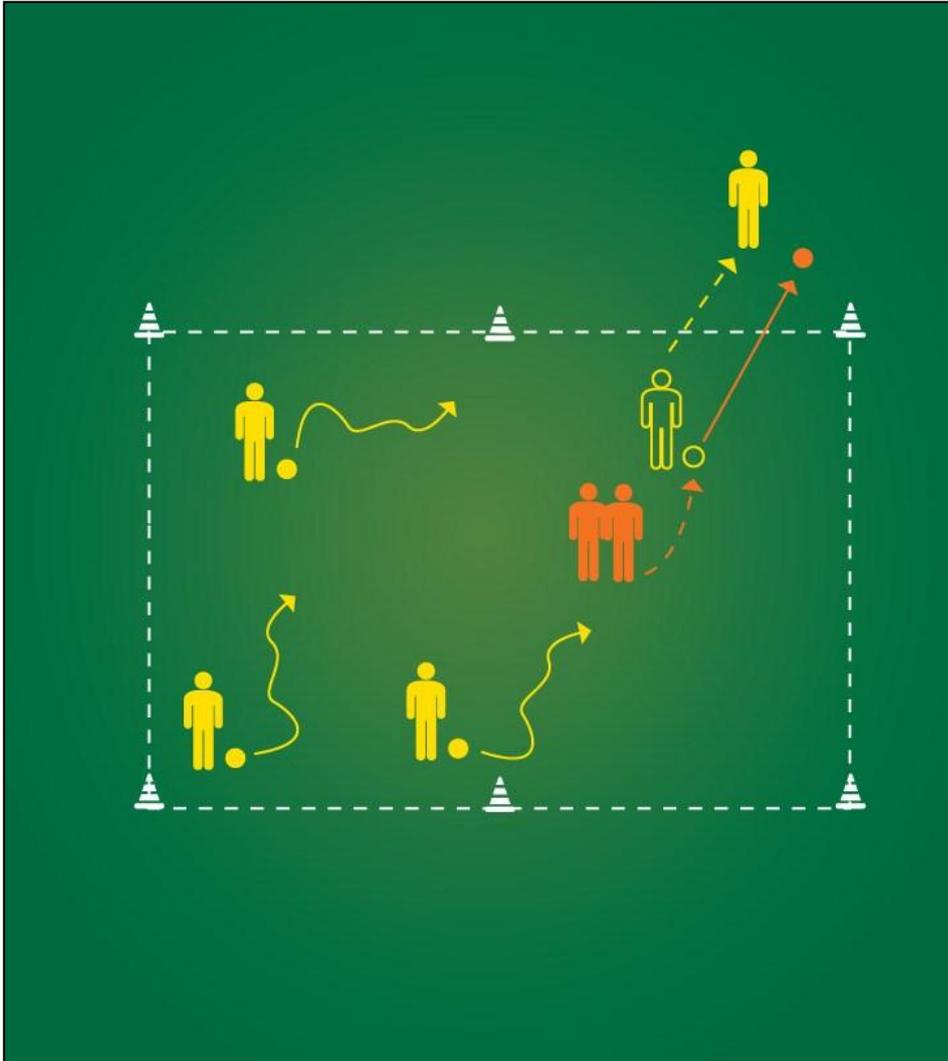


Discovery Phase – Striking the Ball – Session 3

Beginning (10 – 15 minutes): Double Trouble



Two players without a ball link hands and move around the area trying to kick other players' balls out.

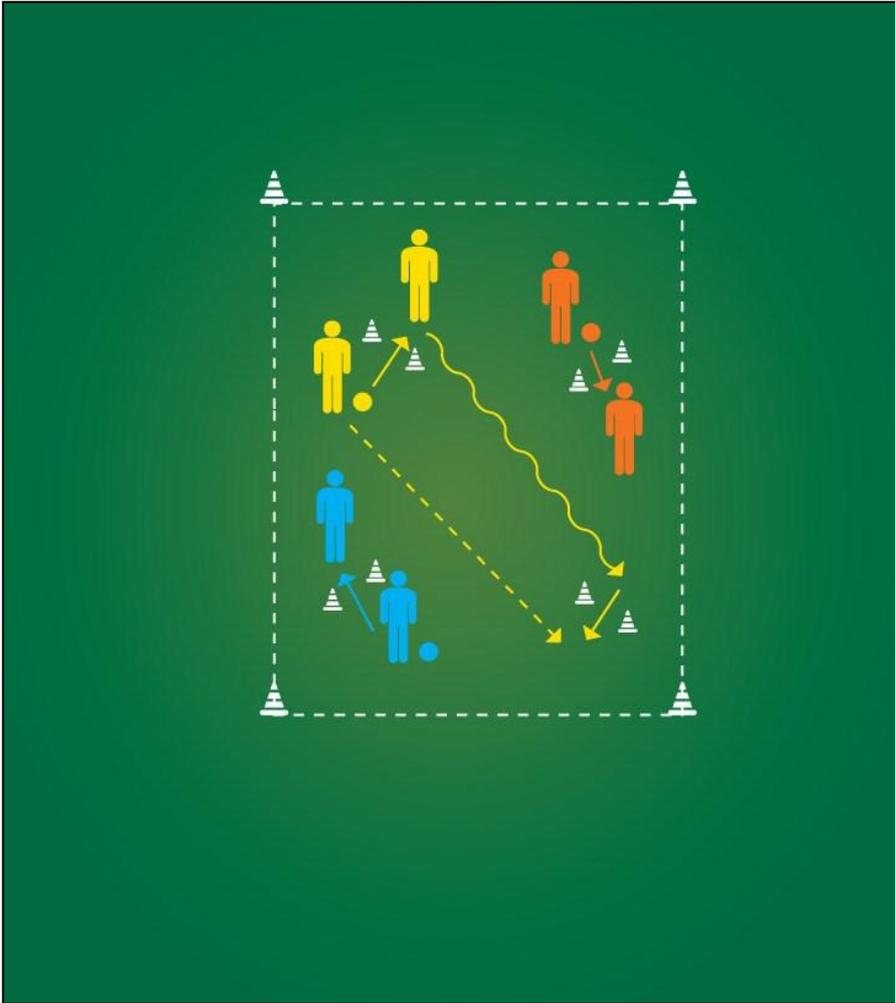
The other players dribble their balls around the area, trying to avoid having their ball kicked out.

Progression

- Change the chasing pair when everyone is out (when a player's ball is kicked out, they fetch it then remain outside until that game is over).
- Change the chasing pair after a set time period by setting the challenge: 'How many balls can you kick out in 30 seconds?' (When a player's ball is kicked out, they fetch it and come back into the area as soon as possible, continuing to dribble and to avoid losing their ball).
- My variation for u6 & u7 is that when a player's ball is kicked out they link arms to form an ever increasing line of chasers – kids find it lots of fun but the chasing line must remain linked and straight.

Discovery Phase – Striking the Ball – Session 3

Middle (10 – 15 minutes): Pairs through the gates



Mark out an area about 7m × 10m and set up four small gates (two cones about two metres apart).

This is a passing drill with movement and includes first touch and moving into space as hidden learning. Coaches to focus on the passing (release) of the ball as the skill of the day.

The players run around the area in pairs with a ball between them and pass it through the gates to each other until the pair has performed a successful pass through each gate to one or the other.

The winning pair is the first to pass through every gate and wait outside the area.

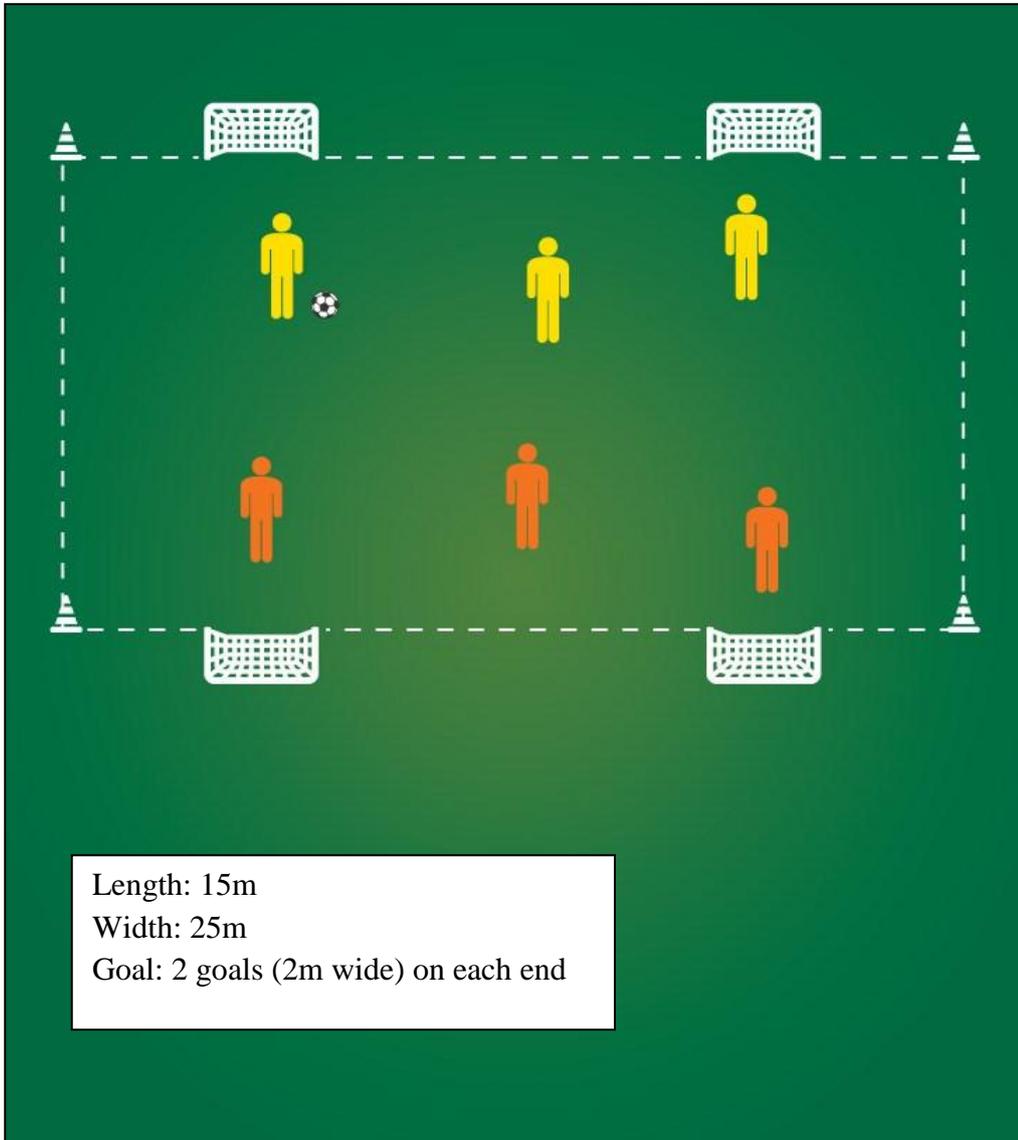
Notes on this exercise

Don't start the pairs where they can pass straight away between cones. Ball carrier needs to dribble the ball to a position to be able to pass through a gate. At the same time the team mate needs to move to receive the ball through the gate and then becomes the ball carrier to another / next gate.

Before moving to the next activity, have a competition to see which pair (one at a time) can pass through the most gates in xx seconds (e.g. 20 seconds).

Discovery Phase – Striking the Ball – Session 3

End (20 minutes): Short and wide



Notes on this exercise

This game develops awareness of space (i.e. a pass out wide can be very effective). Use bibs / training vests to help distinguish teams.

If odd number of players use a neutral vest and play a “joker” who assists the team in possession.

Usual rules (e.g. throw ins from the side). 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: set differing positions for players between games (left, centre and right). If numbers allow, also set a defending line of 1 -2 players.