

Session : U11 & U12 Girls Trials

Description : U11 & U12 Girls Trials

Notes :

1 - Dribbling Warm Up

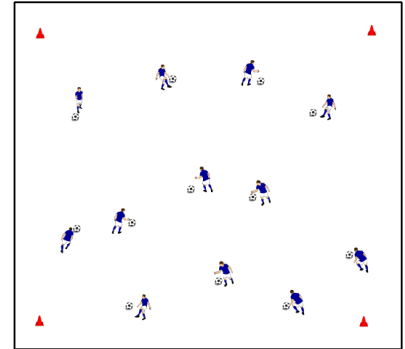
Duration: 30 minutes

Session Notes

incorporated juggling

Coaching Points

- * Keep the ball close and under control
- * Look to get to open spaces on the field
- * All turns, feints, skills performed accurately and quickly



2 - Passing in Pairs

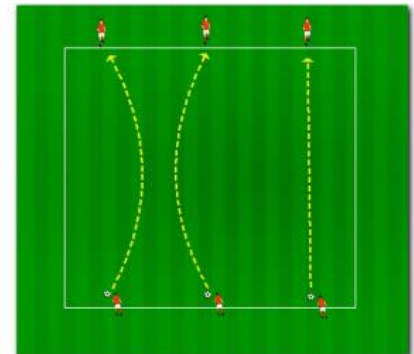
Duration: 30 minutes

Explanation

* one-touch to control the ball out in front of the passing foot * focus on a quality strike when driving or chipping the ball back to your partner * distance will vary between ages and skill level

Coaching Points

- * concentrate on the placement of the plantfoot
- * keep the head down with the eyes on the ball
- * concentrate on which part of the ball you will strike and which part of the foot you will use to make the pass
- * concentrate on the feeling of the ball when it strikes the foot



3 - 3v3 Small Sided Game

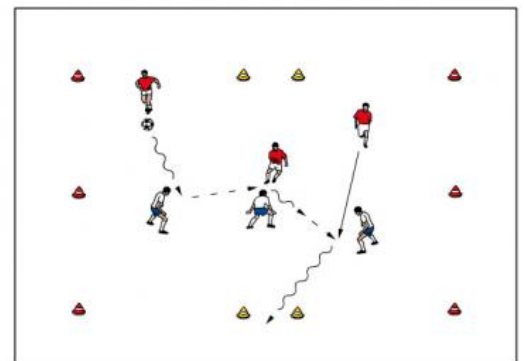
Duration: 30 minutes

Explanation

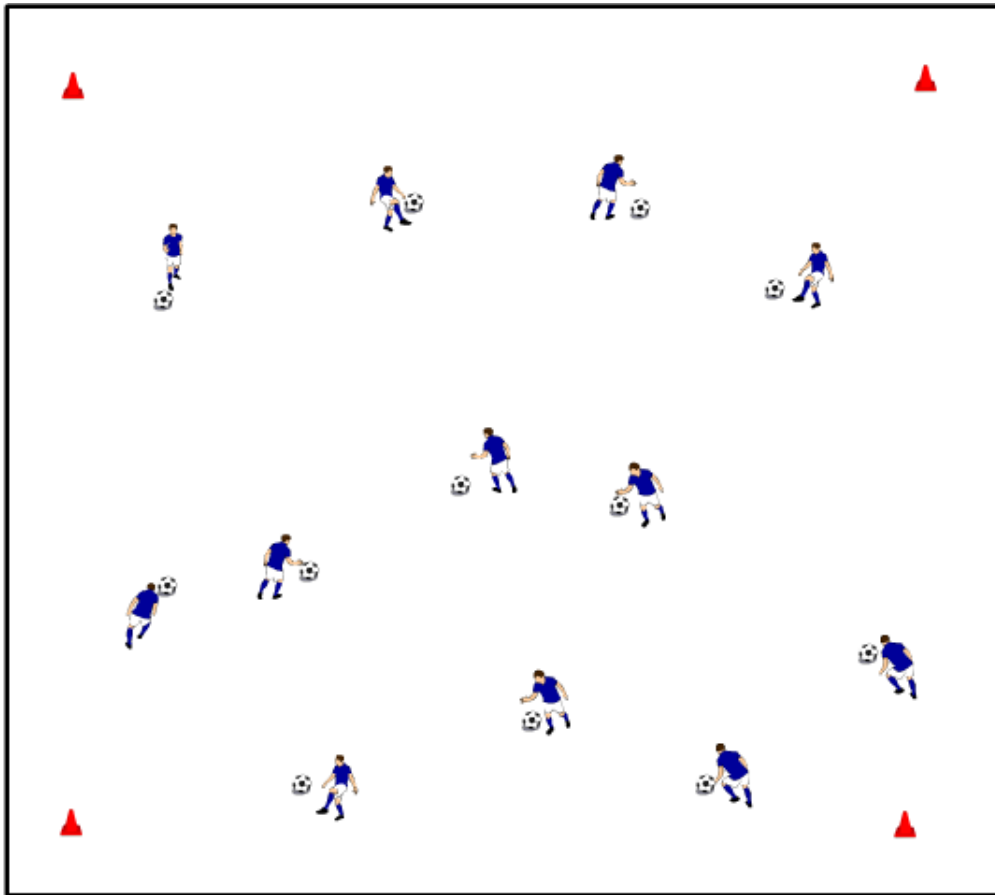
* Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
* Players play 3v3 with no goalkeeper
* Normal SSG rules

Coaching Points

- * Reinforce dribbling skills
- * Coach players to protect the ball



Activity : Dribbling Warm Up



Explanation

- * 15x15- 30x30 area (field size varies with group size/age)
- * Players spread out in area with a ball each
- * Players dribble around the area in different directions

Coaching Points

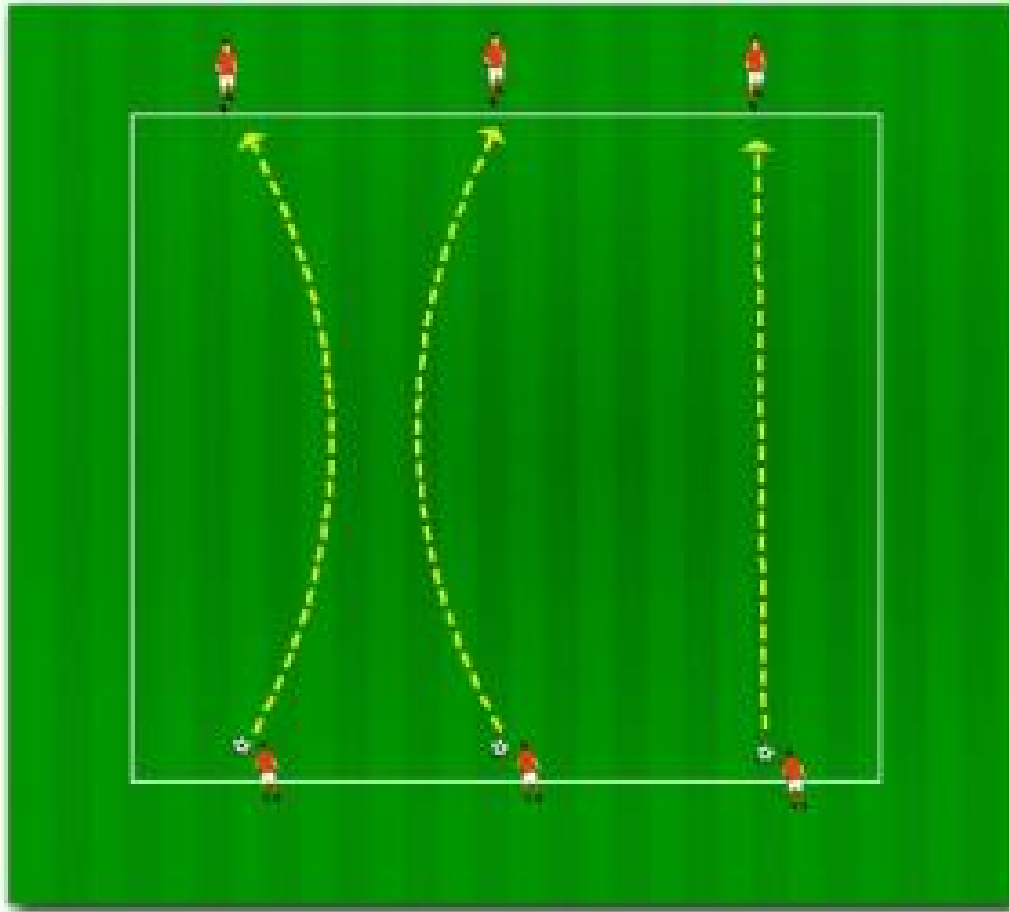
- * Keep the ball close and under control
- * Look to get to open spaces on the field
- * All turns, feints, skills performed accurately and quickly

Progression

Add different skills to the session such as:

- * 'Freeze' - player stops the ball
- * 'Turn' - player pulls ball back and turns
- * 'Scissors'
- * 'Tic-Tocs' - player stops and taps ball between insteps of both feet as quickly as possible
- * 'Toe Taps' - player stops the ball and touches the top of the ball with toes in an alternating jumping motion
- * 'Circle' - player dribbles in a tight circle with outside of foot
- * Add a variety of feints/skills
- * Stop the ball with different body parts (elbow, knee, etc.)

Activity : Passing in Pairs



Objectives

* Increased repetition ball striking between partners * concentrate on ball striking technique, accuracy and control * variation in service: driven pass, chipped pass

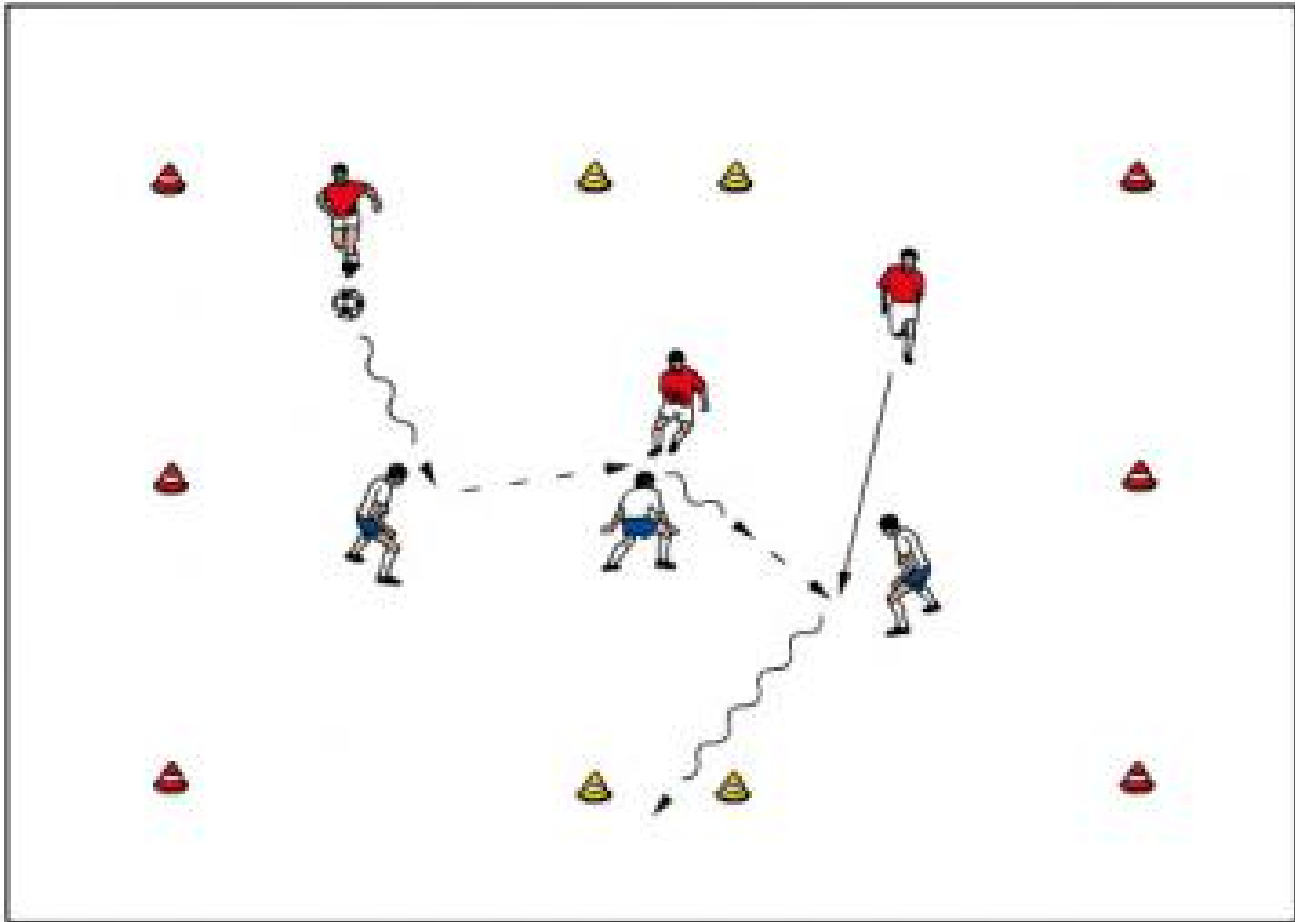
Explanation

* one-touch to control the ball out in front of the passing foot * focus on a quality strike when driving or chipping the ball back to your partner * distance will vary between ages and skill level

Coaching Points

* concentrate on the placement of the plantfoot * keep the head down with the eyes on the ball * concentrate on which part of the ball you will strike and which part of the foot you will use to make the pass * concentrate on the feeling of the ball when it strikes the foot

Activity : 3v3 Small Sided Game



Explanation

- * Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
- * Players play 3v3 with no goalkeeper
- * Normal SSG rules

Coaching Points

- * Reinforce dribbling skills
- * Coach players to protect the ball

Session : U11 & U12 Girls Session Two

Description : U11 & U12 Girls Session Two

Notes :

1 - One versus One Defending

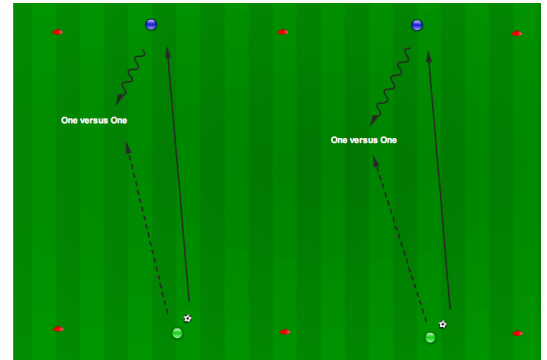
Duration:

Explanation

- the players passes the ball across the area to the attacker and closes down the space
- the defender must 'jockey' as the attacker passively brings the ball forwards and side-side in an attempt to work their way across the square
- each time, the players switch roles

Coaching Points

- passing accuracy
- defender closes down space, jockey position and angle of approach to the player



2 - Kings Court

Duration:

Explanation

Coaching Points

- * Attack on an angle
- * Sell the move
- * Try different moves
- * Keep eye on defender (see if he buys it)
- * Accelerate after feint
- * Get body in front of defender when level or just in front.



3 - Shooting Technique (Shooting Down the Channels)

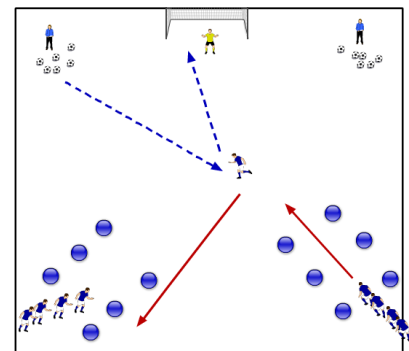
Duration:

Explanation

- * Have a coach stand on either side of the goal with a few balls each
- * 2 channels are set up approximately 15 yards from the goal
- * Channels are angled, so they run into the path of the coach
- * Players run down the channel and shoot a ball that is passed from the coach
- * Players switch lines after each shot
- * Use right foot in left channel and left foot in right channel

Coaching Points

- * Run straight onto the ball (the channel will give the right angle of approach)
- * Use 'laces. 'Toe down; heel up'
- * Try to hit the goal



4 - Shooting Activity with Defensive Pressure from Behind

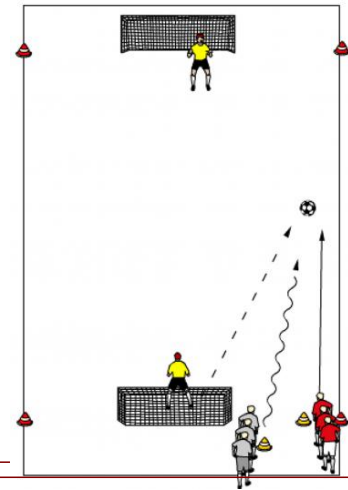
Duration:

Explanation

- * goalkeeper releases the ball into the space in front of the attacker
- * at this moment, both the attacker and defender chase down the ball
- * note: staggered starting positions- defender is 5 meters behind the attacker
- * players compete until the ball is out of play
- * if and when the defender regains the ball, or the goalkeeper saves the ball, the play continues as it is possible to attack two goals

Coaching Points

- * first touch by the attacker must be away from pressure
- * second concept for the attacker is to have an impression of where the goalkeeper is located before striking to goal, which means a quick glance to the goal and then focus solely on ball striking technique
- * defender must come fast and hard with the intent to stop or block the shot
- * in the event of a change in possession, the defender becomes the attacker and the focus will now be on the goalkeepers ability to connect with this player in transition from



5 - 3v3 Small Sided Game

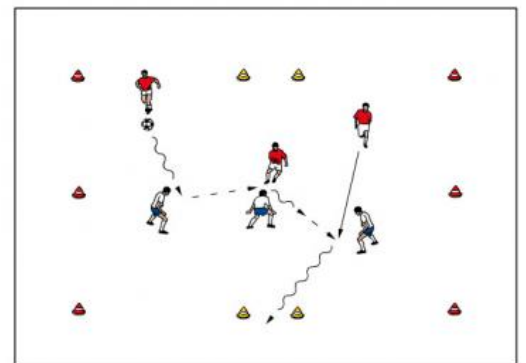
Duration:

Explanation

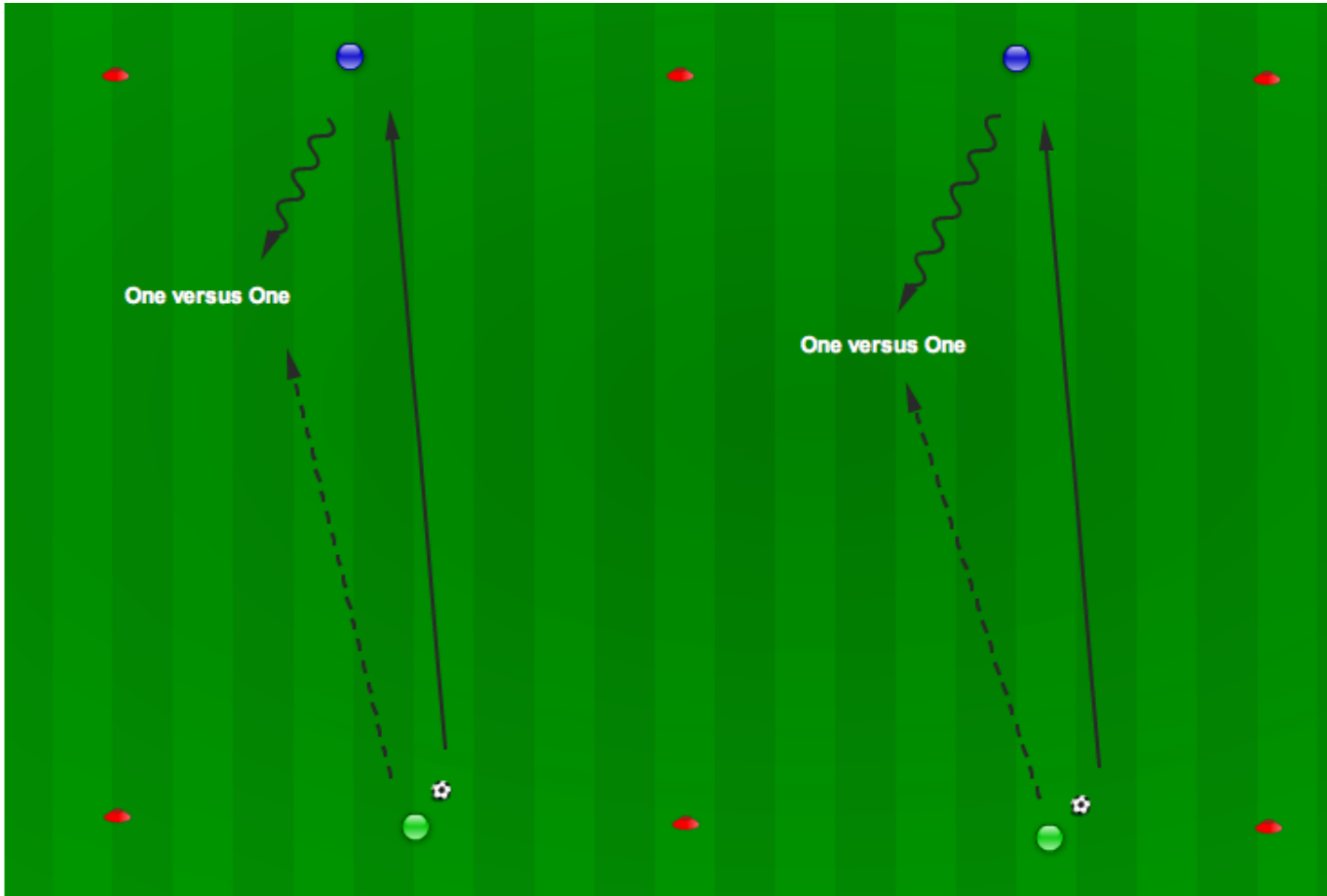
- * Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
- * Players play 3v3 with no goalkeeper
- * Normal SSG rules

Coaching Points

- * Reinforce dribbling skills
- * Coach players to protect the ball



Activity : One versus One Defending



Objectives

- work on passing closing space between the attacker and the defender
- work on the defender establishing the correct stance (ie jockey) when approaching the players

Explanation

- the players passes the ball across the area to the attacker and closes down the space
- the defender must 'jockey' as the attacker passively brings the ball forwards and side-side in an attempt to work their way across the square
- each time, the players switch roles

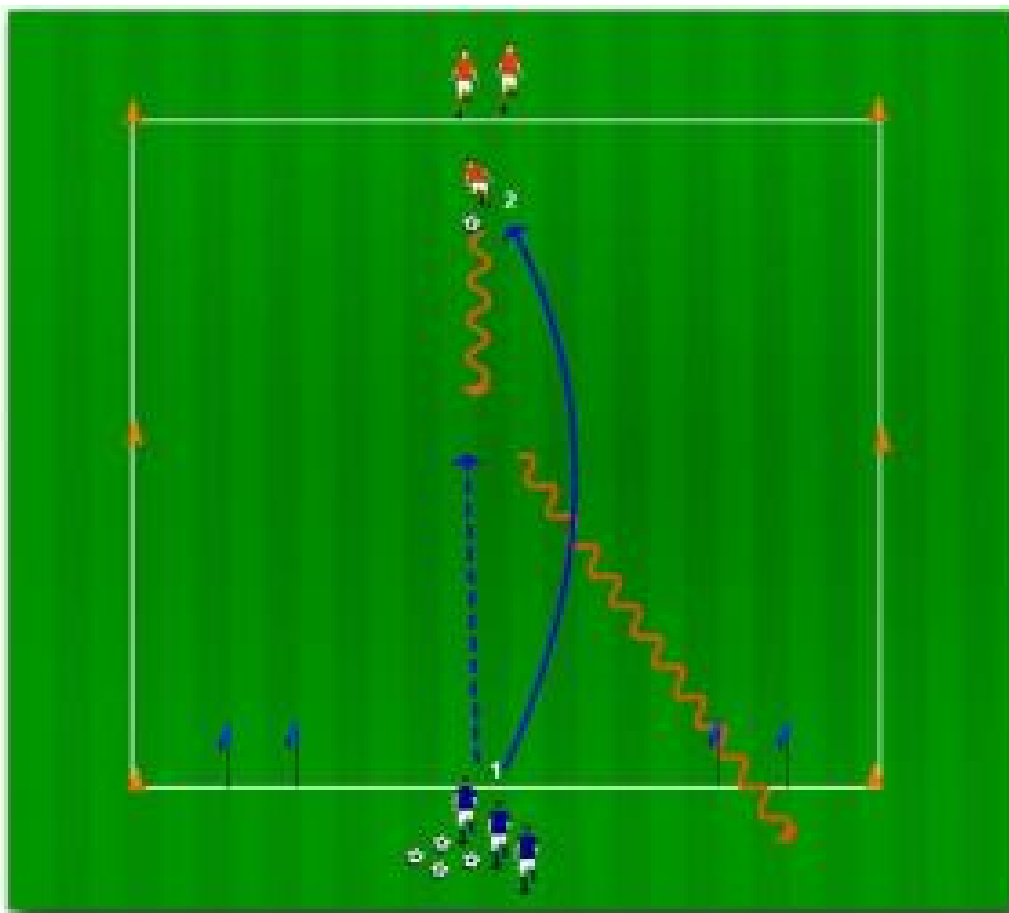
Coaching Points

- passing accuracy
- defender closes down space, jockey position and angle of approach to the player

Progression

- encourage the attacker and defender to compete against one another by keeping score
- with this in mind, when the defender wins the ball they must transition into an attacker and play to score by stopping the ball between the cones on the endline

Activity : Kings Court



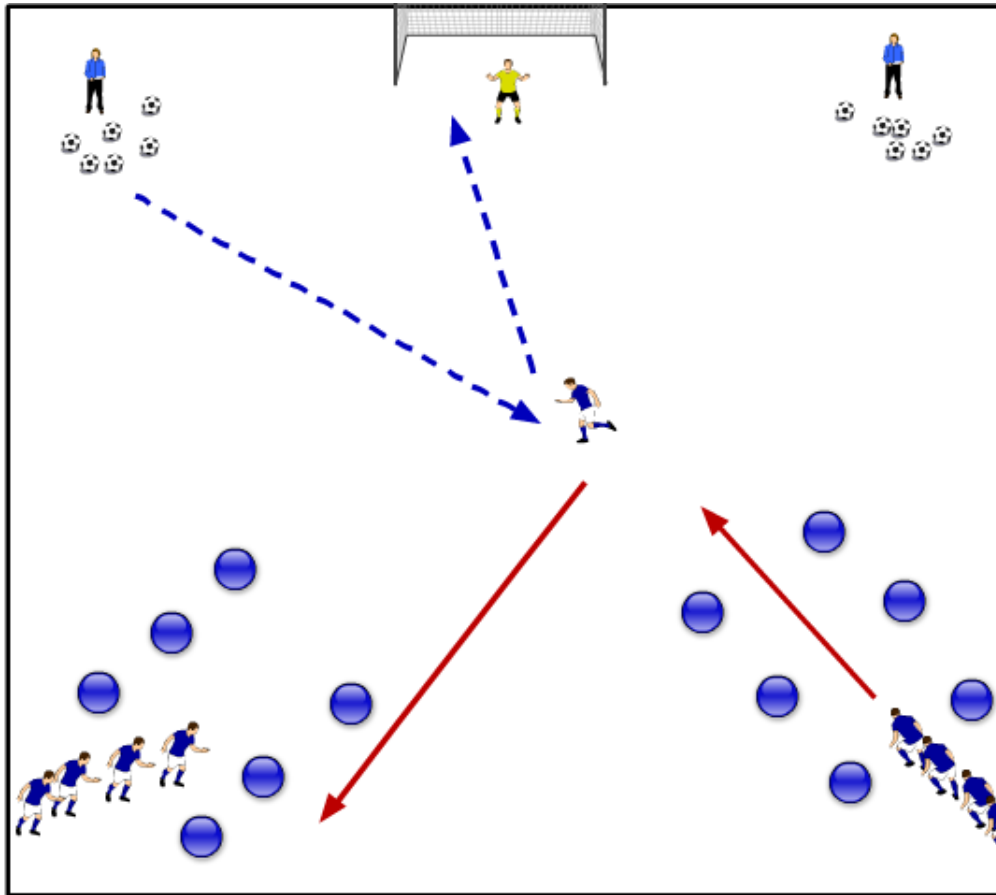
Objectives

1 v 1 competition: attacking on two gates

Coaching Points

* Attack on an angle * Sell the move * Try different moves * Keep eye on defender (see if he buys it) * Accelerate after feint * Get body in front of defender when level or just in front.

Activity : Shooting Technique (Shooting Down the Channels)



Explanation

- * Have a coach stand on either side of the goal with a few balls each
- * Channels are angled, so they run into the path of the coach
- * Players switch lines after each shot
- * Use right foot in left channel and left foot in right channel
- * 2 channels are set up approximately 15 yards from the goal
- * Players run down the channel and shoot a ball that is passed from the coach
- * Use left foot in left channel and right foot in right channel

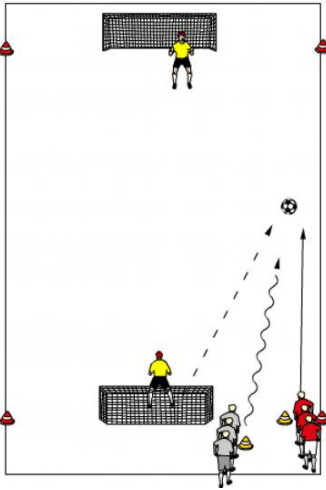
Coaching Points

- * Run straight onto the ball (the channel will give the right angle of approach)
- * Use 'laces. 'Toe down; heel up'
- * Try to hit the goal

Progression

- * Create a contest to see what team can score the most goals, or hit the target the most times in a set time

Activity : Shooting Activity with Defensive Pressure from Behind



Objectives

- * fast treatment of the ball
 - * quality of first touch from attacker
 - * defensive pressure applied from behind
 - * actions to score from the attacker

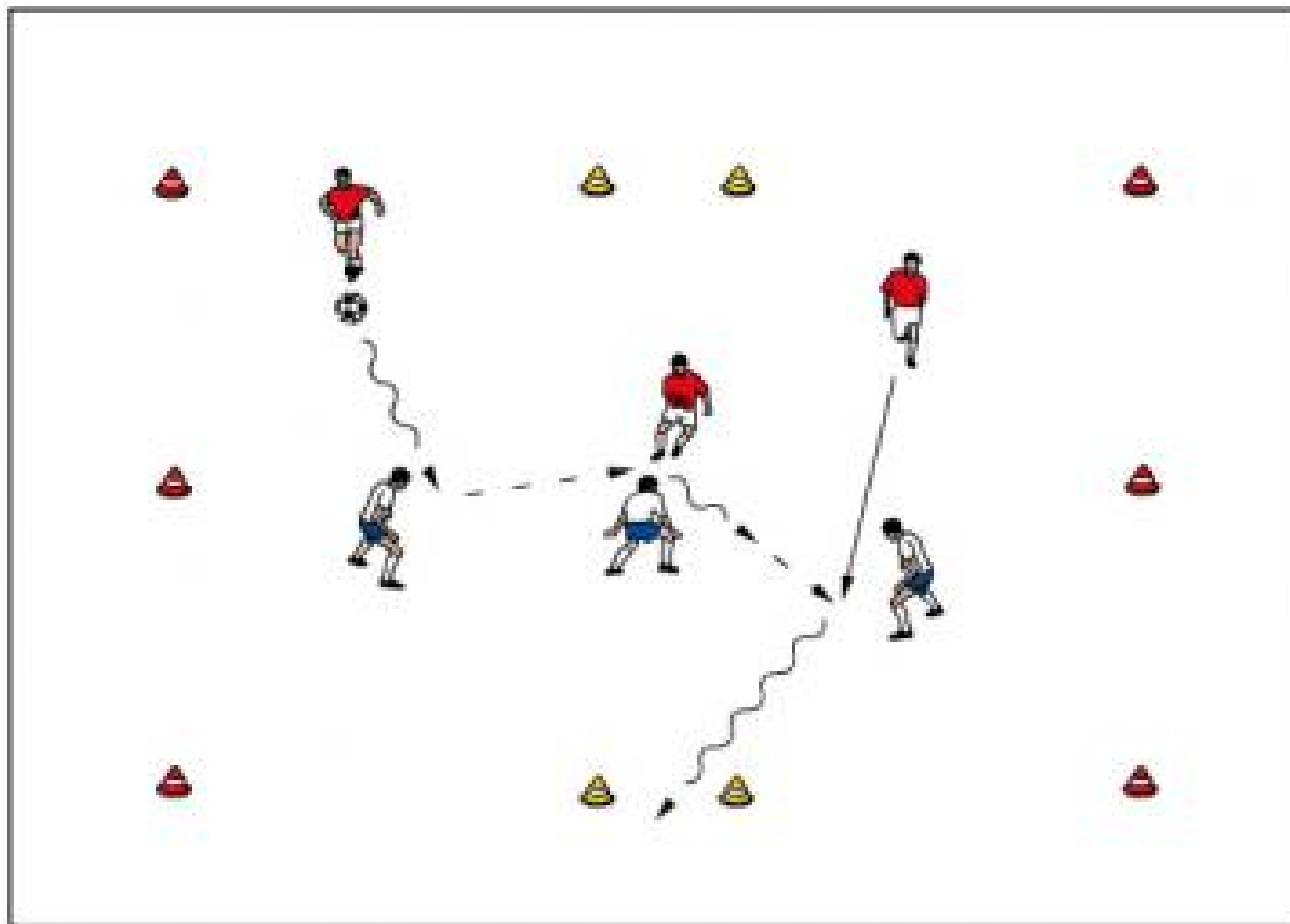
Explanation

- * goalkeeper releases the ball into the space in front of the attacker
 - * at this moment, both the attacker and defender chase down the ball
 - * note: staggered starting positions- defender is 5 meters behind the attacker
 - * players compete until the ball is out of play
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Coaching Points

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 - * defender must come fast and hard with the intent to stop or block the shot
 - * in the event of a change in possession, the defender becomes the attacker and the focus will now be on the goalkeepers ability to connect with this player in transition from defence to offence

Activity : 3v3 Small Sided Game



Explanation

- * Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
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Coaching Points

- * Reinforce dribbling skills
- * Coach players to protect the ball