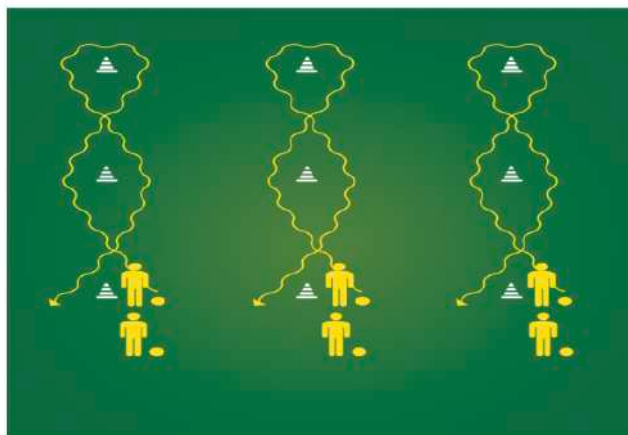
Session 7

Start Game – 15 Minutes

Organisation/ Explanation

- Each player starts with the ball and dribbles around the cones as illustrated.
- Once player returns, next player goes.
- Get players to use right foot only.
- Get players to play with left foot only.
- Get players to use inside of foot only.
- Get players to use outside of foot only.
- Add competition element.

Diagram

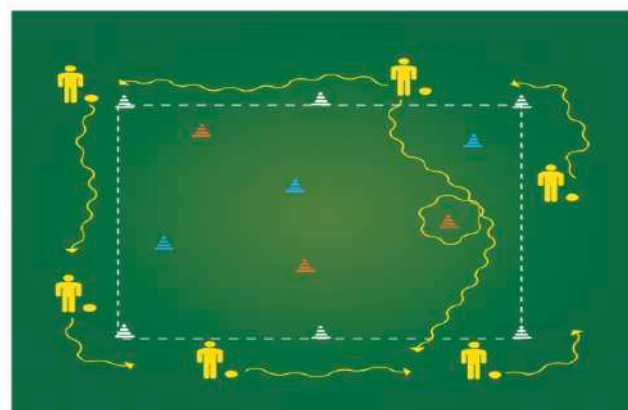


Middle Game – 20 Minutes

Organisation/ Explanation

- Playing area: 15m x 15m.
- Players dribble their balls round the outside perimeter of the area.
- Call out colours and the players dribble into the square, around the cone of that colour and back outside the square.
- Winner is the first one back outside the square with their foot on the ball.
- Get players to use right foot only.
- Get players to use left foot only.
- Get players to use inside of foot only.
- Get players to use outside of foot only.

Diagram

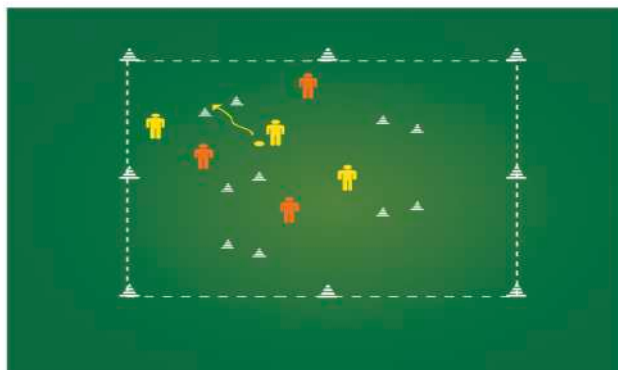


End Game – 20 Minutes

Organisation/ Explanation

- Playing area: Length 15m-20m, Width, 15m
- Goals: non, mark out 4-5 gates of 1-2m width apart inside the playing area.
- To score, dribble the ball through any one of the gates.
- Encourage players to dribble as often as possible.
- Players cannot score in the same gate consecutively.

Diagram



Session 8

Start Game – 15 Minutes

Organisation/ Explanation

- 2 players 'collectors' link hands and move around the area trying to kick other players balls out of the area.
- When a player's ball is kicked out, they immediately join hands with the 'collectors'. This continues until only one player is left with their ball who will be declared the winner.
- Rotate the 'collectors'.
- Get players to dribble with right foot only and left foot only and both feet.

Diagram

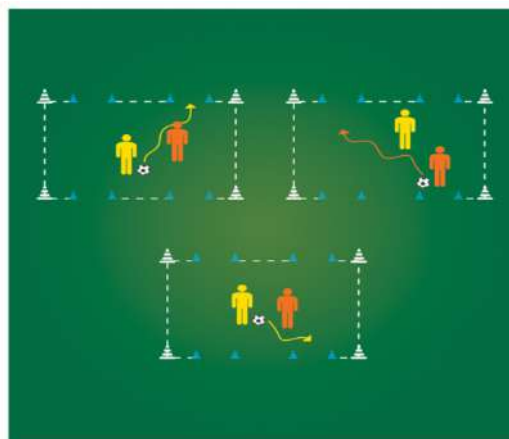


Middle Game – 20 Minutes

Organisation/ Explanation

- Playing area: 10m x 7m (field is short and wide as illustrated)
- Two gates set up on each of the end of the playing areas. (as illustrated)
- Players play 1v1 and to score must dribble the ball into either one of the end gates.
- Keep rotating opponents regularly.
- Encourage players to be creative and be brave.

Diagram

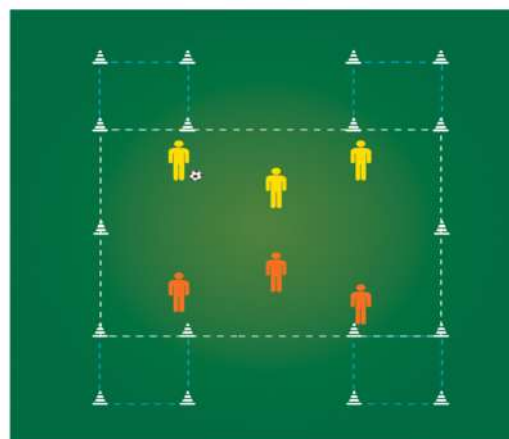


End Game – 20 Minutes

Organisation/ Explanation

- Playing Area: Length 15m, Width 20m.
- Goals: None
- Usual rules of a game apply.
- To score a goal, players must dribble the ball across the opponents end line.
- To score 2 points, players dribble the ball in the set-out scoring boxes as illustrated.
- Encourage players to dribble and to take players on a in a 1v1

Diagram



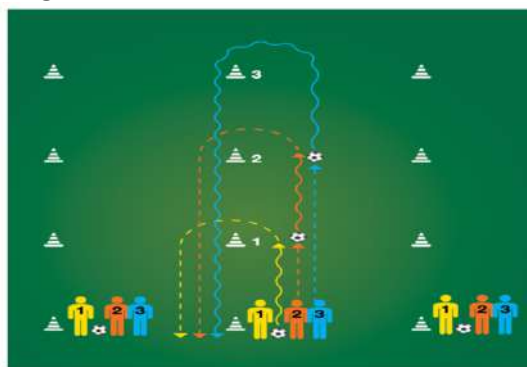
Session 9

Start Game – 15 Minutes

Organisation/ Explanation

- Each group starts with 1 ball.
- Player 1 dribbles the ball to marker 1 and leaves the ball there and returns to tag player 2.
- Player 2 runs and collects the ball and dribbles it to marker 2 and returns to tag player 3.
- Player 3 runs, collects the ball and dribbles it around marker 3 and brings it back to the starting point.
- Change player numbers regularly.
- Get players to use right foot only.
- Get players to use left foot only.

Diagram

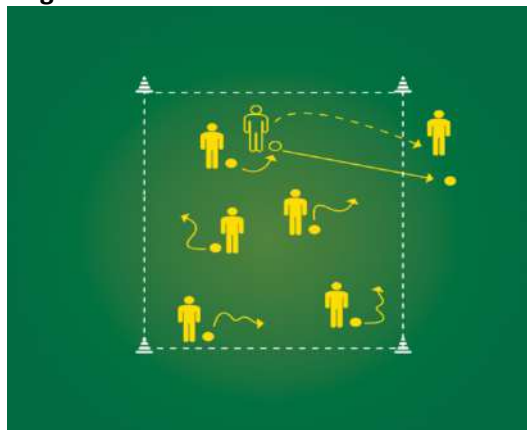


Middle Game – 20 Minutes

Organisation/ Explanation

- Playing area 7m x 10m.
- Players with a ball each dribble around the playing area.
- Each player attempts to kick the other players ball out of the playing area whilst keeping their ball under control.
- Players must be careful not to have their ball kicked out whilst they try and kick someone else's ball out.
- If a player's ball is kicked out, the player must leave the area immediately without kicking any of other balls out.
- Winner will be the last player in the playing area in possession of their ball.

Diagram

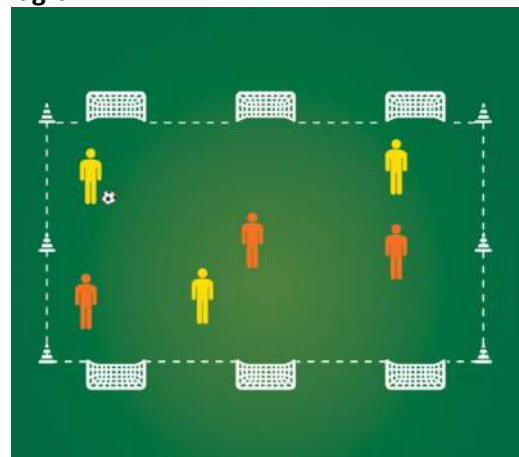


End Game – 20 Minutes

Organisation/ Explanation

- Playing Area: Length 15m, Width 20m.
- Goals: 3 goals at each end of the playing area.
- Normal game rules apply.
- Encourage plays to shoot as often as possible.
- Encourage players to find space.

Diagram



Session 10

Start Game – 15 Minutes

Organisation/ Explanation

- One 'hunter' chase players and try to remove the players tails from their shorts.
- If the players tails are taken, they then become the 'hunter'.

Progression

- The 'hunter' dribbles their ball whilst trying to remove the other players tails.
- Players with 'tails' dribble their balls while trying to avoid the 'hunter'

Diagram



Middle Game – 20 Minutes

Organisation/ Explanation

- Players dribble around the playing area.
- Players perform an instruction given to them by the coach whose instruction starts with 'Simon Says'. If instruction doesn't start with "Simon Says" then players continue to dribble. Whose listening, whose not!!!

Tasks to include

- STOP – Stop the ball dead with foot on ball.
- TURN – Quickly go the other way.
- OUT – Run outside the square and put foot on ball.
- LEFT – Dribble with left foot only.
- RIGHT – Dribble with right foot only.

Diagram

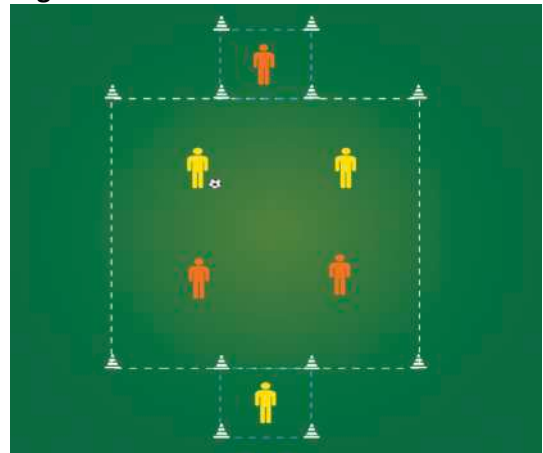


End Game – 20 Minutes

Organisation/ Explanation

- Player Area: Length: 20m, Width, 15m.
- Goal: End Zone as illustrated 2m x 2m.
- To score a goal, team must play the ball into their teammate located in the end zone who must control the ball within the end zone area.
- There are no goalkeepers.
- Rotate players in the end zone every 1-2 minutes.

Diagram



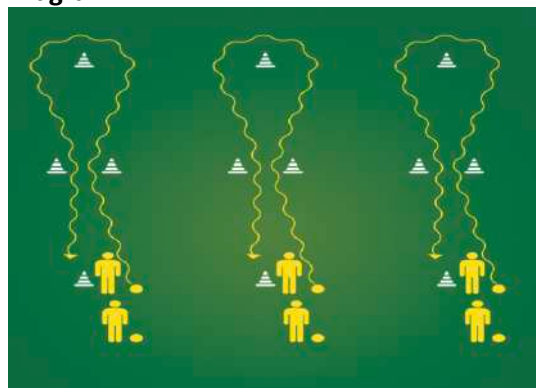
Session 11

Start Game – 15 Minutes

Organisation/ Explanation

- Each player starts with a ball.
- Player 1 dribbles the ball through the middle gate and then around the far cone and back through the gate as illustrated.
- Once the player has returned the next player goes.
- Increase the difficulty by varying the size of the gate in which the player has to dribble through.
- Encourage players to use both feet whilst dribbling.
- Add competition to see what team can complete relay the fastest without touching any cones.

Diagram

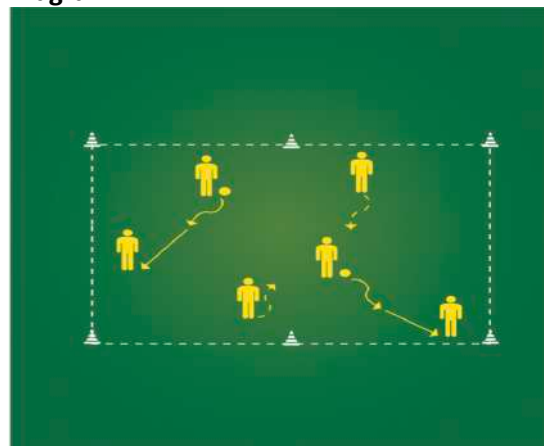


Middle Game – 20 Minutes

Organisation/ Explanation

- 2 players with a ball, 4 players without a ball.
- Players with the ball dribble around the playing area whilst the 4 without the ball move freely around.
- Players with the ball look to pass to any free player without a ball.
- Players are encouraged to move around throughout the playing area to either pass the ball or to receive the ball.
- Encourage players to communicate to each other and find space where they can receive the ball.

Diagram

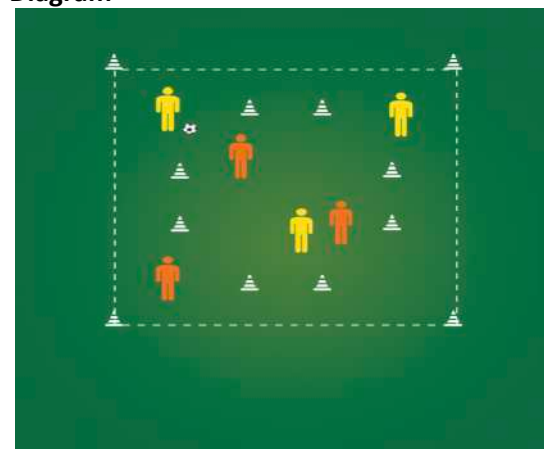


End Game – 20 Minutes

Organisation/ Explanation

- Playing Area: 20m, Width 20m.
- Gates: 4 gates 1m-2m wide inside the playing area.
- Players can score by passing the ball through one of the gates to a teammate.
- This game encourages passing and supporting.
- Encourage players to find space and to move constantly to receive the ball.

Diagram



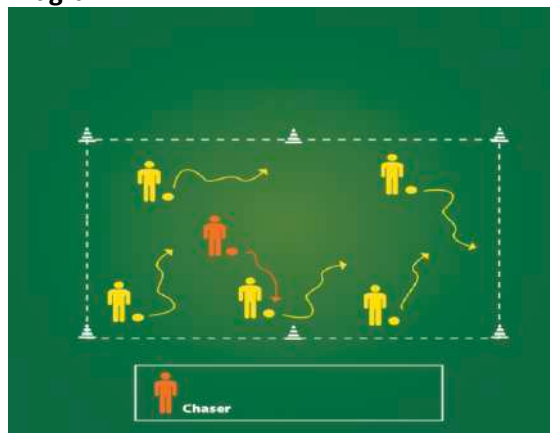
Session 12

Start Game – 15 Minutes

Organisation/ Explanation

- Playing area: 10m x 14m.
- Players dribble their balls around the playing area.
- A 'chaser' is nominated, and they try to tag other players whilst keeping their own ball under control.
- Rotate through so all players have a go at being the 'chaser'.
- Add a competition, how many players can the 'chaser' tag in 30s - 1 minute?

Diagram

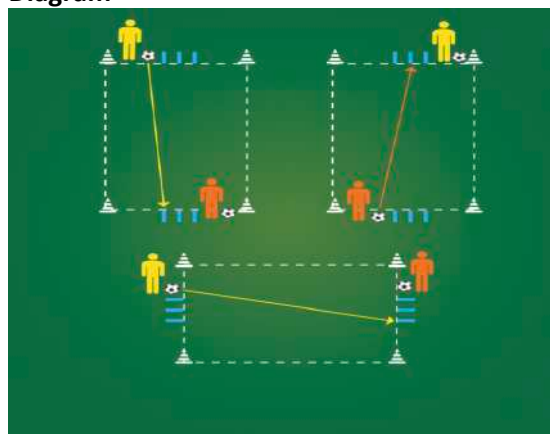


Middle Game – 20 Minutes

Organisation/ Explanation

- Playing Areas: 10m x 7m.
- To score, players must hit the target to get points.
- Targets can include, cones, poles, water bottles, balls.
- Players receive 1 point for every target that is hit.
- Encourage players to strike though the ball with both laces and also with inside of the foot.
- Get players to strike the ball right foot only.
- Get players to strike the ball left foot only.

Diagram



End Game – 20 Minutes

Organisation/ Explanation

- Playing Area: Length 20m, Width 15m
- Goal: Triangular goal, 2m-3m per side and set up in playing area as illustrated.
- To score, players must shoot or pass through any of the 3 sides of the triangle.
- Initially players can score in any of the two triangles.
- Progress this so each team has a designated goal.
- Defending team can defend the goal from outside of the playing area.
- Encourage players to shoot and pass as often as they can from different angles to try and score.
- Encourage players to find space to receive the ball.

Diagram

