



IRISH FA
SKILL DEVELOPMENT PROGRAMME

7 - 9 YEARS

(WEEK 1 - WEEK 6)

THE COACHING STANDARD



Start and end the practice with fun

Ensure you have a ball to each player when possible or relevant

Simple organisation and lay out of the session

Simple communication/rules of the practice

No “bus queue” of players waiting to play/shoot etc

Develop individuals, not teams

Inspire players with the session, your personality, energy and enthusiasm

Don't over coach, give the players “free” playing time in the session

Give the players questions to answer and choices in technique and decision making

Encourage attacking football

Encourage players to work hard

Smile and have fun!

WARM UP ACTIVITY - FLUSH THE TOILET (AGILITY)



Aims

To develop control of the body in a dynamic environment (move quickly and efficiently, start, stop and start again whilst maintaining stability)
To develop combination of movements by using good balance, co-ordination, range of movement, strength and speed

AREA

20 yards x 20 yards depending on numbers.

NUMBERS

10 - 20 players can be accommodated in this drill.

LAYOUT

Two to four players are nominated to be catchers.

RULES

The catchers must tag as many of the other players as possible. If a player is tagged they must stand still with their arm out. If players run outside the grid they should stand still with their arm out inside the grid.

The other players can free them by pushing down on their arm to 'flush the toilet'. The catching players should be changed every few minutes.

DEVELOPMENT

The grid can also be split to create two halves with a number of catchers in each half.

COACHING POINTS

Focus on how participants change direction, encourage them to push off the outside foot and change direction in one movement. Watch their body balance and general movement patterns, ability to dodge/change direction - ensure the base is not too wide to assist with the push off. Pay attention also to the participants head movement and ability to assess what is going on around them.



BALL WORK - MASTERY (TOE TAPS ROLL OVER)



Aims

To develop confidence, touch and coordination on the ball with both feet
To develop an instinctive ability to move the ball in relation to stimulus

AREA

20 yards x 20 yards depending on size of numbers.

NUMBERS

10 - 20 players can be accommodated in this drill.

LAYOUT

Coloured cones are spread out evenly inside the grid and the players are asked to stand at a cone. There should be more cones than players. The variety of coloured cones is determined by the coach but 2-3 different colours should be sufficient.

RULES

Players are encouraged to dribble through the grid moving from free cone to free cone. Players are not allowed to queue waiting for a cone but instead should keep on the move with their head up and move to nearest free cone.

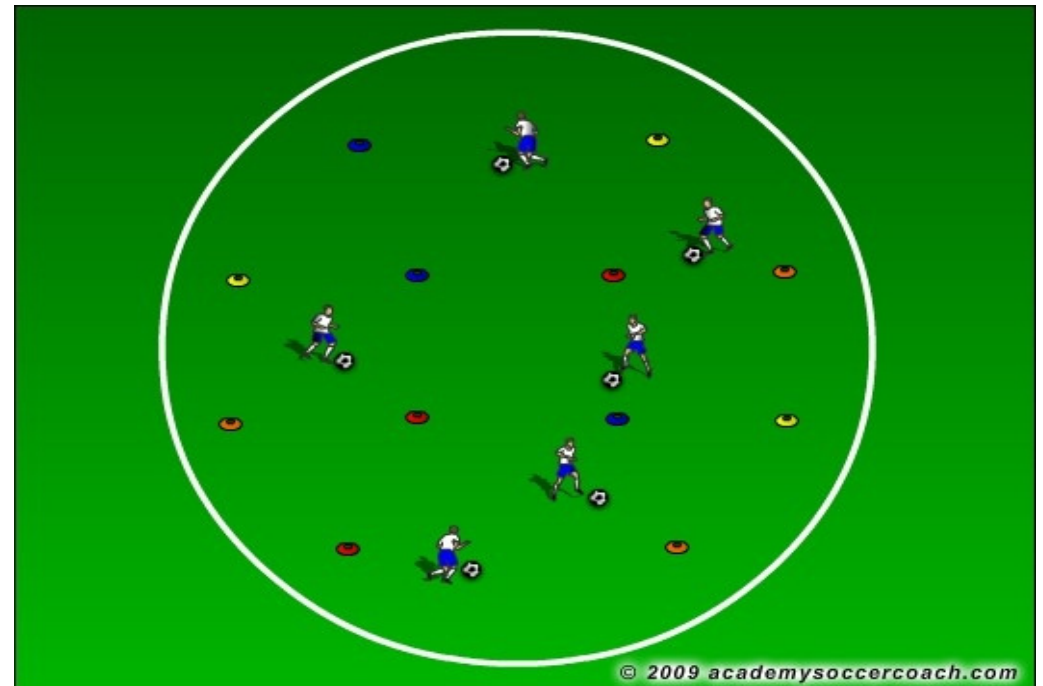
DEVELOPMENT

The drill can be progressed so that players are moving to cones in a sequence. For example blue - red - yellow - blue. Coaches can also look for players to perform a different task from cone to cone. For example toe taps from the blue cone, sole rolls from red cone and running with the ball from yellow cone.

COACHING POINTS

Toe Taps Roll Over

Tap the ball with the inside of your right foot so that the ball rolls slightly across your body. Tap the ball with the inside of your left foot so that the ball rolls back to the starting position. Roll your right foot over the ball (slap) so it moves across your body towards your left foot. Repeat the action but start with the left foot so that the left foot will perform the roll/slap element of the skill.



SKILL PRACTICE - DRIBBLING & RUNNING WITH THE BALL



Aims

To develop correct dribbling and running with the ball technique and execute the correct strength of touch according to the space
To develop correct decision making from assessing situations and capitalising on opportunities

AREA

20/30 yards x 20/30 yards.

NUMBERS

This game can accommodate 8-12 players. If there are greater numbers then the area should either be increased in size or a second grid should be created.

LAYOUT

In this game 6-8 goals (1-2 yards apart) are spread around the area.

RULES

The attackers try to score a point by dribbling the ball through any of the small goals while the defenders try to prevent them from doing so. The attacking players play against three or four defenders. The defender must only block a goal and then move to the next, they cannot remain as a goalkeeper.

DEVELOPMENT

Players must dribble through the goals in a colour sequence - red, yellow, red etc.

COACHING POINTS

In this drill players will have to execute the correct strength of touch on the ball according to the availability of space i.e. dribbling or running with the ball. Players should be encouraged to make contact with the ball with both feet and are given the opportunity to reverse or change direction if confronted by a defending player. Finally players should be encouraged to use their ball mastery and feint skills and take a calculated risk to beat the defenders to score through the gates.



GAME PRACTICE - DRIBBLING & RUNNING WITH THE BALL



Aims

To develop correct decision making from assessing situations and capitalising on opportunities
To develop confidence and ability in a duel situation

AREA

This game is played in a 20 yard x 20 yard area.

NUMBERS

This game can accommodate up to 10 players. A second area should be created to accommodate larger numbers. This will avoid players stand still for too long.

LAYOUT

This 1v1 game is played over a small sized area and if possible with small goals. If the game is progressed to a 2v2/3v3 game then the size of the area should be increased.

RULES

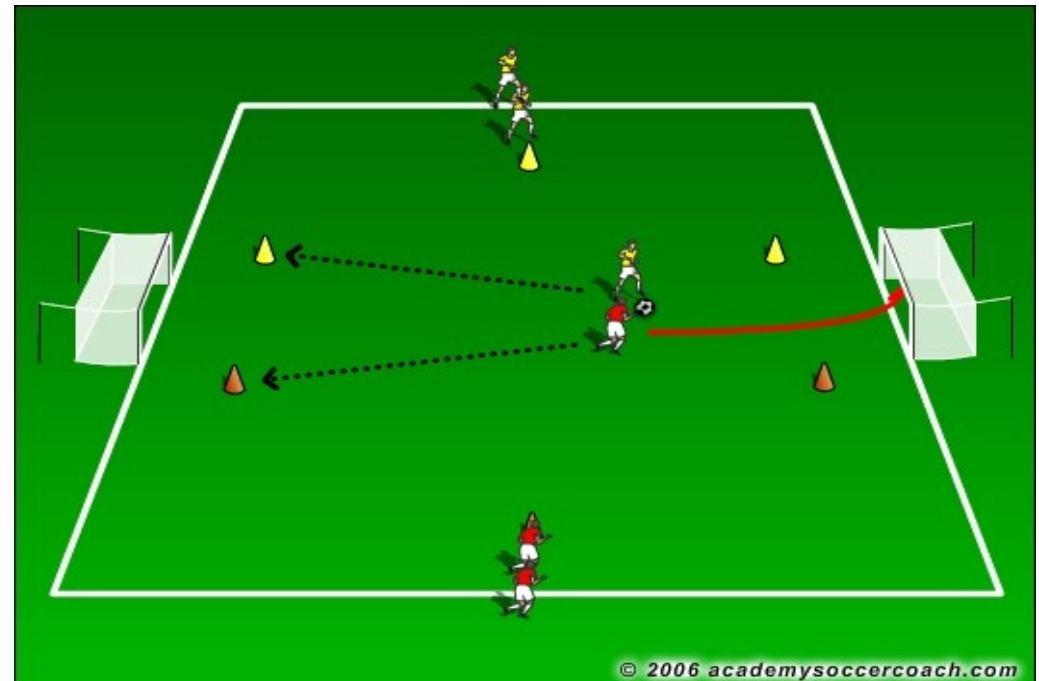
The red player begins as a defender and passes the ball to the yellow player across the area. The yellow player must engage the red player and then attempt to score in either goal. After a goal is scored the colours must turn and race to their corresponding colour cone at the opposite goal. These cones also double up as shooting line. If the defender touches their cone before the attacker the goal will be cancelled out.

DEVELOPMENT

The game can be progressed to involved greater numbers to a maximum of 3v3. In this situation the player that shot and the defending player closest to them will be the ones that race to the opposite cones.

COACHING POINTS

As a 1v1 practice this will work on the attackers ability to control the ball effectively, dribble, run with the ball, improvise (ball mastery, turns and feints). It was also work on the defenders ability to close the space quick, deny and dictate and gives opportunities to tackle and make interceptions. As a 2v2, 3v3 or 4v4 practice this will also offer opportunities for attacking players to develop further principles of attack - width, improvisation, mobility, penetration and support. It also provides opportunities for defenders to understand the concept of pressure and cover and also highlights the importance of their body position and angle of approach.



WARM UP ACTIVITY - RATS & RABBITS (AGILITY)



Aims

To develop control of the body in a dynamic environment (move quickly and efficiently, start, stop and start again whilst maintaining stability)
To develop combination of movements by using good balance, co-ordination, range of movement, strength and speed

AREA

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

NUMBERS

This game can accommodate numbers ranging from 10 to 20.

LAYOUT

Divide the participants into two groups and form parallel straight lines. As the participants to stand one metre apart from the person on each side of them and have the two lines stand about a metre apart. Ensure the two lines are the same distance from the end line on their side of the playing area.

RULES

The participants from one team are called rabbits and the other team rats. On the call "rabbits" the players with that name run to their end line before being tagged by their "rat", on the call "rats" the reserve applies.

Ensure when participants line up that they have room to turn around without bumping into each other. In addition, ensure the end lines are at least 2 metres from any walls or hazards.

DEVELOPMENT

Award points for players who catch another player and for players who get to their safe zone. Introduce the names "rhinos" and "racoons" to the teams and continue the game. The coach can develop this game by introducing positions of readiness/balances and a football to increase the difficulty.

COACHING POINTS

Look at reactions - ability to react to commands, consider a range of balanced positions, introduce sideways movement and movement from the ready position.



BALL WORK - MASTERY (INSIDE, OUTSIDE)



Aims

To develop confidence, touch and coordination on the ball with both feet
To develop an instinctive ability to move the ball in relation to stimulus

AREA

20 yards x 20 yards depending on size of numbers.

NUMBERS

10 - 20 players can be accommodated in this drill.

LAYOUT

Coloured cones are spread out evenly inside the grid and the players are asked to stand at a cone. There should be more cones than players. The variety of coloured cones is determined by the coach but 2-3 different colours should be sufficient.

RULES

Players are encouraged to dribble through the grid moving from free cone to free cone. Players are not allowed to queue waiting for a cone but instead should keep on the move with their head up and move to nearest free cone.

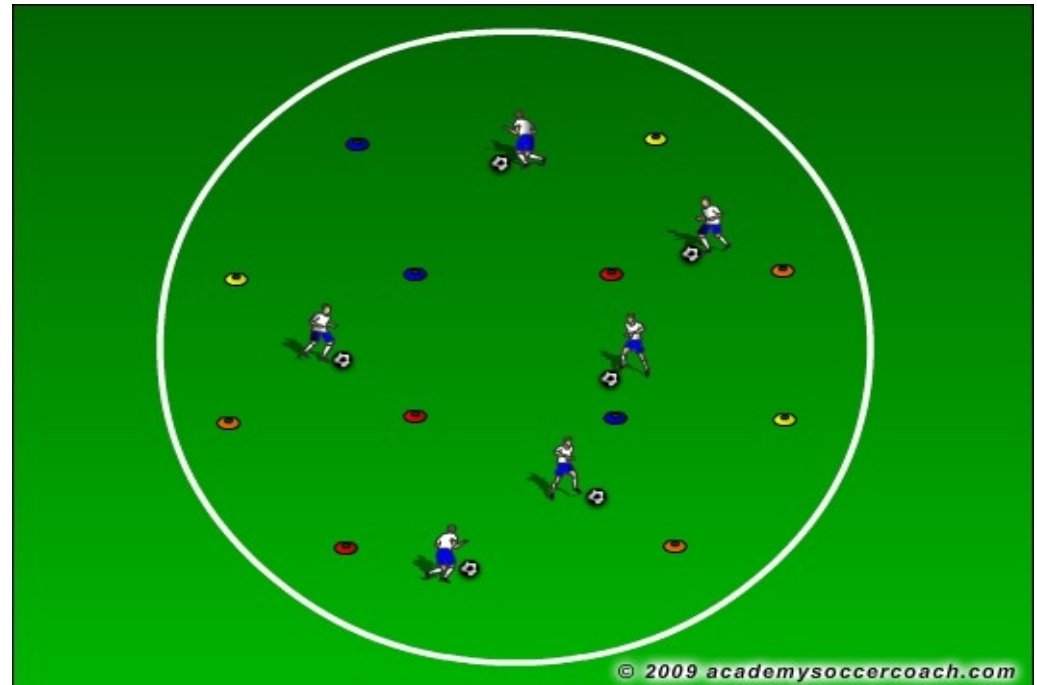
DEVELOPMENT

The drill can be progressed so that players are moving to cones in a sequence. For example blue - red - yellow - blue. Coaches can also look for players to perform a different task from cone to cone. For example right foot from the blue cone, left foot from red cone and both from yellow cone.

COACHING POINTS

Inside, Outside

Tap the ball with the inside of your right foot so that the ball rolls across your body. Use the outside of your left foot to move the ball away from your body. Shift your feet sideways so the ball is between them. Tap the ball with the inside of your left foot so that the ball rolls back across your body. Use the outside of your right foot to move the ball away from your body. Shift your feet sideways so the ball is between them and repeat.



SKILL PRACTICE - DRIBBLING & RUNNING WITH THE BALL



Aims

To develop correct dribbling and running with the ball technique and execute the correct strength of touch according to the space
To develop correct decision making from assessing situations and capitalising on opportunities

AREA

20/30 metres x 20/30 metres.

NUMBERS

This game can accommodate 8-12 players. If there are greater numbers then the area should either be increased in size or a second grid should be created.

LAYOUT

Five 5m x 5m islands are marked out inside the grid (one in each corner and one in the middle of the grid). Players are spread out through the playing area but not inside the islands.

RULES

Players are spread out through the playing area, each with a ball but not inside the islands. Players must dribble to each corner island via the middle island. Players will return to the middle island once they have visited all four corner islands.

DEVELOPMENT

The activity can be first progressed with players visiting all five islands but not in any order or sequence. There can only be a maximum of two players on an island at any one time. If a player's last remaining island is occupied they must move into space until it becomes available.

The activity can be further progressed by adding sharks. Sharks can move along the areas of water but cannot move onto an island. The sharks will attempt to tackle the other players and win their ball by kicking it out of the grid. The other players can evade the sharks by moving onto the islands but they cannot stay longer than 5 seconds. If a player loses their ball they can return to the game after completing a task (e.g. keepie ups). Players should be given the opportunity to be a shark and a swimmer.

COACHING POINTS

In this drill players will have to execute the correct strength of touch on the ball according to the availability of space i.e. dribbling or running with the ball. Players should be encouraged to make contact with the ball with both feet and are given the opportunity to reverse or change direction if confronted by a defending player. Players should play with their heads up and constantly scan the area for available islands and the position of defenders. Finally players should be encouraged to use their ball mastery and feint skills and take a calculated risk to beat the defenders to remain in the areas of water.



GAME PRACTICE - DRIBBLING & RUNNING WITH THE BALL



Aims

To offer opportunities for attacking players to utilise their ball mastery, turn and feint skills in a competitive environment
To develop and understanding of the principles of attack

AREA

20 yards x 20 yards.

NUMBERS

This drill can accommodate up to 10 outfield players and 1/2 goalkeepers. A second area should be create to accommodate greater numbers.

LAYOUT

The area is divided into two equal size zones measuring 10 yards long and 20 yards wide. Goals are placed at the end of Zone 2.

RULES

The first defender will start on the line of Zone 1 and Zone 2. The defender can come off this line once the first attacker moves the ball into Zone 1. The attacking players will then play 2 v 1 in Zone 1.

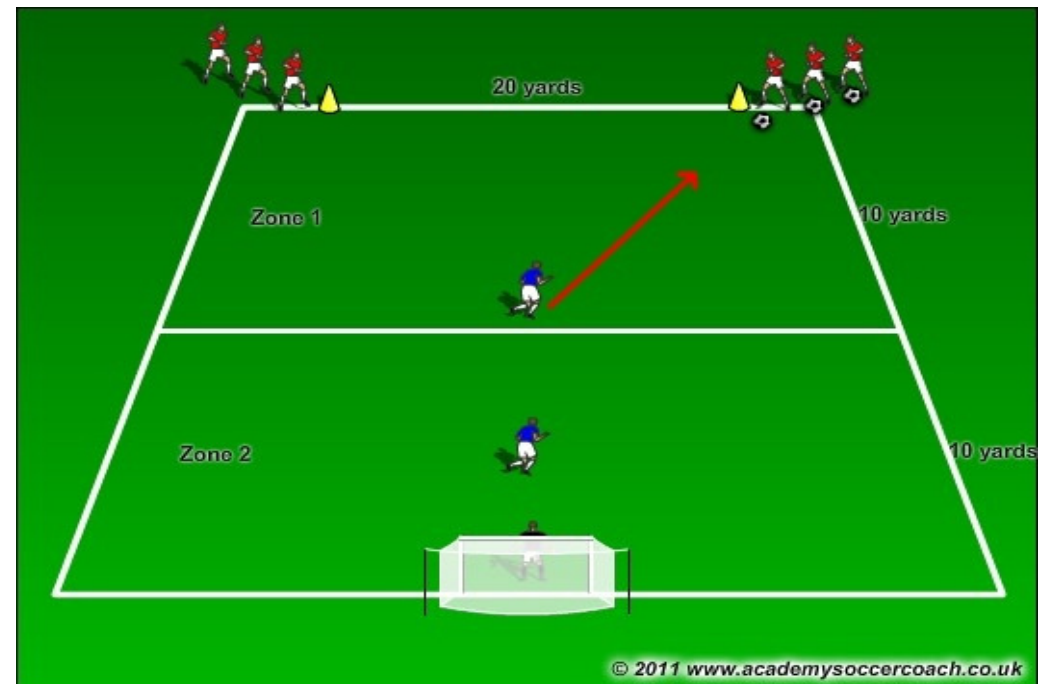
If they can retain the ball and enter Zone 2 they will then play a 2 v 1 plus a goalkeeper and aim to have a shot on goal. The defender in Zone 2 will start 5 yards from goal and can only be active once the ball enters Zone 2. The defender from Zone 1 cannot enter Zone 2.

DEVELOPMENT

This activity can be progressed by increasing the defensive opposition. This can be achieved by allowing the defender from Zone 1 to enter Zone 2 or by introducing an additional defender in either of the zones. If the number of defenders are increased it may be possible to increase the number of attacking players. To increase the difficulty for the attacking player restrictions can be placed on their number of touches or a time limit can be placed on how long they can spend in each zone.

COACHING POINTS

Look at the two attacking players and their angles and distances of support and ensure they keep width within the playing area. Encourage mobility such as overlapping runs to create space, disguise and in order to draw or drag the defender. Also encourage speed of movement. Observe the attacking players' decision making and ensure that their actions are purposeful. With their passing focus on accuracy, weight of pass and the timing of the runs. Finally encourage a positive attitude towards shooting and observe technique in relation to the scenario.



WARM UP ACTIVITY - FREEZE & THAW (BALANCE)



Aims

To develop an understanding of that balance is achieved when the Centre of Gravity is over the supporting base
To explore the centre base and develop balance when a body part moves away from the centre

AREA

20 yards x 20 yards or 30yards x 30 yards depending on numbers.

NUMBERS

This game can accommodate numbers ranging from 10 to 20.

LAYOUT

Participants are encouraged to move through the marked out area remaining in space as much as possible.

RULES

The coach will nominate 2/3 participants to be freezers and the rest to be thawers. When touched by a freezer, the participants must freeze in a balanced position, staying as still as possible. They must remain still until another participant touches them to thaw them out, at this point they can rejoin the game.

The aim is for the freezers is to freeze all the participants. For those who are frozen they must remain as still as possible until they are thawed. The freezers should be changed every minute.

DEVELOPMENT

The game can be varied by utilising different body parts or body positions for participants to freeze in, i.e. on one leg, with arms above head etc. To increase the difficulty of the game the coach will nominate 2/3 participants to be thawers. These players can only thaw out other participants and can also be frozen. This will ensure that participants who are frozen will remain in a balanced position for longer.

COACHING POINTS

Focus on the positions in which the participants freeze, highlight good practice and correct those who are not staying in a balanced position. Pay close attention to body alignment.



BALL WORK - TURNS (INSIDE HOOK)



Aims

To develop the ability to change direction (180°) whilst protecting the ball

To develop an instinctive ability to move the ball in relation to stimulus

AREA

20 yards x 20 yards or 30yards x 30 yards depending on numbers.

NUMBERS

This game can accommodate numbers ranging from 8 to 20.

LAYOUT

Players are organised in pairs and are positioned inside a 5 yard x 5 yard area.

RULES

Players will take it in turns to dribble to the end of their grid, perform the turn and dribble back to the start line.

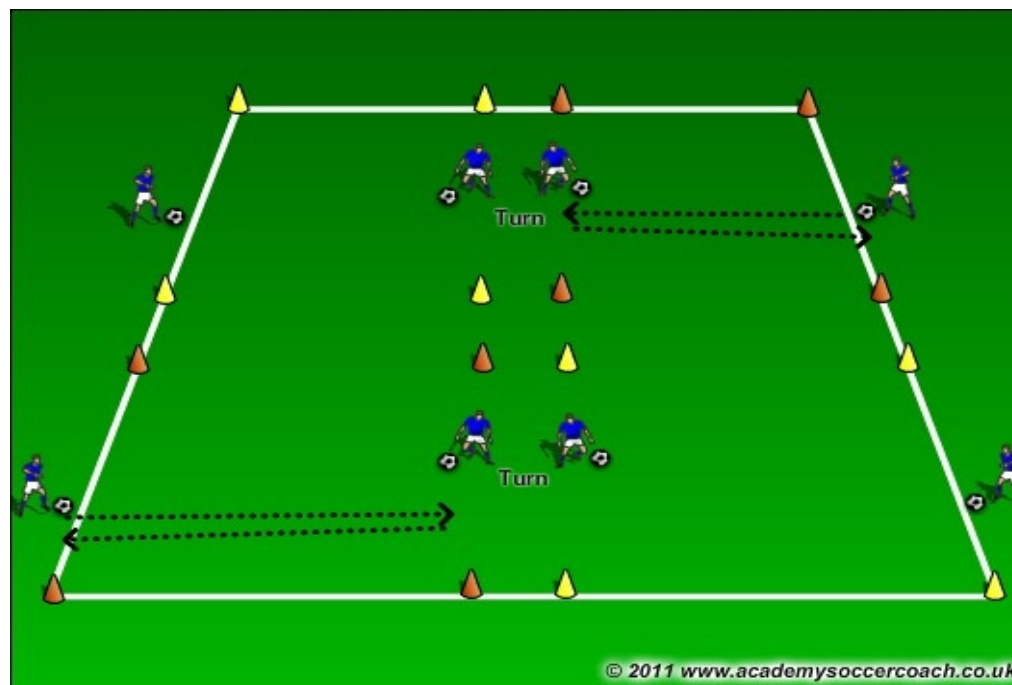
DEVELOPMENT

The drill can be progressed so that one of the pair acts as a defender. The players will start at opposite sides of the grid and will meet in the middle. The attacking player will turn, protect the ball and return to their line. The roles are reverse after a determined number of attempts.

COACHING POINTS

Inside Hook

Hook your foot around the back of the ball coming around the outside of the ball. Use your instep to stop and turn the ball 180 degrees. Push the ball in front of you using the same foot and accelerate away from your opponent. This is a great turn to master so once you have perfected it learn how to perform it with your other foot.



SKILL PRACTICE - PASSING & RECEIVING



Aims

To coach passing accuracy over 5/10 yards

To develop positive movement away markers before receiving a pass

AREA

Circle or square 20/30 yards wide x 20/30 yards long.

NUMBERS

Players work in pairs and the drill can accommodate up to 16 players. More players can be accommodated by duplicating the drill.

LAYOUT

Players are organised into pairs and spread around the area. One member of the pair stands on the outside and the other inside the area about 10 yards apart. There should be a safe distance between each group of pairs.

RULES

The drill begins with the inside player receiving a pass from the outside player, returning the pass and then moving to find a new outside player. Duration of 10/20 mins.

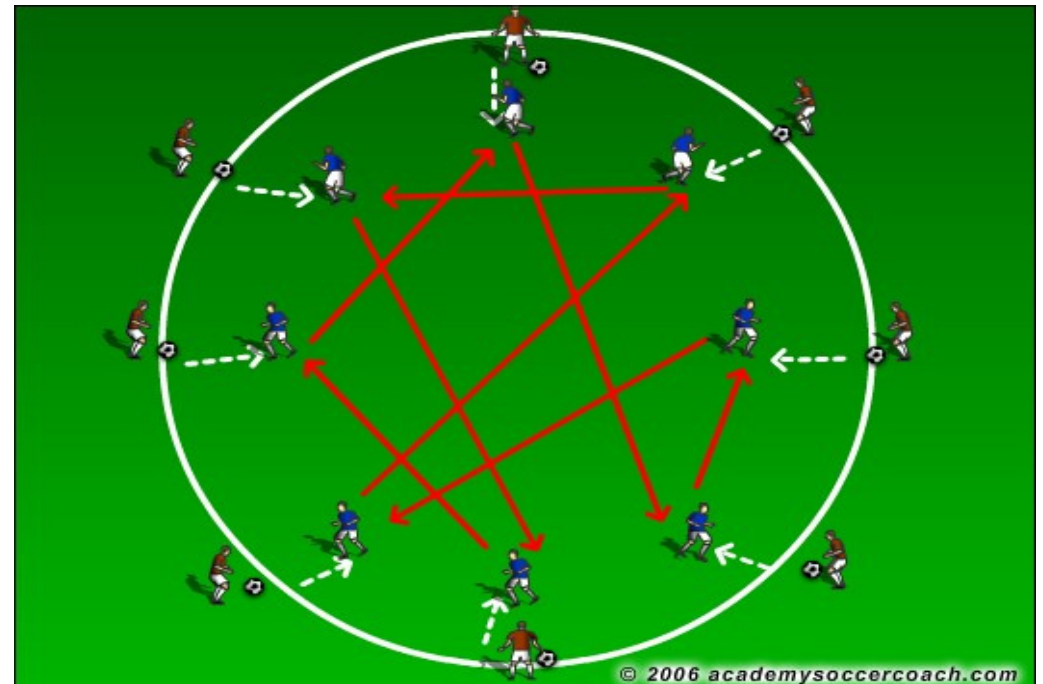
DEVELOPMENT

The drill progresses to the inside players receiving the pass, turning, dribbling and then returning the ball to the outside player and then moving to find a new outside player. The next progression will see the inside players receiving the pass, turning, dribbling and then finding a new outside player that is free without a ball. The inside player will receive this ball back and then repeat the process to find another outside player that is free without a ball. Therefore the ball you receive at the beginning of the progression is the one you keep.

COACHING POINTS

Encourage short passing through the middle of the ball with the inside of the foot, keeping a strong ankle. The standing foot is beside the ball of just behind, head should be steady and arms out for balance.

Encourage players to make a positive movement to lose the marker. For example move away from the ball and then towards to receive the pass. Coach the timing of this movement so players are not static for too long. Look at the players ability to receive the pass on the back foot and on the half turn to open their body correctly to limit the amount of touches on the ball. Encourage plays to scan before they receive the ball so they move the ball in the correct direction.



GAME PRACTICE - PASSING & RECEIVING



Aims

To coach passing accuracy over 10/20 yards

To develop patience in possession and the ability to play passes through defences when gaps appear

AREA

15/20 yards wide x 20//30 yards long.

NUMBERS

This practice can accommodate either 9 (3x3) or 12 (3x4) players.

LAYOUT

In this example the groups of 3 players are separated into each zone. The group in the middle zone will be the defending team. Each zone is the same size both in width and depth.

RULES

The team with the ball must keep possession and try to play a pass through the middle zone to the team at the other end of the playing area. The players are not allowed to pass over head height. If the defending team intercepts the ball they will swap zones with the team that lost possession.

DEVELOPMENT

The practice can be developed so that the player receiving the ball cannot pass back to the player that has just passed. This will encourage all three players to be involved in each sequence.

The practice can be further developed with two touch and one touch passing to develop quick decision making and a high tempo of passing.

Finally, the practice can be adapted to introduce a defender to create a 3v1 situation (this will leave two defenders in the middle zone). This will increase the pressure on each pass and will ensure the supporting players offer good angles of support to the player on the ball. If the defender wins the ball they will swap positions with the player that lost possession.

COACHING POINTS

Encourage short passing through the middle of the ball with the inside of the foot, keeping a strong ankle. The standing foot is beside the ball or just behind, head should be steady and arms out for balance. Look at the player's ability to receive the pass on the back foot and on the half turn to open their body correctly to limit the amount of touches on the ball. Encourage a high tempo of passing across the width of the grid. This will force a shift in the defensive block and will split the defenders to allow the through pass.



WARM UP ACTIVITY - BODY PART CLUSTERS (BALANCE)



Aims

To develop an understanding of that balance is achieved when the Centre of Gravity is over the supporting base
To explore the centre base and develop balance when a body part moves away from the centre

AREA

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

NUMBERS

This game can accommodate numbers ranging from 10 to 20.

LAYOUT

Participants are encouraged to move through the marked out area remaining in space as much as possible.

RULES

Participants move around the marked area, the coach calls out both a number and a body part, i.e. 4 and right leg. In this case the participants must get into groups of 4 and all balance on their right leg.

The coaches can award the best cluster with a point. The coach can continue the game, varying the pace, group numbers and body parts.

Ensure all participants take care not to bump into each other and are aware of the space in which the game is taking place.

COACHING POINTS

Focus on the positions in which the participant balance, highlight good practice and correct those who are not staying in a balanced position. Pay attention to body alignment and question participants to reinforce good practice.



BALL WORK - TURNS (DRAG BACK)



Aims

To develop the ability to change direction (180°) whilst protecting the ball

To develop an instinctive ability to move the ball in relation to stimulus

AREA

30 yards x 30 yards or large circle.

NUMBERS

The diagram shows 8 players working in a safe area. To include more players a second area can be created or the current area increased.

LAYOUT

Players are spaced out 5 yards apart (or a safe distance) with a centre cone placed 10/15 yards away.

RULES

The players are placed equal distances apart around the circle. On the coaches command, all the players run with the ball towards the centre before changing direction and doubling back towards the next cone in a clockwise direction.

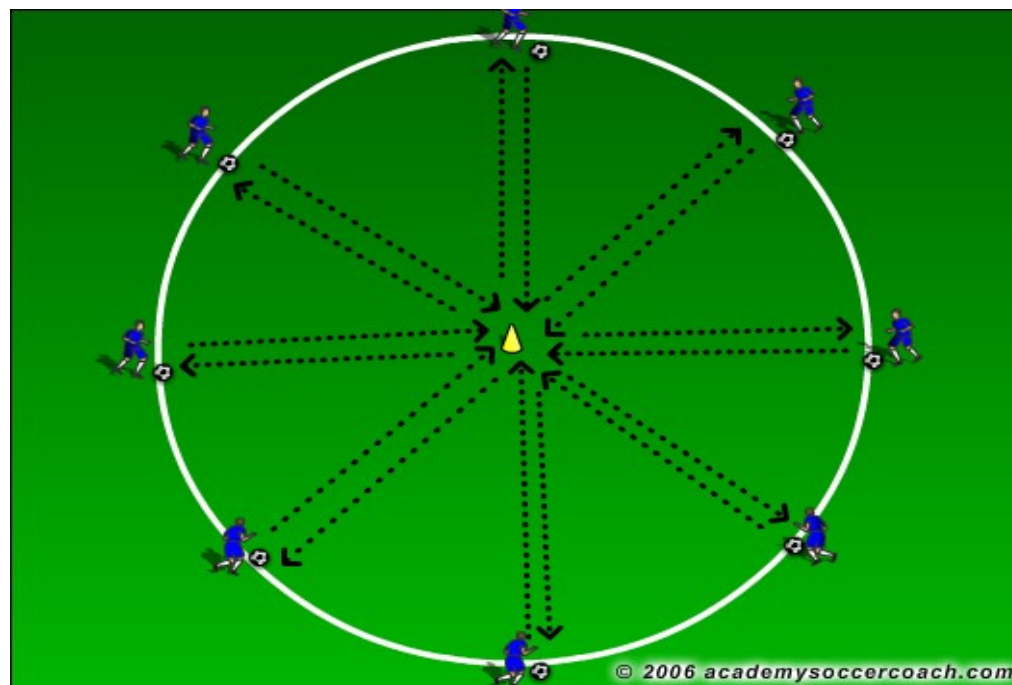
DEVELOPMENT

To increase the difficulty the coach can ensure the players move in both directions, use both feet, increase the tempo and practice a number of different turns.

COACHING POINTS

Drag Back

Put your foot on the top of the ball to stop it. Drag the ball backwards with the same foot whilst turning your body 180 degrees. Push the ball in front of you and accelerate away from your opponent. Add an additional element to this turn after Step 2. Do not turn 180 degrees, instead, flick the ball with the inside of your foot behind your standing leg. This will move then ball 90 degrees. Encourage the players to use their upper body to create a physical barrier between them and the rest of the players that will meet them in the centre of the grid.



SKILL PRACTICE - PASSING & RECEIVING



Aims

To coach passing accuracy over 10/15 yards

To develop positive movement away markers before receiving a pass

AREA

10/15 yards wide x 10/15 yards long.

NUMBERS

This practice can accommodate groups of 3. If there are greater numbers then additional grids should be created.

LAYOUT

Players are organised as shown in the diagram. Two players are positioned at the bottom cones with a ball each. The remaining player takes a position between the mannequins at the top of the grid

RULES

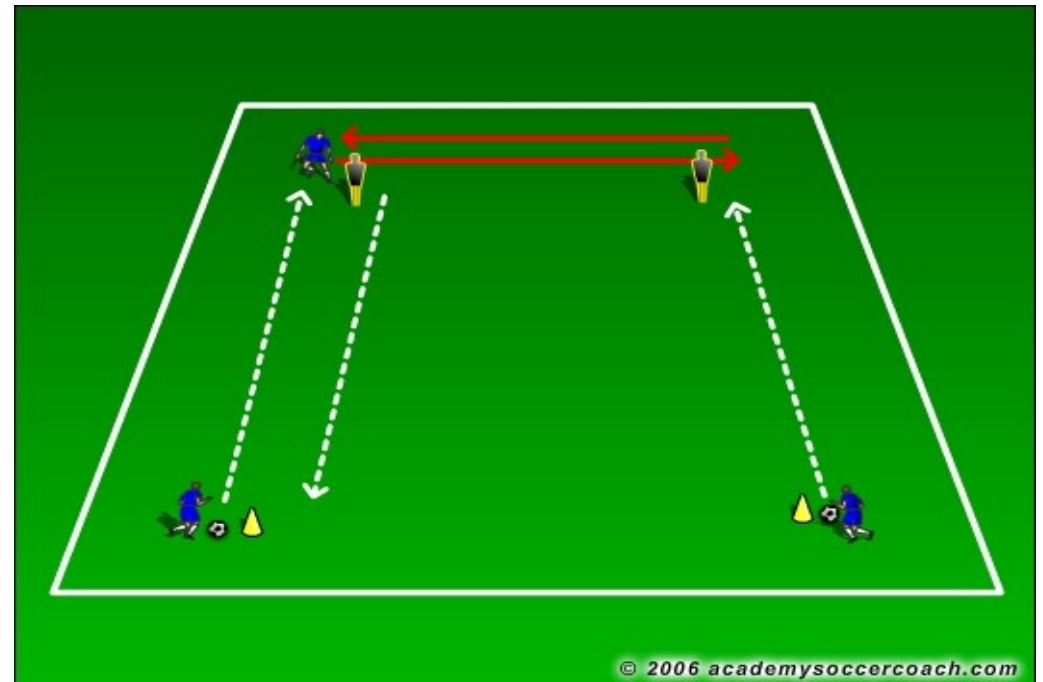
The player at the top of the grid will move side to side to receive a ball and pass back to the players at the bottom cones. The top player will receive the ball on the outside of the mannequin, control the ball offline to bring it behind the mannequin and then pass back on the inside of the mannequin. After 60 seconds players should rotate their roles.

DEVELOPMENT

The practice can be developed to encourage two touch passing and a high tempo of passing. A driven pass can be included to increase the difficulty of the drill but the length of the grid may have to be increased. Players can also be encouraged to use different parts of their foot to control the ball. This should only be introduced once a high success rate has been achieved.

COACHING POINTS

Encourage short passing through the middle of the ball with the inside of the foot, keeping a strong ankle. The standing foot is beside the ball or just behind, head should be steady and arms out for balance. Look at the player's ability to receive the pass and control the ball offline so to present it to their other foot. This will instil good habits of control the ball in a way that opens up the pitch and forces defenders to move offline when closing down.



GAME PRACTICE - PASSING & RECEIVING



Aims

To coach passing accuracy over 10/20 yards

To develop an understanding of angles of support in order to retain possession

AREA

30 yards wide x 40 yards long.

NUMBERS

This practice can accommodate 8 - 10 players. More players can be accommodated by duplicating the practice.

LAYOUT

4 end zones (10x10) placed in the corners of the playing area. The middle zone will be 20 yards long x 30 yards wide. The players are organised into two teams. Each team will have a player in each of their end zones and the two remaining players will play in the middle zone.

RULES

The game is played as a 2v2 in the middle zone and points are scored by passing the ball to the correct colour end zone. If the green end zone players receive the ball they pass to the blues to start a new attack and visa versa.

Duration of 3/4 sets of 2/3 mins. Rotate the end zone players after each set.

DEVELOPMENT

Success is achieved by keeping possession of the ball and by scoring by completing a pass into the end zone player. The game can be progressed by limiting the number of touches. The end zone can also be reduced so that there is 1 player in the middle end zone and therefore 3v3 in the middle zone.

COACHING POINTS

Encourage passing through the middle of the ball with the inside of the foot, keeping a strong ankle. The standing foot is beside the ball or just behind, head should be steady and arms out for balance. Encourage players to make a positive movement to lose the marker. For example move away from the ball and then towards to receive the pass. Coach the timing of this movement so players are not static for too long.

The game can be conditioned to allow the middle and the end zone player to change positions after the scoring pass. This will then create a temporary overload situation with the player leaving the end zone having to become a recovering defender.



WARM UP ACTIVITY - TWISTER (CO-ORDINATION)



Aims

To develop the ability to coordinate body action to meet various commands

To explore the centre base and develop balance when a body part moves away from the centre

AREA

30 yards x 30 yards or large circle.

NUMBERS

This activity can accommodate numbers ranging from 10 to 20.

LAYOUT

Coloured cones are scattered around the playing area. The coach will give a command/activity for each colour. Participants are encouraged to move through the marked out area remaining in space as much as possible.

RULES

Participants move around the marked area, the coach calls out a colour i.e.

Yellow / Left Hand

Blue / Right Hand

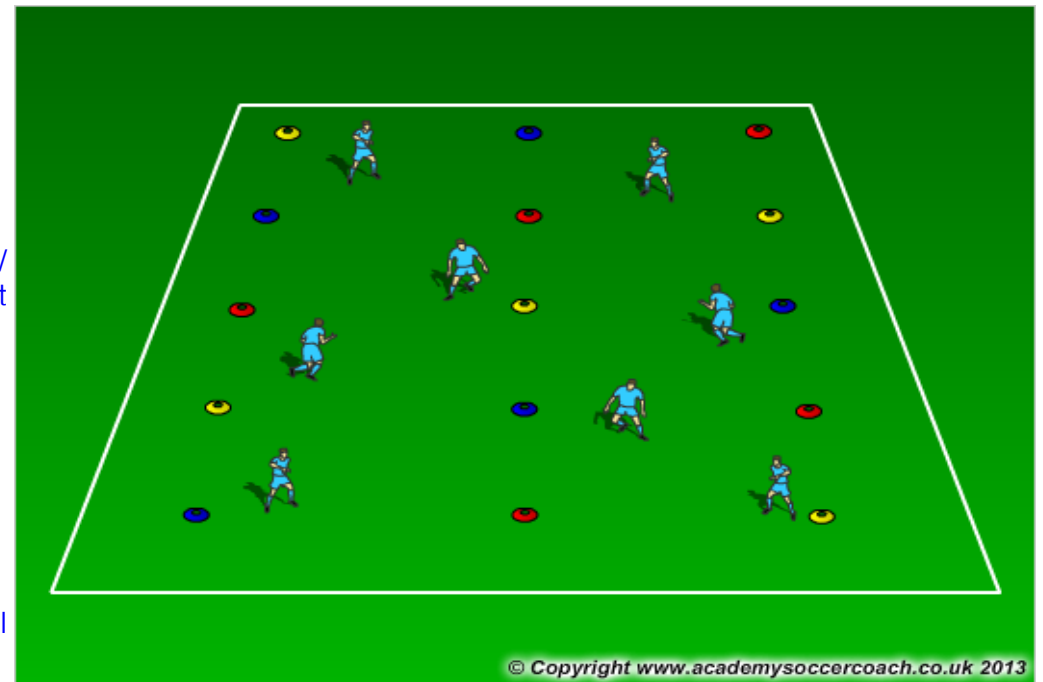
Red / Jump & Head

DEVELOPMENT

The practice can be developed to the colours meaning more than one command. A ball can also be introduced and players can dribble while moving.

COACHING POINTS

Focus on the positions in which the participant balance, highlight good practice and correct those who are not staying in a balanced position. Pay attention to body alignment and question participants to reinforce good practice. Ensure all participants move with their head up and are aware of others in the playing area.



BALL WORK - FEINTS (FAKE)



Aims

To develop the ability to trick an opponent with body and ball movement and create space
To develop confidence, touch and coordination on the ball with both feet

AREA

Separate 10 yard x 10 yard grids.

NUMBERS

This drill can accommodate 4 players within each grid.

LAYOUT

Four players are positioned at a cone each within the grid.

RULES

Players will move diagonally and meet in the centre of the grid and perform the feint and then dribble onto the cone behind their opponent. At this point the players will dribble to the right/clockwise around the grid to the next cone. At this point the next group of players to move off their cone.

DEVELOPMENT

The coach can encourage the players to perform the feints in a sequence or in combination. Opposition can also be created with only one player on the diagonal having a ball.

COACHING POINTS

Fake, Take

With the ball between your feet lift your preferred foot as to push the ball outside with your small toe. Miss the ball so your foot now plants past the ball. The ball is once again between your feet. With the outside of your other foot push the ball sideways to beat your opponent. Add an additional fake to this feint to make it even more confusing for you opponent - fake, fake, take.



SKILL PRACTICE - SHOOTING & FINISHING



Aims

To develop shooting power and finesse technique
To create game specific shooting scenarios

AREA

30 yards x 30 yards. With goals staggered at either side of the drill area.

NUMBERS

This drill can accommodate large numbers but, if this is the case, coaches are encouraged to create a second playing area to avoid a long waiting time between shots.

LAYOUT

Goals are positioned at either side of the drill area with groups split evenly and positioned 20/30 yards away from goal.

RULES

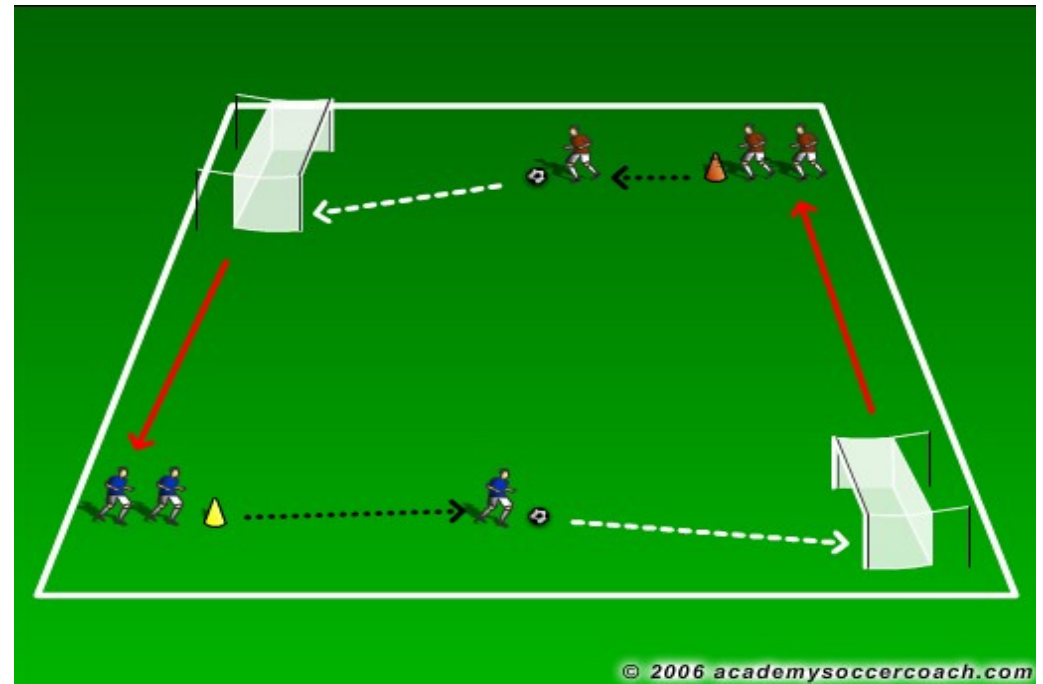
The players dribble from their area one at a time towards the goal and take a shot from a distance specified by the coach. After they have taken their shot they join the other line. The coach can develop the technique of power and finesse.

DEVELOPMENT

Difficulty can be increased by adding target areas in the net, adding a goalkeeper, adding a defender or adding cones to dribble around before shot.

COACHING POINTS

Look at the best technique for the shot. If shooting for accuracy players should use the side foot. Their non-kicking foot should be placed alongside the ball and they should aim to make contact with the middle of the ball. The power is generated from the hip and their body should be over the ball. If shooting for power players should use the instep. Their non-kicking foot should be placed alongside the ball and they should aim to make contact with the middle of the ball. As they approach the ball the knee of their striking foot should be over the ball. The power is generated through the action of the knee straightening through the ball and the movement of the hip forward. Again the upper body should be over the ball to keep the ball low.



GAME PRACTICE - SHOOTING



Aims

To develop shooting accuracy from a distance of 18 yards or less
To develop shooting composure under pressure

AREA

30 yards x 30 yards. With goals at either side of the drill area.

NUMBERS

This drill can accommodate large numbers but, if this is the case, coaches are encouraged to create a second playing area to avoid a long waiting time between shots.

LAYOUT

Goals are positioned at either side of the area with groups split evenly and positioned at the halfway point and directly across from each other. Players in the two opposing teams are numbered so Yellow No.1 will play against Red No.1.

RULES

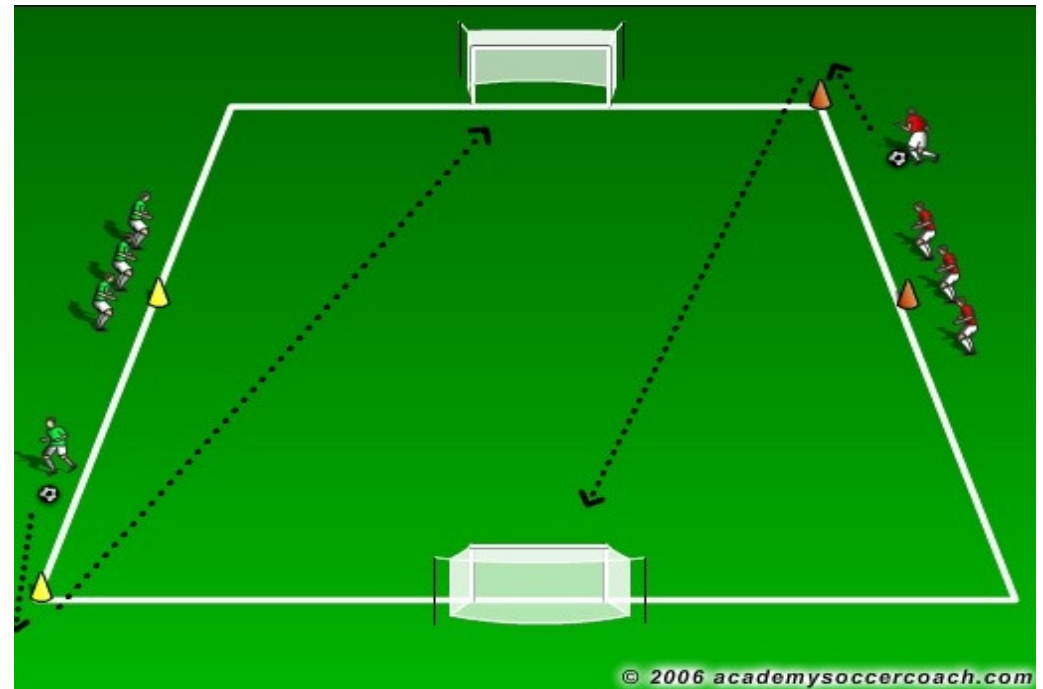
When a number is called the players dribble to and around their corresponding coloured cone before taking a shot at their net. The team that scores first will receive a point.

DEVELOPMENT

Difficulty can be increased by adding dribble cones, or a defender or goalkeepers.

COACHING POINTS

Look at the best technique for the shot. If shooting for accuracy players should use the side foot. Their non-kicking foot should be placed alongside the ball and they should aim to make contact with the middle of the ball. The power is generated from the hip and their body should be over the ball. If shooting for power players should use the instep. Their non-kicking foot should be placed alongside the ball and they should aim to make contact with the middle of the ball. As they approach the ball the knee of their striking foot should be over the ball. The power is generated through the action of the knee straightening through the ball and the movement of the hip forward. Again the upper body should be over the ball to keep the ball low.



WARM UP ACTIVITY - CO-ORDINATION (MIRRORS)



Aims

To develop the ability to coordinate body actions to mirror a partner

To explore the centre base and develop balance when a body part moves away from the centre

AREA

30 yards x 30 yards or large circle.

NUMBERS

This activity can accommodate numbers ranging from 10 to 20.

LAYOUT

Players are organised into pairs, will spread throughout the area and will stand facing each other.

RULES

One player will carry out an action using a body part and their partner must mirror this action. Actions can be:

Lifting limbs

Moving forwards, backwards, sideways

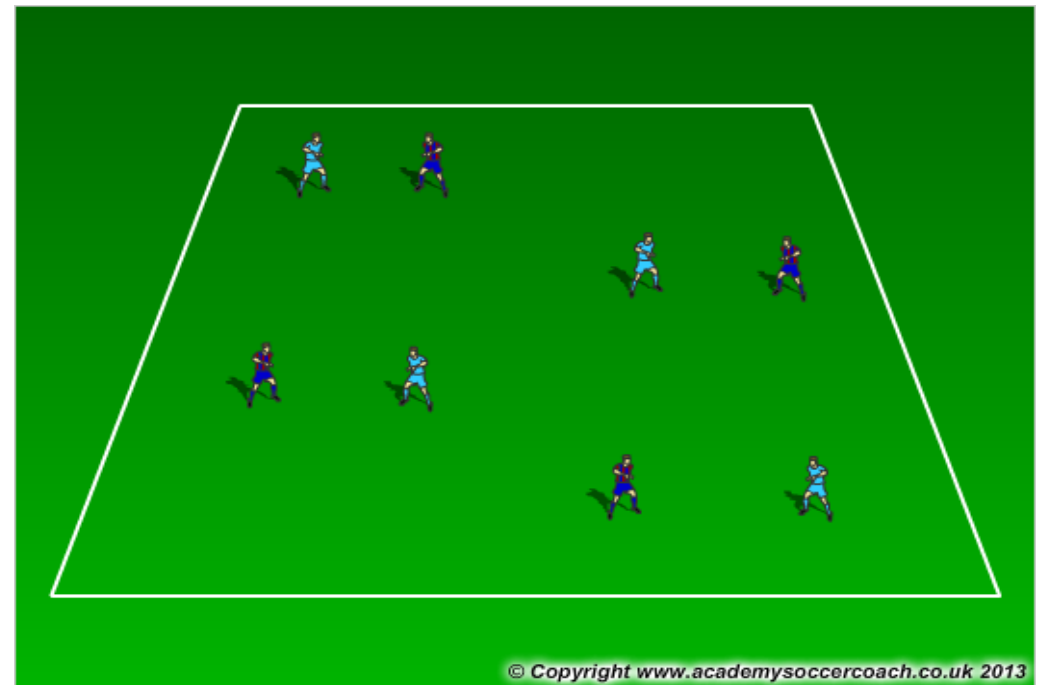
Jumping / Hopping

DEVELOPMENT

The practice can be developed by allowing more than one action at a time. A ball can also be introduced and players can dribble, juggle, bounce and catch the ball.

COACHING POINTS

Focus on the correct mirror action and the quickness of movements and reactions. Pay attention to body alignment and question participants to reinforce good practice. Ensure all participants play fairly and show respect when working together.



BALL WORK - FEINTS (SCISSORS)



Aims

To develop the ability to trick an opponent with body and ball movement and create space
To develop confidence, touch and coordination on the ball with both feet

AREA

20/30 yards x 20/30 yards.

NUMBERS

This game can accommodate up to 10 or 12 players. If there is a greater number it would be necessary to set up a second grid.

LAYOUT

A selection of cones are placed in the middle of the grid, roughly spaced one metre apart. A selection of cones are also placed in a straight line on two sides of the grid. These cones are also spaced out one metre apart.

RULES

Players will start at the bottom of the grid with the numbers split evenly between both cones. The player at the left cone will start first and dribble into the grid and through the middle cones. The player must use the feints at each cone and navigate diagonally through the cones to the corner cone. At this point the player at the right cone will start.

After dribbling through the centre cones the players move down the other side of the grid slaloming through the cones using the feints determined by the coach. Upon completion the players will then join the back of the other group.

DEVELOPMENT

To increase the difficulty the coach can ensure the players move in both directions, use both feet, increase the tempo and practice double feints.

COACHING POINTS

Scissor, Take

With the ball between your feet lift your preferred foot and bring it towards your other foot behind the ball. Circle around the front of the ball with your preferred foot bringing it back to its original position. With the outside of your other foot push the ball sideways to beat your opponent. Add an additional scissors to this feint to make it more difficult for you opponent to read your movement.



SKILL PRACTICE - SHOOTING & FINISHING



Aims

To develop shooting accuracy from in and around the 18 yard box
To create game specific shooting scenarios

AREA

Area slightly larger than 18 yard box or 30 yards x 30 yards area.

NUMBERS

6 - 12 players plus 1 or 2 goalkeepers.

LAYOUT

Three stations are positioned 10 yards outside the 18 yard box. An equal number of players are placed at each station.

RULES

Station 1

The player dribbles into the box and has a shot at goal. After the shoot this player moves into a position to play a layoff pass from Station 2.

Station 2

The player dribbles to the edge of the D before passing to Player 1. Player 2 receives the pass inside the box and has a shot at goal. Player 2 then moves into a position to defend against Player 3.

Station 3

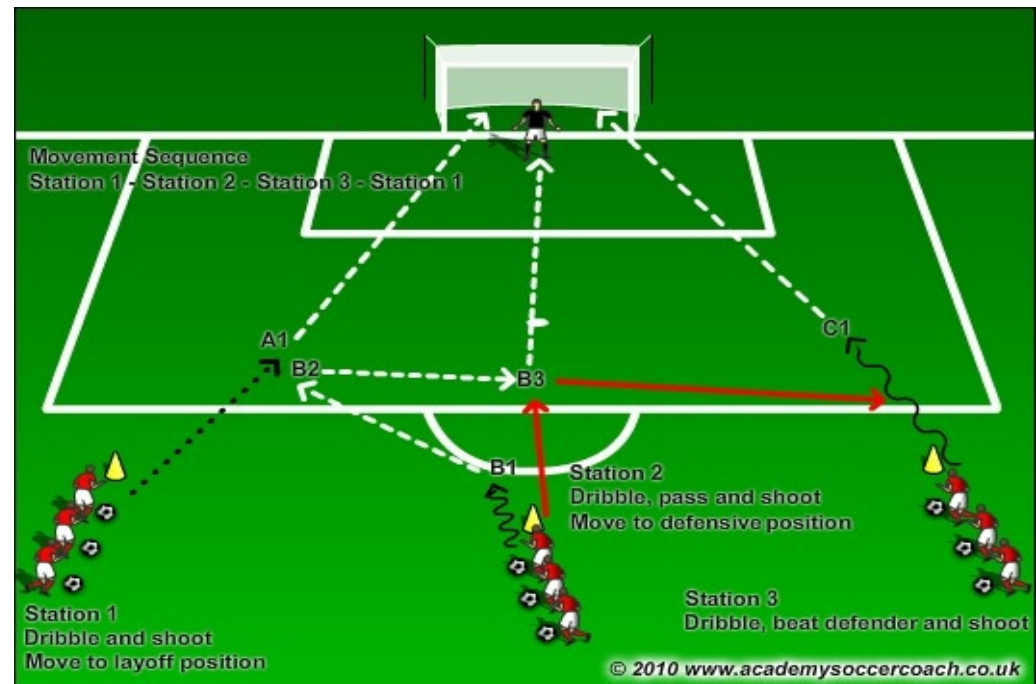
Player 3 dribbles into the box and must beat Player 2 before having a shot at goal. Player 1 moves to Station 2, Player 2 moves to Station 3 and Player 3 moves to Station 1.

DEVELOPMENT

Cones can be placed along the players run which they have to feint around before shooting. The practice can be further developed with the player at station 1 becoming involved in a 2v1 with the player from station 3.

COACHING POINTS

Encourage a high tempo practice with everything working in correct sequence. Look at the best technique for the shot. If shooting for accuracy players should use the side foot. Their non-kicking foot should be placed alongside the ball and they should aim to make contact with the middle of the ball. The power is generated from the hip and their body should be over the ball. If shooting for power players should use the instep. Their non-kicking foot should be placed alongside the ball and they should aim to make contact with the middle of the ball. As they approach the ball the knee of their striking foot should be over the ball. The power is generated through the action of the knee straightening through the ball and the movement of the hip forward. Again the upper body should be over the ball to keep the ball low.



GAME PRACTICE - SHOOTING & FINISHING



Aims

To develop shooting power and finesse technique
To create game specific shooting scenarios

AREA

30 yards x 30 yard area split into two halves.

NUMBERS

The game as shown in the diagram can accommodate 10 players. This game is played with on two halves with a 3v1 in each half plus a goalkeeper. The game can accommodate larger number but at a maximum a 5v3 in each half (the playing area would be increased as a result).

LAYOUT

This shooting game involves 3 attackers against 1 defender in each half. The goalkeepers will always pass to the defender in their half.

RULES

The 3 attackers must shoot at the goal in their half or set up their teammate in the other half for a long range effort.

DEVELOPMENT

The game can be reversed to encourage more long range efforts from the now 3 defending players and encourage link up play from the lone attacker.

COACHING POINTS

Look at the best technique for the shot. If shooting for accuracy players should use the side foot. Their non-kicking foot should be placed alongside the ball and they should aim to make contact with the middle of the ball. The power is generated from the hip and their body should be over the ball. If shooting for power players should use the instep. Their non-kicking foot should be placed alongside the ball and they should aim to make contact with the middle of the ball. As they approach the ball the knee of their striking foot should be over the ball. The power is generated through the action of the knee straightening through the ball and the movement of the hip forward. Again the upper body should be over the ball to keep the ball low.



