

Striking the Ball - Session 1

Team/group

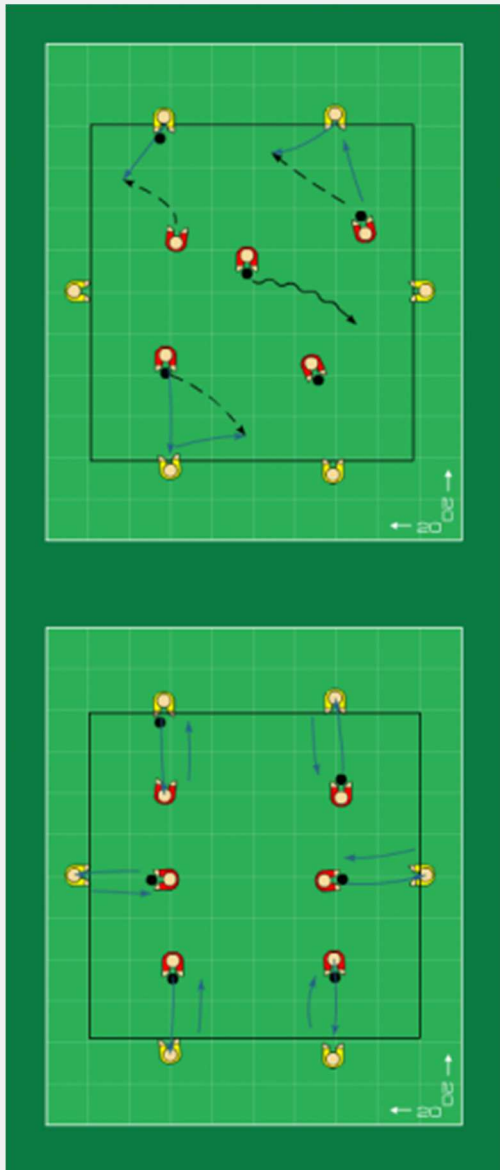
Skill Acquisition Phase, 9-12yo

Total duration

Players: 80 min

WARM UP

Duration: players - 25 min, goalkeepers - 0 min



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Individual technique

Passing

Skill Acquisition, Session 1 Skill Introduction (Striking The Ball)

(For field players only)

Duration: 25 min

Organisation:

- In a grid of approximately 20m x 20m (dependent on group size) half of the players position themselves outside the grid without a ball and the other half with a ball inside.

Diagram 1

- The players inside the grid dribble freely until they can pass to a 'free' player on the outside who then passes the ball back to the same player

- Change roles every two minutes, players must use left / right foot on coaches call i.e. 2 min left foot only; then 2 min right foot only.

Diagram 2

- Next the players form pairs with one ball and position themselves at the edge of the grid, 3m on either side of the line

- The players move towards each other while playing one touch passes until they have reduced the distance to 1m-2m.

- Then they move backwards again continuing to pass until they have reached their starting position

- Right foot only
- Left foot only
- Right-left alternately

This exercise challenges the players to work on the 'weight' and accuracy of their pass using both feet over varying distances

Instruction points:

Possible Coach Remarks

- "Only pass the ball when the passing line is 'open' and make sure someone else is not passing to that player at the same time"

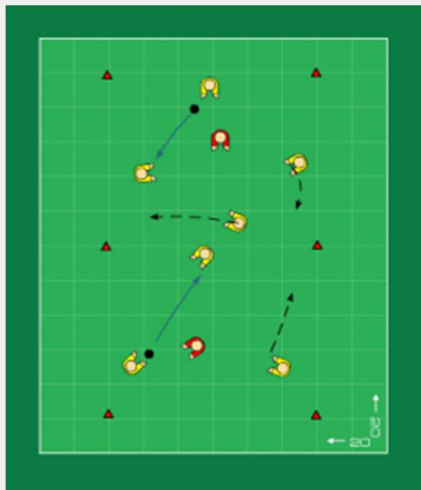
- "Pass the ball precise and with the right speed"

- "Look where you run when asking for the ball back and make an angle for the return pass"

Striking the Ball - Session 1

MAIN PART

Duration: players - 25 min, goalkeepers - 0 min



Individual technique

Passing

Skill Acquisition, Session 1 Skill Training (Striking The Ball),

(For field players only)

Duration: 25 min

Organisation:

- Depending on the ability of your players, choose any of the 3 'basic' positioning games i.e. 4 v 1; 3 v 1 and 4 v 2.

- All have similar objectives but with varying degrees of resistance and complexity. See diagrams

- 4 v 1 (grid size 10m x 10m – 15m x 15m)

- 3 v 1 (depending on the level of the players)

Instruction points:

Possible coaches remarks:

"The player on the ball must always have a player to their left and right that they can play to"

"But do not stand in the corners, your angle is much smaller if you do that"" With 3 v 1 this means that

"you have to move each time the ball moves"

"Position yourself in a way that you can see the whole grid" ("with your back to the line")

"play the ball to the proper foot of your team-mate (i.e. away from the defender) and with the proper speed and precision

" Please note that 3 v 1 asks for a lot of running and is therefore quite exhausting for players this age. Use regular drink breaks to allow for recovery

FINAL PART

Duration: players - 30 min, goalkeepers - 0 min



Individual technique

Passing

Skill Acquisition, Session 1 Skill Game (Striking The Ball),

(For field players only)

Duration: 30 min

Organisation:

- 4 v 4 with 4 neutral players (walls) on a pitch of approximately 20m x 30m

- 4 small goals placed as shown (2m wide)

- The team in possession of the ball can use the wall players (8 v 4)

- Rotate teams after 3 min or after each score: scorers stay on

- Depending on level of the players: 2-3 touches max in order to get an emphasis on passing

Possible progressions:

- Wall players must play the ball direct

- Goals count as double if scored by a so-called 3rd man combination (see diagram)

Skill