

ACTIVITY PLAN

Week 5

Running with the ball

Warm up

Objective:

To Improve

Running with the ball.

Organization:

20 yard x 20 yard area

Procedure:

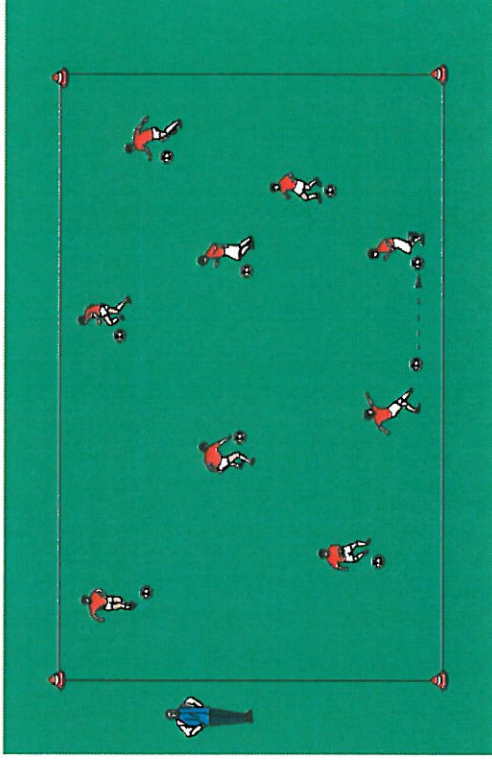
Each player has a ball. As they move around the grid they try to hit another players ball with their own ball. 1 point for each successful try.

Who can get 5 points?

1 minute rounds – include stretching movements.

Key Coaching Points:

- Accuracy of pass
- Weight of pass
- Timing of pass
- Disguise your pass
- Inside of foot- Use the inside part of the foot
- Push through the ball
- Outside of foot (Good for disguise)



Week 5

Individual Activity

Objective:

To Improve

Individual Skills.

Organization:

One ball per person. 20 yard x 20 yard area.

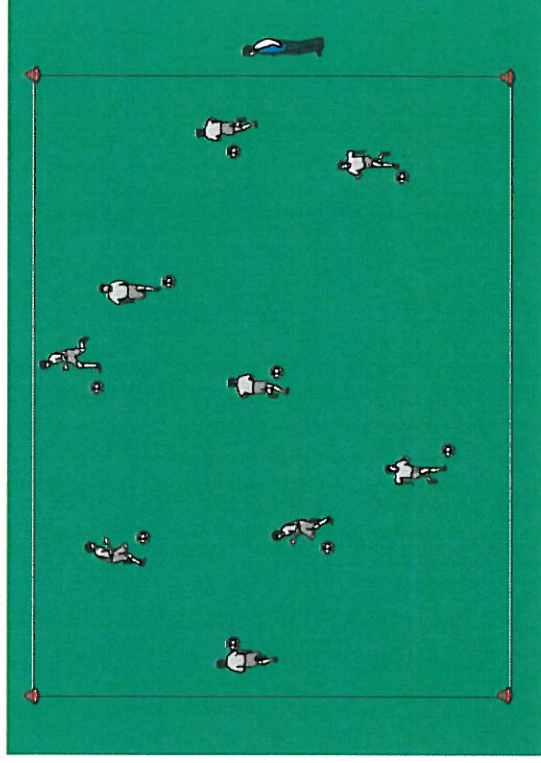
1 ball per player.

Procedure:

Players move around the grid trying to tag each other on the shin. Players get 1 point for every successful tag. Every time a player gets tagged they subtract a point. 1 minute rounds, who can get the most points?.

Key Coaching Points:

- Keep the ball at a controllable distance
- Eyes up seeing ball and man
- Use the instep to push the ball into space
- Avoid running into each



ACTIVITY PLAN

Week 5

Small Group

Activity

Objective:

To improve

Individual Skills

Under Pressure.

Organization:

20 yard x 20 yard grid.

Flags are placed to

create a mini goal in

each end of the grid.

Players are divided

into 2 teams.

Procedure:

Each player on each team is

allocated a number 1- 8

(dependant on number of

players).

Coach calls out a number. The

relevant players run around a

cone, then into the grid to

compete for a ball being tossed

by the coach. Both players play

1v1 and try to score in the

opponents' mini goal.

Who can score the most goals?

Key Coaching Points:

-Accelerate to get to

the ball before

opponent.

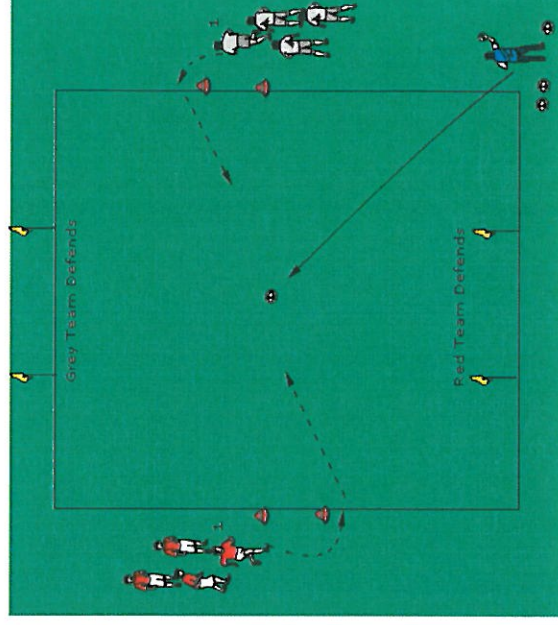
-Quick changes of

direction and speed

are essential.

-Use feints, deception

to elude opponent



Week 5

3 v 3

Small Sided

Game

Objective:

To improve

Individual &

Small Group

Game

Understanding.

Organization:

20 x 30 yard area

Play a 3 v 3 match

6ft x 6ft Goals

Size 3 ball

Procedure:

Free Play!

Key Coaching Points:

Summation of all

challenges for the

players.

Stay out of their way

and let them play.

