



6V6 with Retreat Line - (A) (10 mins)

6v6 with the Retreat Line.

Organization:

Players placed on to a field 35 x 45 into 2 teams of 6.

Procedure:

If the ball goes out of the field players can make the decision to either pass or dribble in, Once the ball has been saved or gone out for a goal kick defensive team must retreat to the retreat line at half way.

Allow the players to play.

Emphasis:

Head up to see opponent and ball

Decision making

Can I shoot if I have the opportunity, If not what choices do I have?



Freeze Tag (10 mins)

Physical Literacy/ Dribbling

Organization:

Players are placed inside a 20x20 yds area without a ball to start with.

Procedure:

The basic concept of 'tag.' Start with two players being 'it' go over what gentle tagging looks like (light tap on the shoulder). Two players attempt to tag as many other players as possible. If a player is tagged they must freeze and stand with their legs apart and wait for another player to come crawl under their legs.

IMPORTANT: Go over that every child must crawl through a players legs from behind. Give them a demo so that they understand.

Progression: Give all players who are not "it" a soccer ball.

Emphasis: Heads up, running, and FUN!



2 Way SSG (B) (10 mins)

Organisation:

-10-12 players

-see diagram for set-up and equipment

-area of approx. 25x20m (adapt for age/abilit/numbers)

-Divide group into 4 teams (2-3 per team depending on numbers).
Play 2 games going across from each other. Change the opposition every few minutes. If ball goes out of play, ball can be passed or dribbled in.

Coaching Points:

Can you shoot?

If you can not shoot, what other options do you have?



1v1 to goal (10 mins)

Organization:

See diagram and set up as above. The above set up should be created twice to ensure that 6 players are in each set up.

Procedure:

Player A runs with the ball across the field to finish into the small net from inside the zone and immediately becomes the defender and plays against player B in a 1v1 to the large goal. As soon as A shoots this is the trigger for B to attack. If A tackles B, A can score by running with the ball into the zone where A started.

Once completed, Player A joins the B line, Player B becomes the goalkeeper and Player C joins the A line.

Coaching points.

Ball out of the feet to attack space at speed

Keep ball closer as defender approaches to enable you to beat defender with the dribble

Accurate finish

Quick transition between roles.

