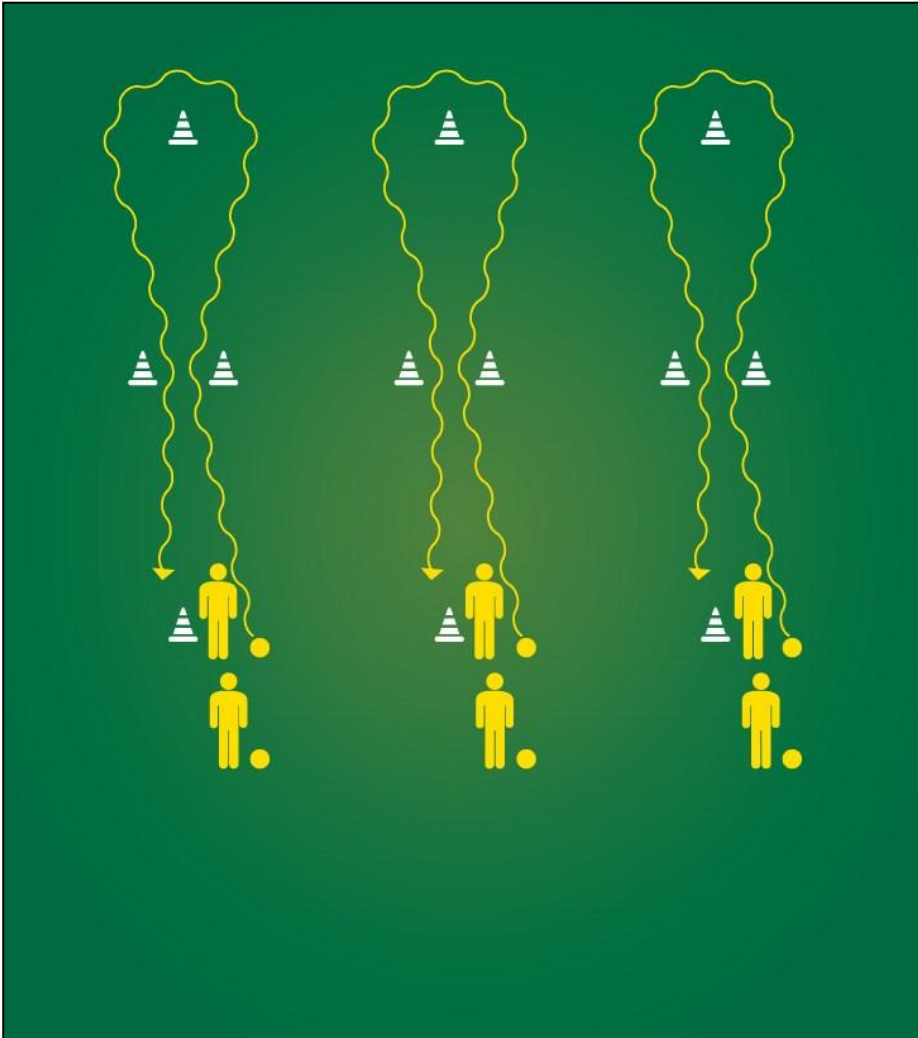


## Discovery Phase – Striking the Ball – Session 5

### Beginning (10 – 15 minutes): Relays (variation 4)



Each player starts with a ball. Player 1 dribbles their ball through the middle gate and then around the far cone and back through the middle gate again on the way back

Upon returning to the starting point, player 2 commences the same pattern

Twelve cones are required.

#### Variation

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

C.H.A.N.G.E.I.T. Vary the width of the gates to increase/decrease difficulty.

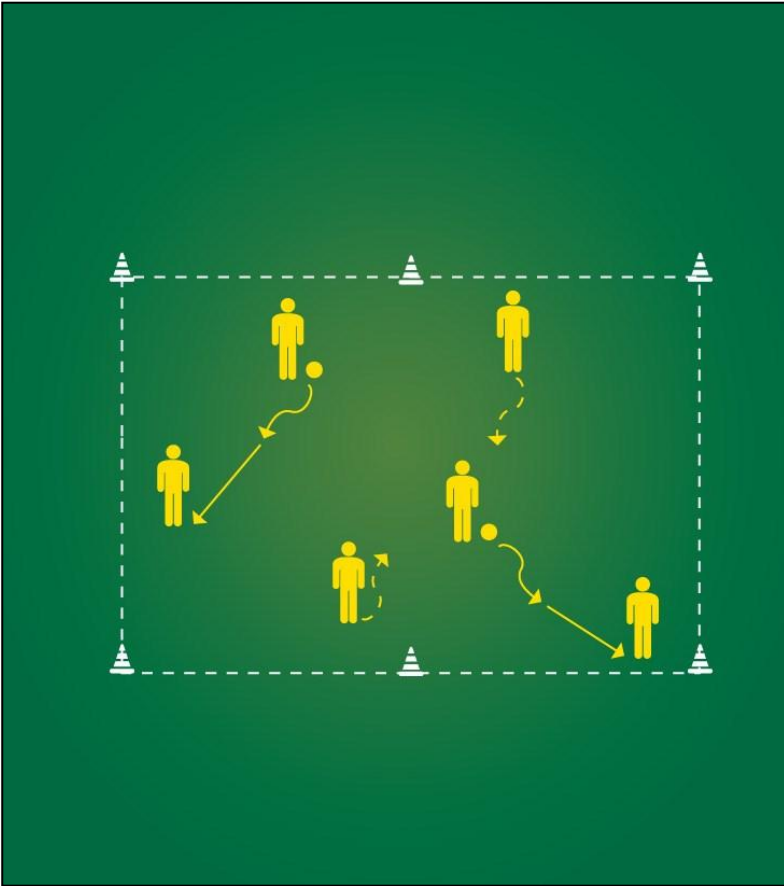
Players to use their right foot only

Players to use their left foot only

Change team compositions to have close heats (adding pressure to the drill).

## Discovery Phase – Striking the Ball – Session 5

### Middle (10 – 15 minutes): Pass and Move



This activity requires 2 players with a ball and 3-5 players without (or 3 with and 5 -6 without).

The players with the balls start by dribbling, while the other players move freely around the area. When the ball carriers see another player ready to receive the ball, they pass to them, and then move to another part of the area. When a player receives the ball, they dribble until they can see another player who is ready to receive the ball. They then call to the free player that they wish to pass to and pass the ball to that player. **Players are constantly moving**, either looking to receive one of the two balls, or looking to pass to one of the players without a ball.

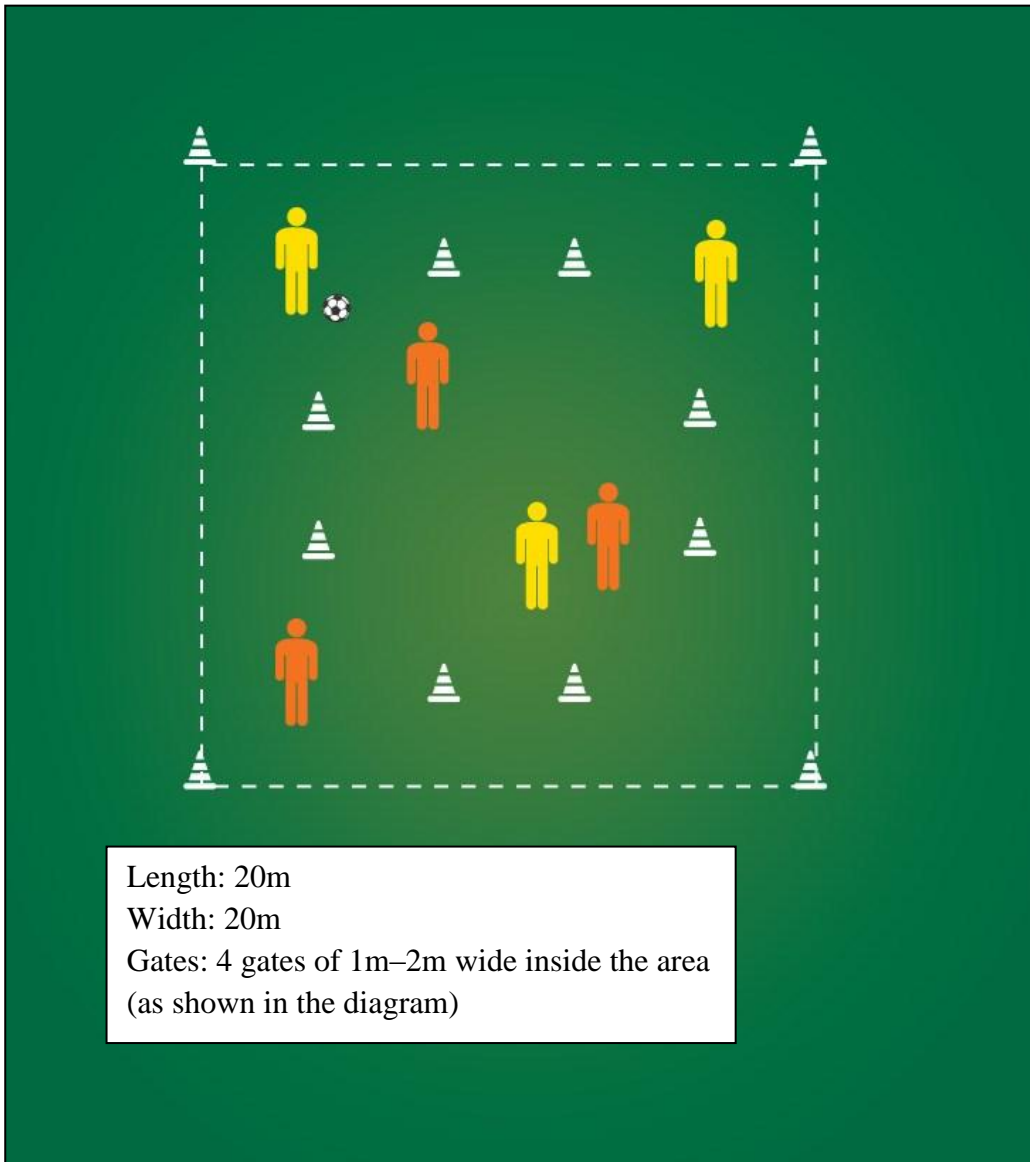
#### Notes on this exercise

This activity helps develop vision and communication and introduces the concept of passing the ball to a team-mate, which is often difficult to grasp for a naturally self-centred under-seven (and younger). I.E. teach the skill but don't demand it / expect it at the younger ages. Passing will begin to be more evident in a game from under-eights upwards.

Coaches should demonstrate and encourage the skill of passing the ball - using inside of the foot with the foot striking / pushing the ball to the intended target with the inside of the foot following through to the intended target - without unduly interrupting the exercise. For good technique see the first part of video link: <https://youtu.be/kJnQ41ToFEs>

## Discovery Phase – Striking the Ball – Session 5

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



#### Notes on this exercise

This game encourages passing and supporting. Use bibs / training vests to help distinguish teams.

Players can score by **passing** the ball through any one of the 4 gates (and from either side) **to** one of their team-mates.

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).