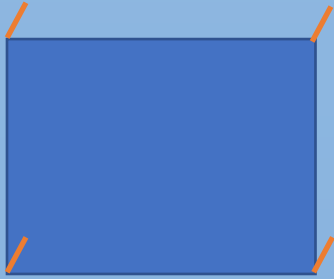

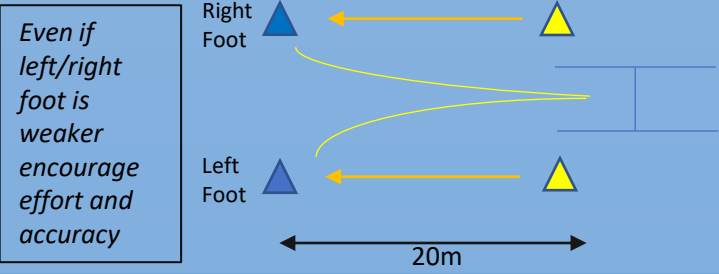


Activity	Description of activity	Diagram
<p><b>Warm Up (10/15 mins)</b></p> <ul style="list-style-type: none"> <li>Agility Balance Coordination</li> <li>Physical Capacities – e.g. speed, strength</li> </ul> <p>4 groups with 4 different colour bibs</p>	<p>Warm Up with all players inside a 30m x 30m square</p> <p>Activities:</p> <ul style="list-style-type: none"> <li>Hand pass</li> <li>High Catch</li> <li>Exercises</li> <li>Group calls (reaction)</li> </ul>	<p>Required Equipment:</p> <ul style="list-style-type: none"> <li>4 poles</li> <li>10-12 footballs</li> </ul> 
<p><b>Skill Development #1 (10 mins)</b></p> <ul style="list-style-type: none"> <li>Solo</li> <li>Bounce</li> </ul> <p>Set up this drill X 4 (1 colour bib 1 drill)</p>	<p><b>Solo &amp; Bounce Drill (2 plays max between cones)</b></p> <ul style="list-style-type: none"> <li>Solo &amp; Bounce travelling 6-8 metres,</li> <li>Hand Pass to team mate</li> </ul> <p>Aim is to ensure the players master solo, bounce &amp; continue to practice handpass</p> <p><b>Rules of GO Games is 2 plays MAX</b></p>	 <p>Approx 6 players per drill (2 on blue cone, 1 on yellow) player at blue cone travels out (1 solo, 1 bounce) and hand passes to player on yellow cone and so on.</p> <ul style="list-style-type: none"> <li>6-8 meters between cones</li> </ul>
<p><b>Skill Development #2 (15 mins)</b></p> <ul style="list-style-type: none"> <li>Shooting</li> <li>Tackling</li> </ul> <p>Set up this drill X 2 on one pitch(1 colour bib 1 drill)</p>	<ol style="list-style-type: none"> <li><b>Practice shooting right foot and left foot (uncontested)</b> Player at yellow cone kick passes to player at blue, player at blue then shoots off right foot or left foot</li> <li><b>Shooting/Tackling/block</b> As 1. but player giving kick pass now applies pressure on the shooter.</li> </ol>	<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p><i>Even if left/right foot is weaker encourage effort and accuracy</i></p> </div> 
<p><b>Game 3 (20mins)</b></p> <ul style="list-style-type: none"> <li>Go Games – 2 x small sided 6-8 a side</li> <li>Conditions: Only 2 plays</li> <li>Encourage support of team mate</li> </ul>	<p>Key now is preparation for upcoming GO Games, helping the kids to understand positioning, awareness of support for team mates &amp; tackle the ball <b><u>NOT THE PLAYER</u></b></p>	<p>Pitch Size for 6-8 a side should be approx. 40m x 25m – lets go with 2 pitches of this size and see how it works out</p> <p><b>For 8 a side we will have 1 GK(rotated), 3 DEFENDERS, 1 MF &amp; 3 FORWARDS</b></p>
<p><b>Cool Down/Group Discussion on Session (5 mins)</b></p>	<p>Ask the players how session went and what to practice at home for the week</p>	