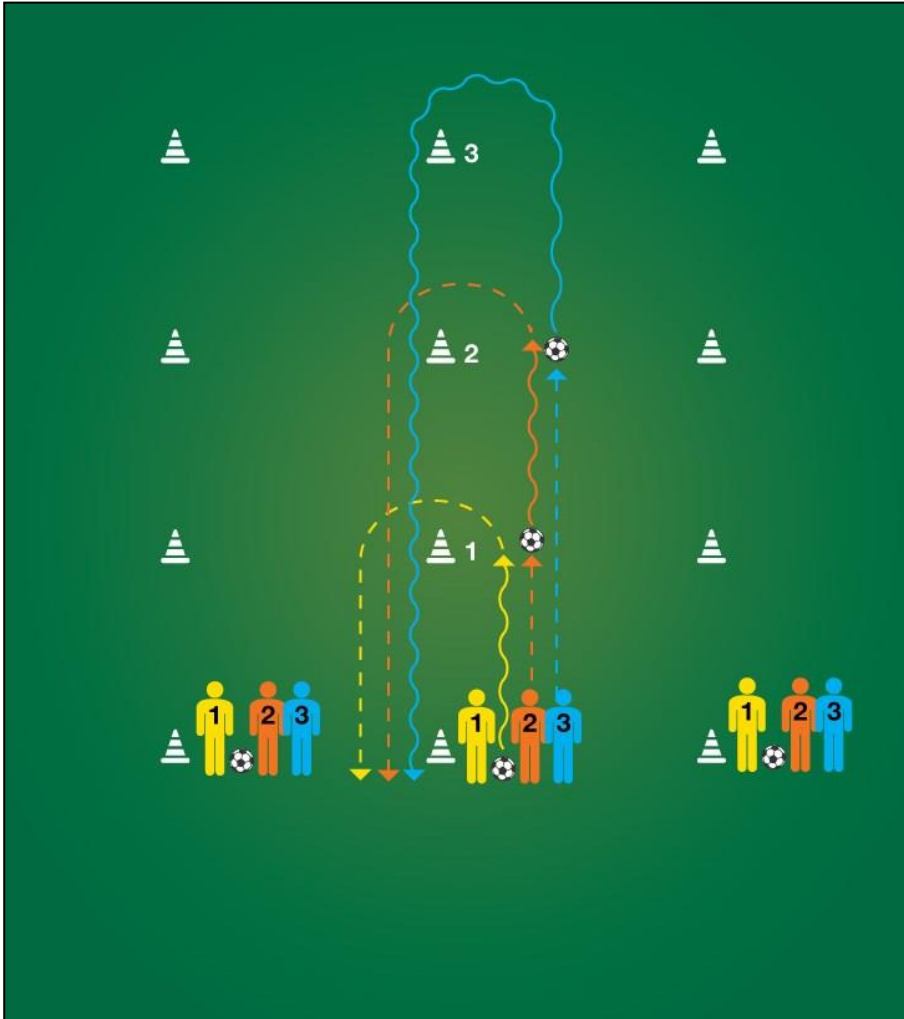


Discovery Phase – Striking the Ball – Session 4

Beginning (10 – 15 minutes): Relays (3)



Each group starts with 1 ball. Player 1 dribbles the ball to marker 1, and leaves it there. Then runs around the marker and tags player 2 at the starting point.

Player 2 runs to the ball, collects it from marker 1, dribbles it to marker 2 and leaves it there, then runs around the marker and tags player 3 at the starting point.

Player 3 runs to the ball, collects it from marker 2, dribbles with it around marker 3 and brings it back to the starting point

Change the order of players and repeat. Which team can be first to win x times ?

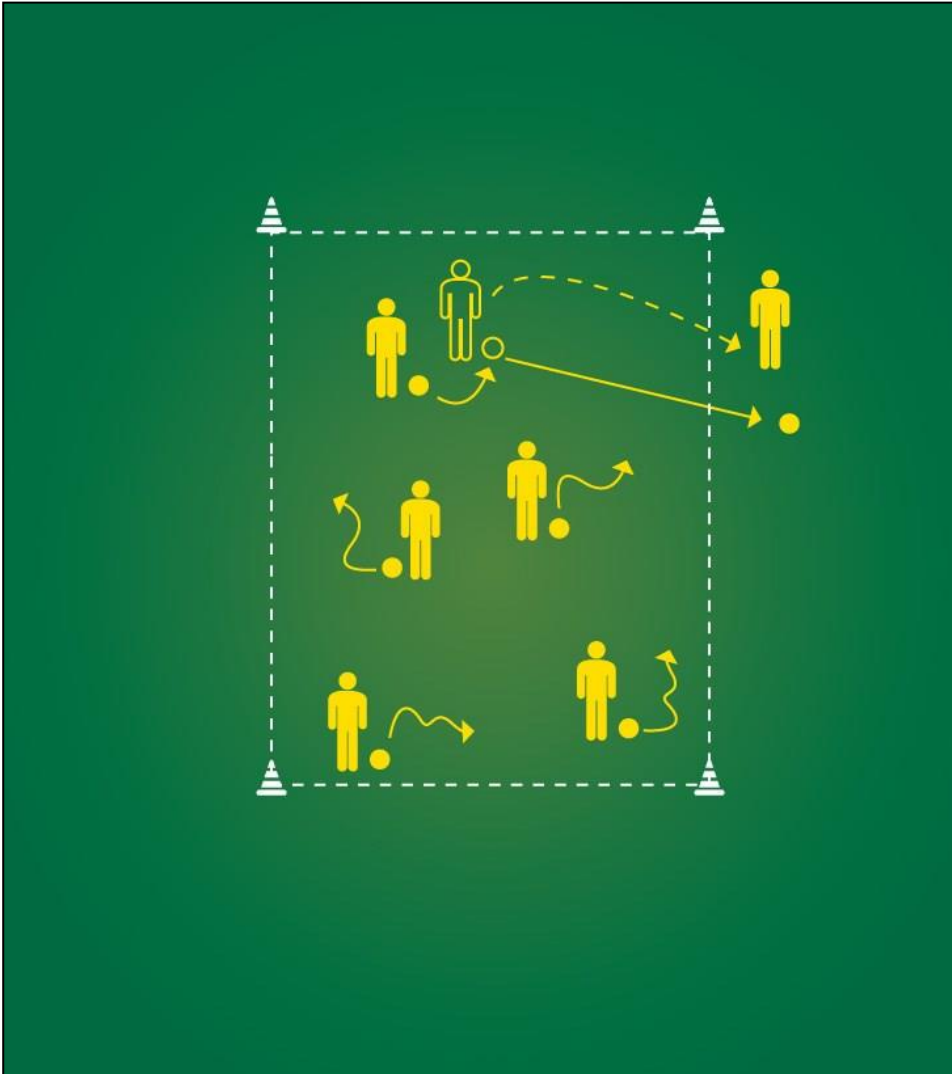
Change team compositions to have close heats. C.H.A.N.G.E.I.T. and use progressions :

Progression

- Players to use their right foot only
- Players to use their left foot only

Discovery Phase – Striking the Ball – Session 4

Middle (10 – 15 minutes): Beehive



Six players with a ball each dribble around an area about 7m × 10m.

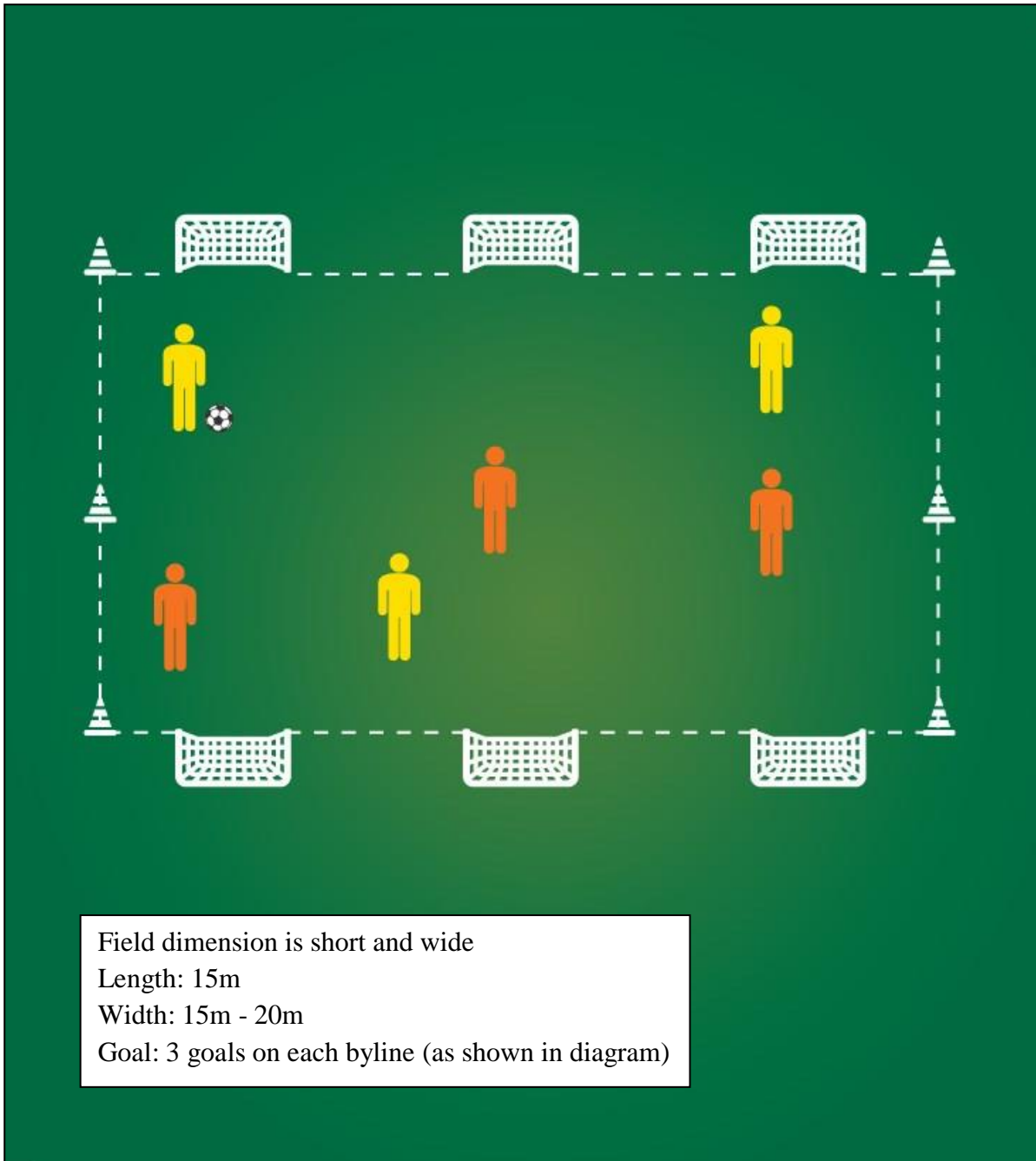
They attempt to kick the other players' balls out of the area while keeping their own ball under control. The players must be careful – while they are kicking someone's ball out, someone else might kick theirs out!

If their ball is kicked out, the player must leave the area immediately without kicking any other balls out. The player can fetch their own ball and wait until there is a winner and the game starts again

C.H.A.N.G.E.I.T – more players = bigger area. Consider using bibs to have 2 teams (if up to 8 players), or multiple colour bibs for 3 teams if 9 or more players and play team v team with winning team lives or just keep a rotation going [C.J.]. Winning team is the team with last player remaining (last person to have possession of their own ball).

Discovery Phase – Striking the Ball – Session 4

End (20 minutes): 3v3/4v4/5v5 Training Game



Notes on this exercise

This game encourages shooting as often as possible. Use bibs / training vests to help distinguish teams. Use cones if not enough pop-up goals (and score by passing through the cones). If only 3v3 or 3v4 then I would consider only having 2 x 2M goals on each byline [C.J.].

Usual rules (e.g. throw-ins from the side for u8s and u9s). 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).