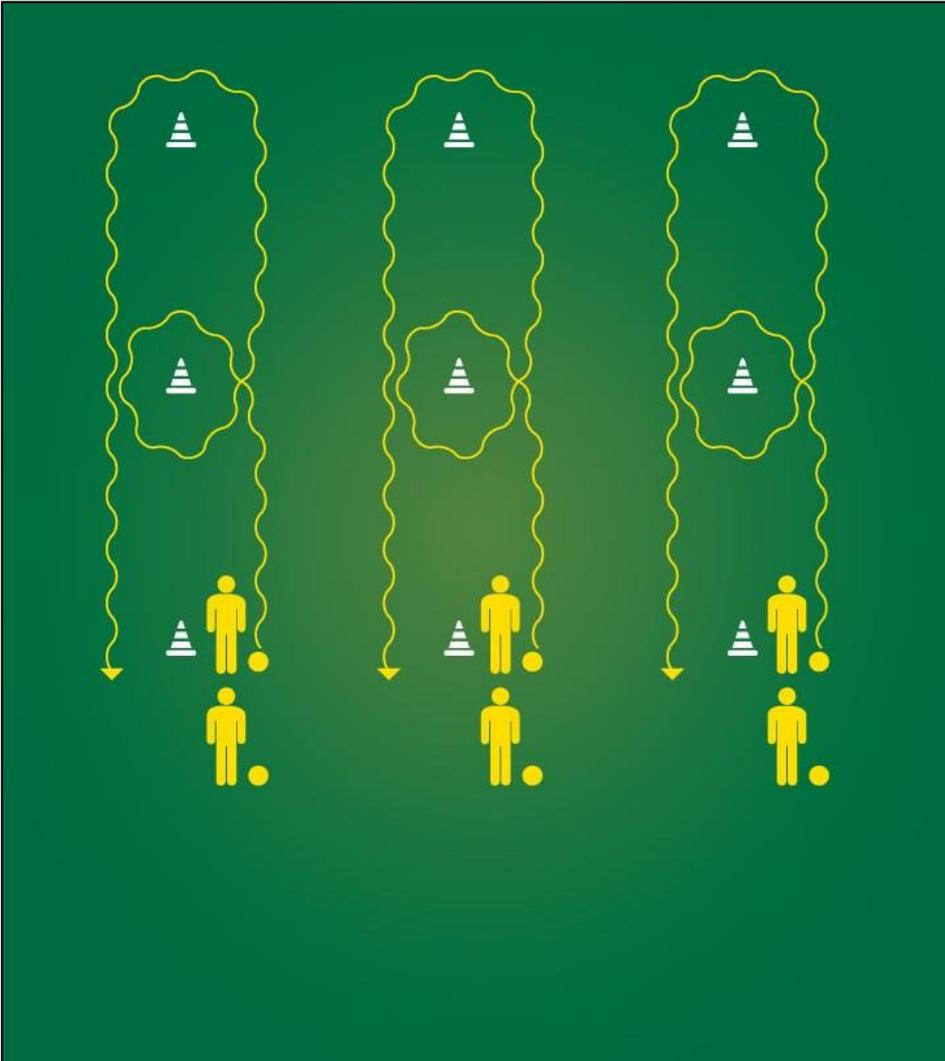


Discovery Phase – Striking the Ball – Session 2

Beginning (10 – 15 minutes): Relays



Each player starts with a ball and dribbles around the first marker in a full circle (as shown in diagram) then dribbles around the second marker and then returns to the start.

Upon returning to the starting point, the next player starts the same pattern with their own ball

Guidelines for relays:

- All relays in this section can be performed with and without the ball (the preference is to always use the ball, but it is fine to take the ball out of relays early in a session).
- Give the group a quick break for a drink when necessary.
- Avoid long queues to keep players as active as possible i.e. make a lane of cones for every 2 – 3 players that you are training.

The more skill your players acquire the more the ball should be used and the greater the challenges can be e.g. having relay races between the teams for x times around each. Use a single ball per lane and have players pass the ball to their waiting team mate when they get back to the closest cone.

Discovery Phase – Striking the Ball – Session 2

Middle (10 – 15 minutes): Empty it! Fill it!



Mark out a 14m × 14m square.

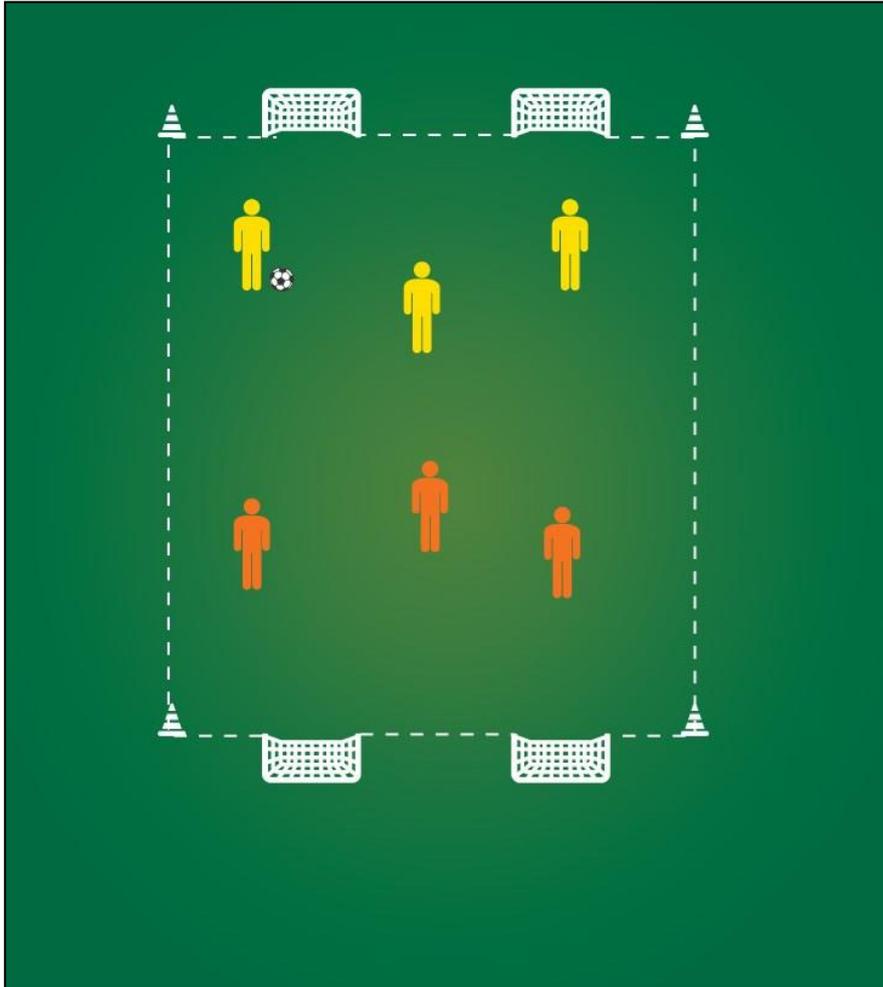
Players in two teams (use bibs) dribble balls inside the square. Keep the players moving all through the square to reinforce the learning of moving through space (dribbling the ball) without running into other players and balls i.e. players must be looking up (ideally constantly but at least regularly) when dribbling.

Outside the square, each team has two lines marked: one for their balls and one for themselves. On the call 'empty it!' the teams compete to be the first to empty the square (balls where balls go and players to where players go). On the call 'fill it!' the teams compete to be the first to get all their balls and themselves back in the square.

As a step up, the coach may also choose to walk throughout the square as a "shark" that players need to keep away from.

Discovery Phase – Striking the Ball – Session 2

End (20 minutes): 4-Goal Football



Length: 20m

Width: 15m

Goal: 2 goals (2m wide) on each end-line

Notes on this exercise:

In this game coaches should encourage shooting and scoring. There are no goalkeepers. Goals can be scored through either of your opponents goals. If there is an odd number of players, consider the use a “joker” (neutral bib) who always helps the team in possession.

Short games - 3 to 5 mins in length (with regular drink breaks). “Just let them play” i.e. coach only when necessary and “on the go” where possible rather than pulling up play (use breaks between games to provide feedback). Praise effort (not talent).

For u8s and u9s only: have players or the coach set differing positions for players between games (left / right, forward / back etc).