

Session : Oceanside Pony Session One

Description : Oceanside Pony Session One

Notes :

1 - Balance, Agility, Co-ordination: Co-ordination Session

Duration: 15 Mins

Explanation

* Set up an area 20 x 30

* Players first work without ball, then add a ball each

* Co-ordination session includes: running, jumping, hopping, rolling, reacting, dribbling the ball and hand eye co-ordination

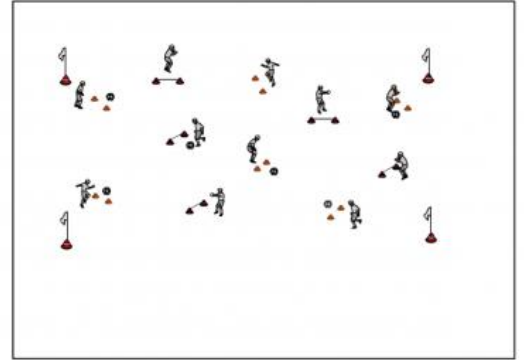
* Players run around the area and jump over hurdles

* Players run around the area and hop

Coaching Points

* Encourage players to 'stick with it' till they are successful

* incorporate a variety of moves to increase co-ordination, balance and strength of players



2 - Dribbling - knock out

Duration: 10 Mins

Explanation

* 15x15- 30x30 area (field size varies with group size/age)

* Players spread out in area with a ball each

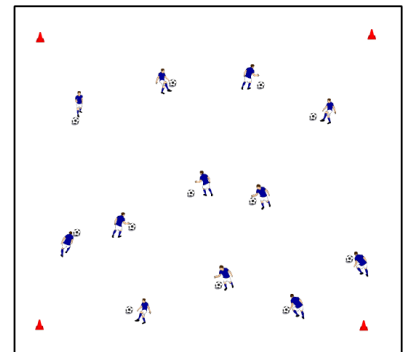
* Players dribble around the area in different directions

Coaching Points

* Keep the ball close and under control

* Look to get to open spaces on the field

* All turns, feints, skills performed accurately and quickly



3 - Number Game

Duration: 10 Mins

Explanation

Objectives

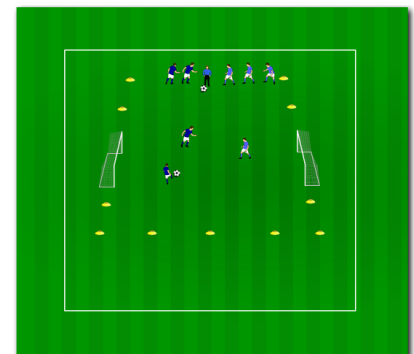
Separate players into two teams.

Players line up on either side of the coach.

Coach calls out two different numbers from the teams and players respond onto the field

ex. 2 red and 1 green player

They play 2 vs 1 to the net ball goes out of play or a goal, that play is over.



4 - 3v3 Small Sided Game

Duration: 10 Mins

Explanation

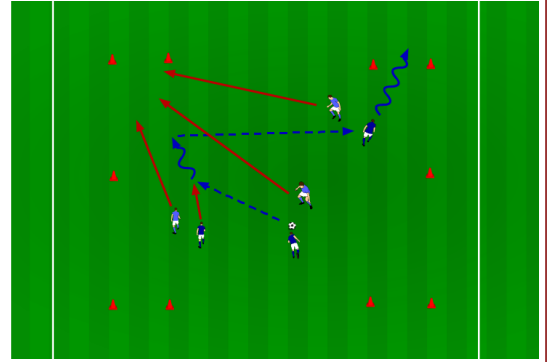
* Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide

* Players play 3v3 with no goalkeeper

* Normal SSG rules

Coaching Points

* Reinforce dribbling skills and turning skills to get out of trouble areas



5 - 3v3 Small Sided Game

Duration: 15 Mins

Explanation

* Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide

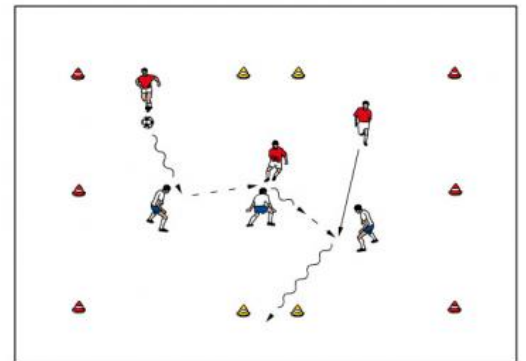
* Players play 3v3 with no goalkeeper

* Normal SSG rules

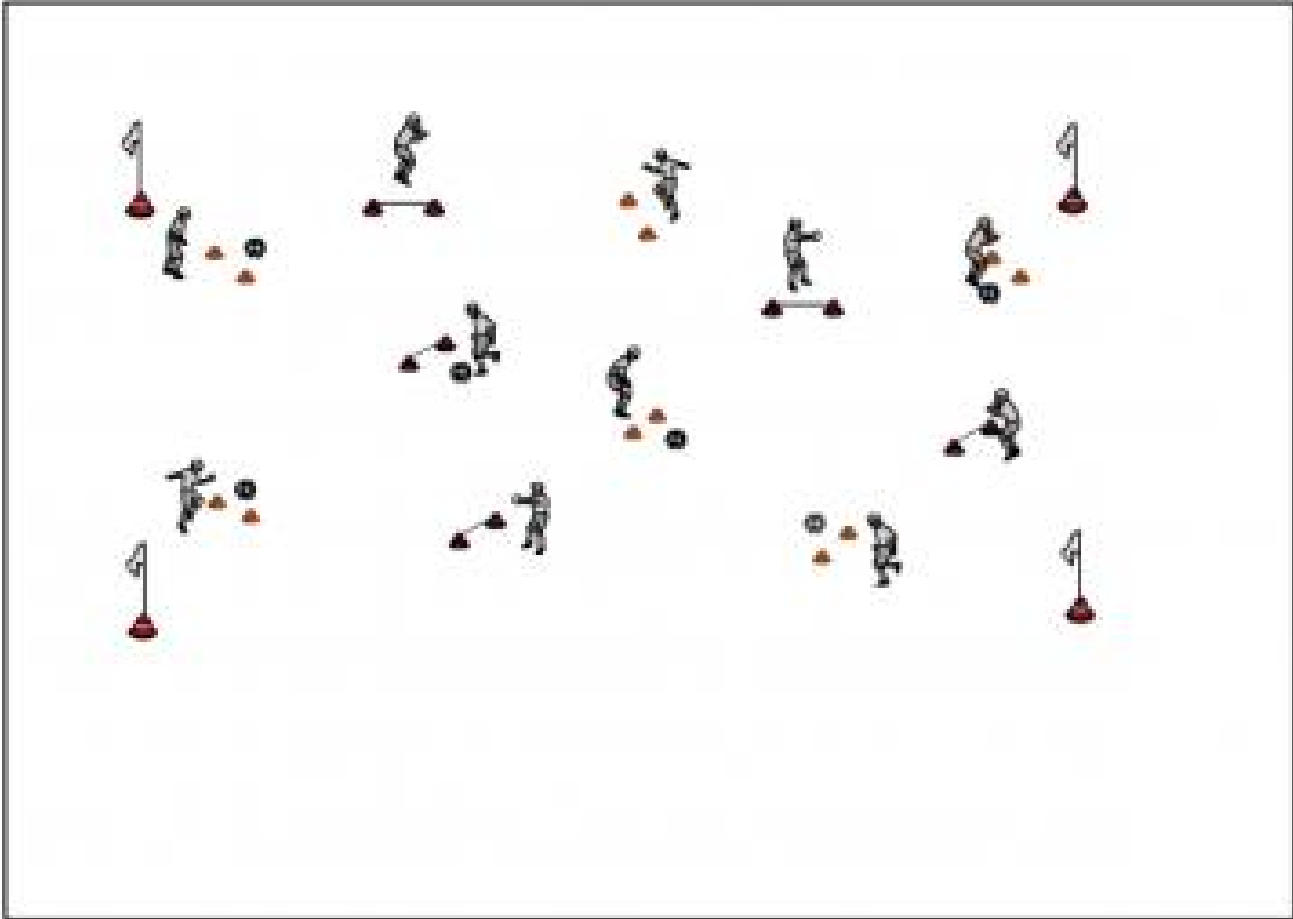
Coaching Points

* Reinforce dribbling skills

* Coach players to protect the ball



Activity : Balance, Agility, Co-ordination: Co-ordination Session



Explanation

- * Set up an area 20 x 30
 - * Players first work without ball, then add a ball each
 - * Co-ordination session includes: running, jumping, hopping, rolling, reacting, dribbling the ball and hand eye co-ordination
 - * Players run around the area and jump over hurdles
 - * Players run around the area and hop over hurdles

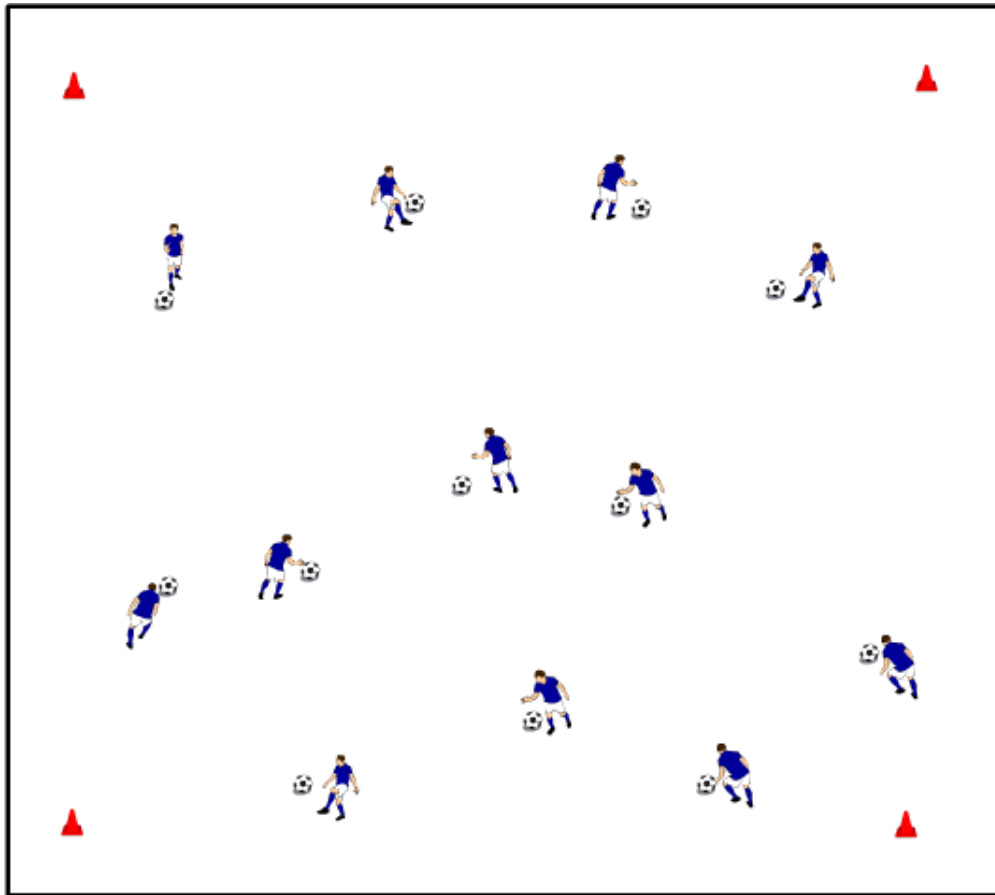
Coaching Points

- * Encourage players to 'stick with it' till they are successful
 - * incorporate a variety of moves to increase co-ordination, balance and strength of players

Progression

- * While carrying a ball, players jump over hurdles
 - * Players now bounce the ball while jumping over hurdles
 - * While dribbling the ball, they hold the ball between their feet and jump over hurdles
 - * Same as above, but forward roll over the hurdles

Activity : Dribbling - knock out



Explanation

- * 15x15- 30x30 area (field size varies with group size/age)
- * Players spread out in area with a ball each
- * Players dribble around the area in different directions

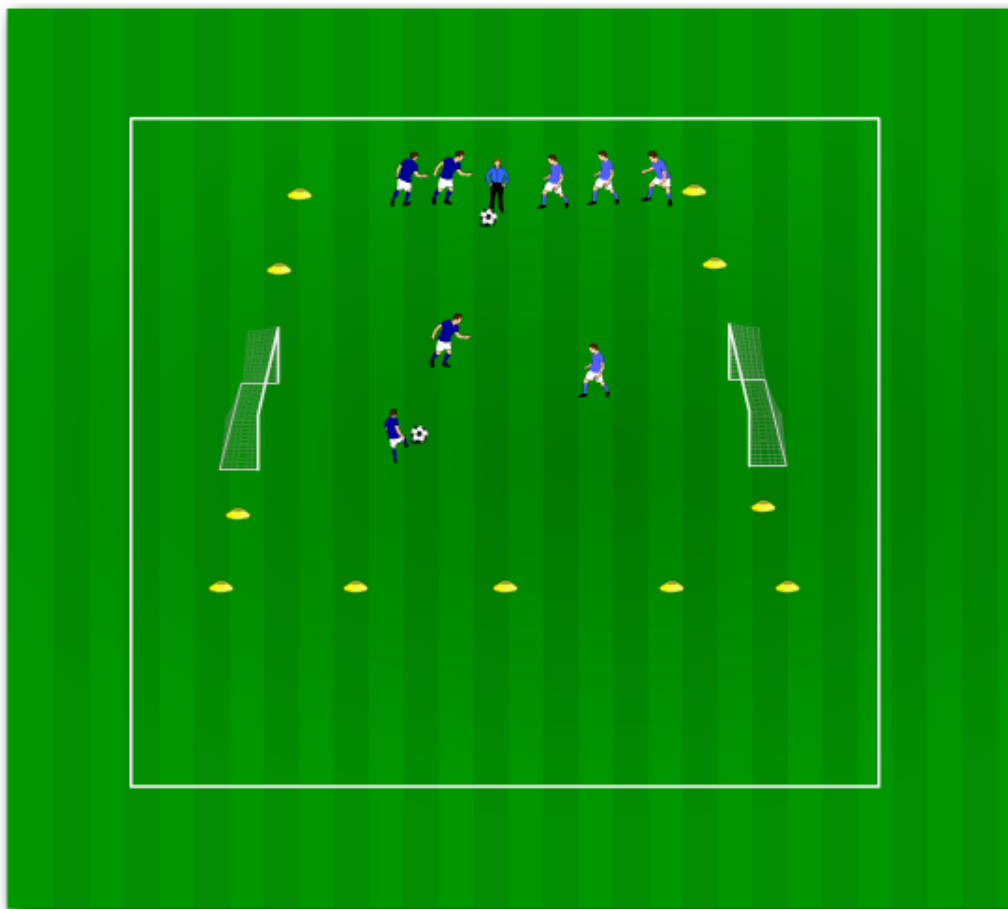
Coaching Points

- * Keep the ball close and under control
- * Look to get to open spaces on the field
- * All turns, feints, skills performed accurately and quickly

Progression

- Add different skills to the session
- * 'Freeze' - player stops the ball
- * 'Turn' - player pulls ball back and turns
- * 'Scissors'
- * 'Tic-Tocs' - player stops and taps ball between insteps of both feet as quickly as possible
- * 'Toe Taps' - player stops the ball and touches the top of the ball with toes in an alternating jumping motion
- * 'Circle' - player dribbles in a tight circle with outside of foot
- * Add a variety of feints/skills
- * Stop the ball with different body parts (elbow, knee, etc.)

Activity : Number Game



Objectives

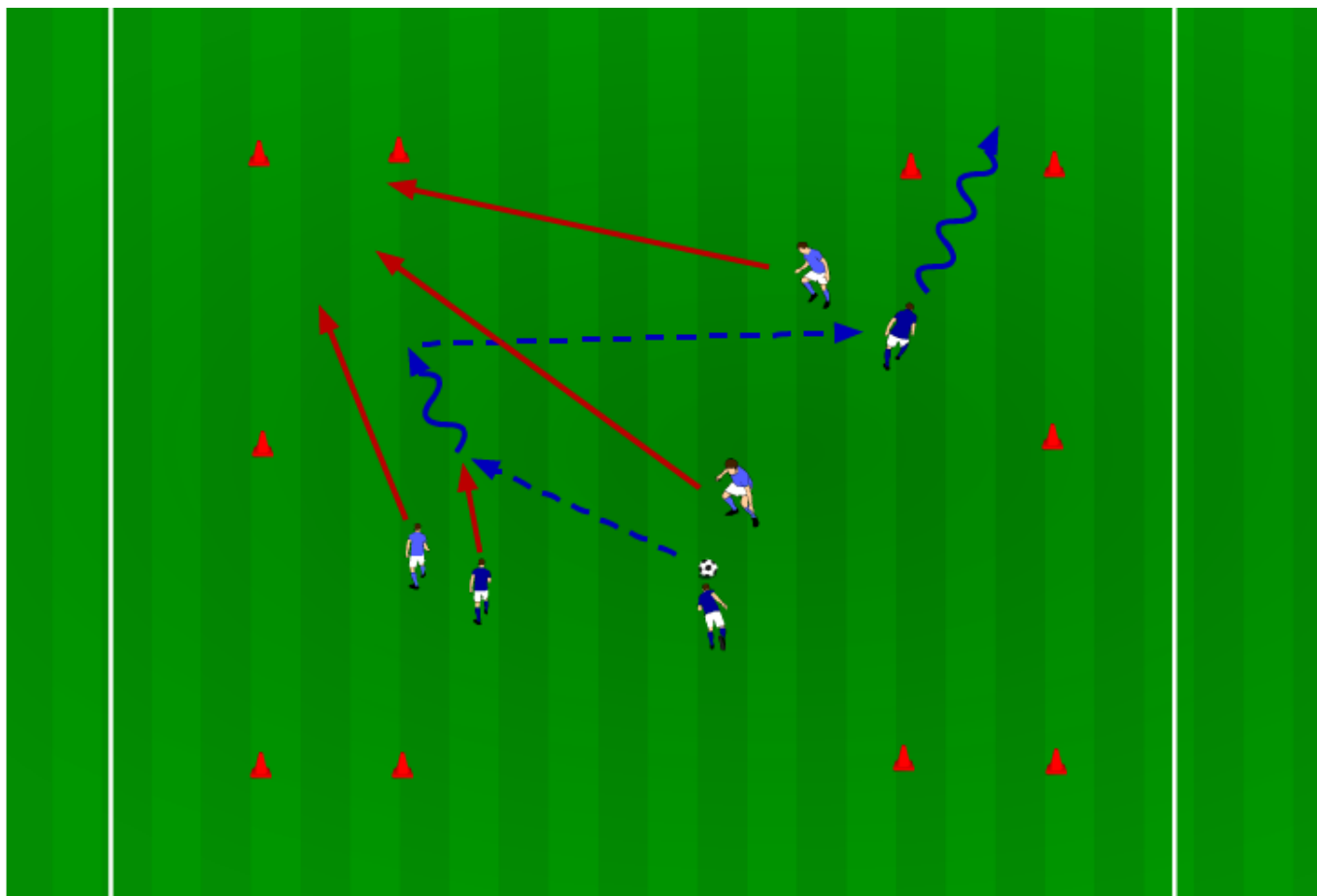
Separate players into two teams.

Players line up on either side of the coach.

Coach calls out two different numbers from the teams and players respond onto the field
ex. 2 red and 1 green player

They play 2 vs 1 to the net ball goes out of play or a goal, that play is over.

Activity : 3v3 Small Sided Game



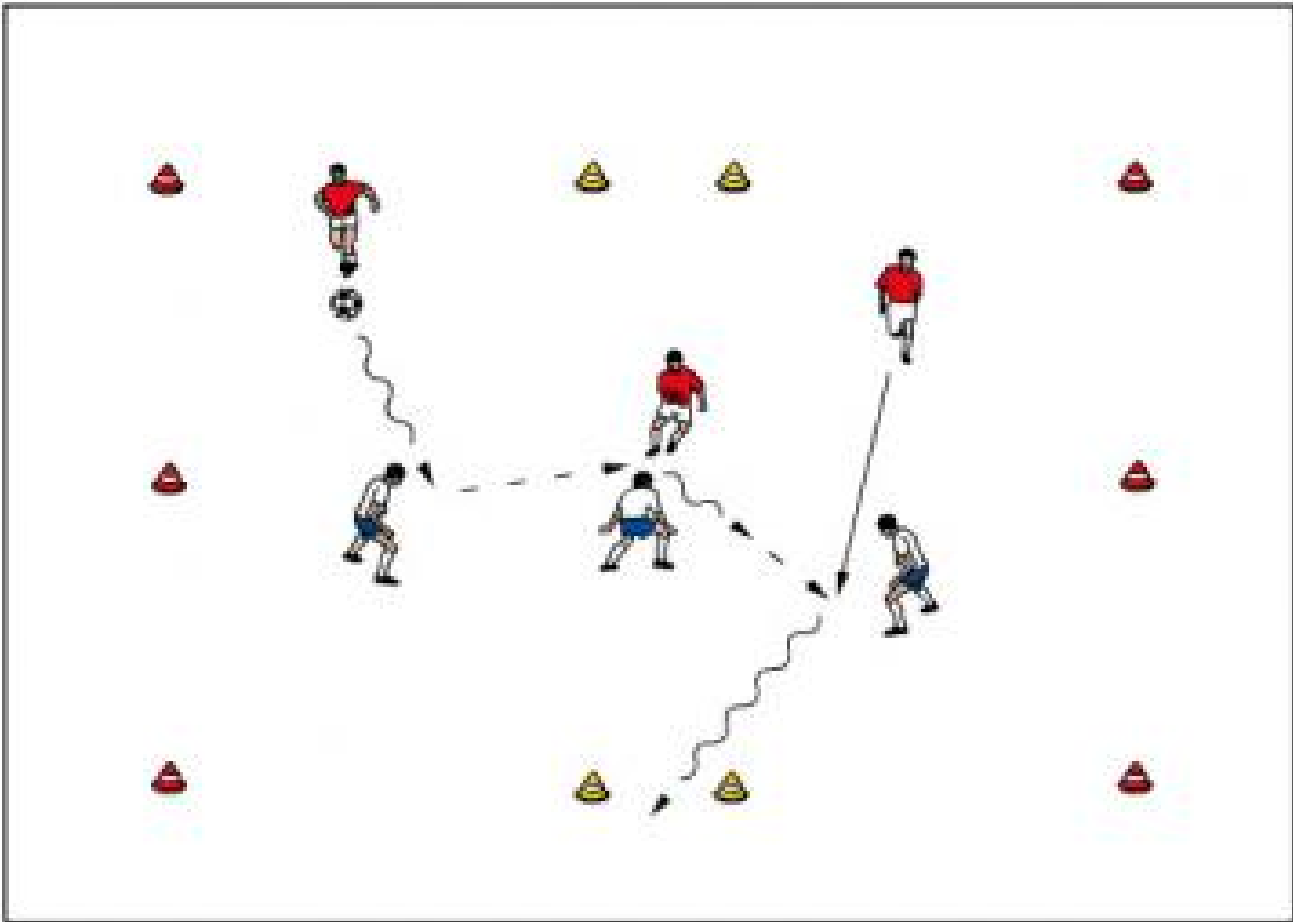
Explanation

- * Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
- * Players play 3v3 with no goalkeeper
- * Normal SSG rules

Coaching Points

- * Reinforce dribbling skills and turning skills to get out of trouble areas

Activity : 3v3 Small Sided Game



Explanation

- * Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
- * Players play 3v3 with no goalkeeper
- * Normal SSG rules

Coaching Points

- * Reinforce dribbling skills
- * Coach players to protect the ball

Session : Oceanside pony Session Two

Description : Oceanside pony Session Two

Notes :

1 - Warm Up: Dribbling

Duration: 15-20 Mins

Explanation

* Set up an area 20 x 20

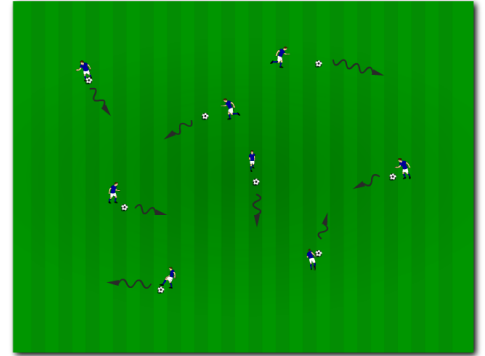
* Without the ball, players jog in the box and execute various dynamic warm-ups

* With ball, players are asked to execute various dribbling and turning moves

Coaching Points

* Encourage players to be creative

* Remind players to dribble with head up, look for free space



2 - Warm Up: Passing and Moving

Duration: 10 Mins

Explanation

* Set up a 25 x 30 area

* Start off with four players having a ball and the rest without balls

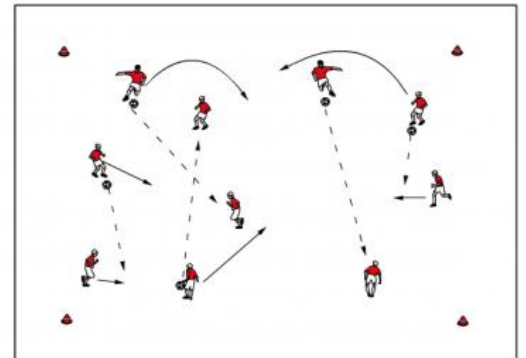
* Players with balls are passing and moving to players without the ball

Coaching Points

* The coach will ask the players to execute various passing options

* Pass and look for space

* Head up and communicate with partner you will pass the ball to



3 - Tag Game with Walls in the Area

Duration: 10 Mins

Explanation

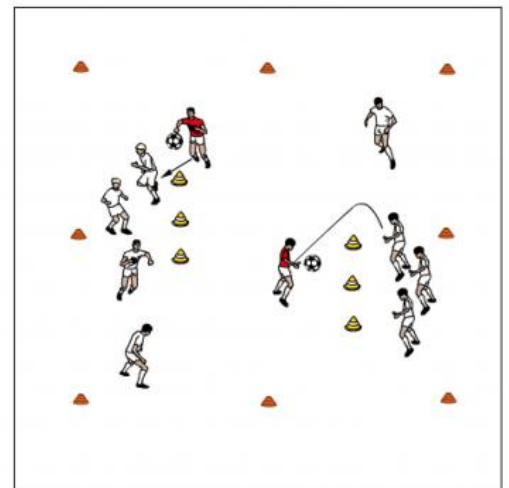
* Tag game in area. The area will depend of how many players we have but still the area should be reduced to increase intensity, awareness and movement.

* The players with the ball try to tag their teammates. No player can go through the line of cones (wall).

Coaching Points

* Communication.

* Awareness-vision..



4 - Dribbling Phase One

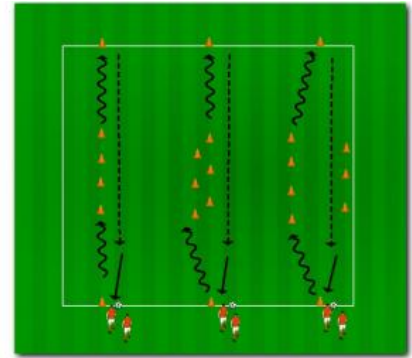
Duration: 10 Mins

Explanation

- one line to dribble through the row of markers which form a straight line- one line to dribble through the slalom course of cones which are spaced close together- one line to dribble through the slalom course of cones with larger spaces

Coaching Points

- ensure the players maintain control of the ball at all times- work on using the right and left foot at the appropriate times- accurate pass to complete the exercise



5 - 1v1 Duel

Duration: 10 Mins

Explanation

* Defender passes the ball into the attacker

* The attacker receives the ball with the aim to dribble across the endline to score a point

* If the attacker can dribble across the endline between the two flags with a smaller distance between them they receive three points

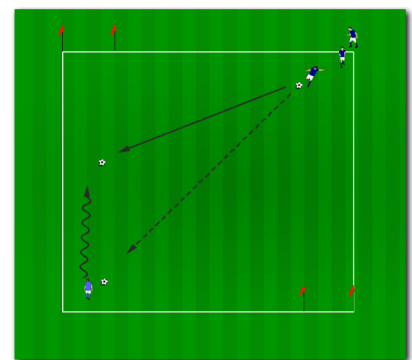
* If the defender wins the ball from the attacker the same conditions apply for scoring

Coaching Points

* Defender must close down space and jockey

* Attacker moves to the ball and tries to create space to beat the defender with the first touch with the aim to score on the small goal

* Transition- react fast to attack and defend



6 - 3v3 Small Sided Game

Duration: 15 Mins

Explanation

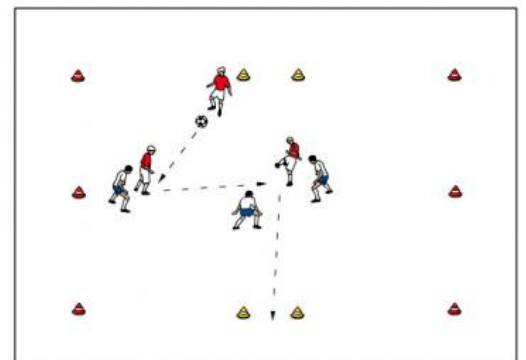
* Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide

* Players play 3v3 with no goalkeeper

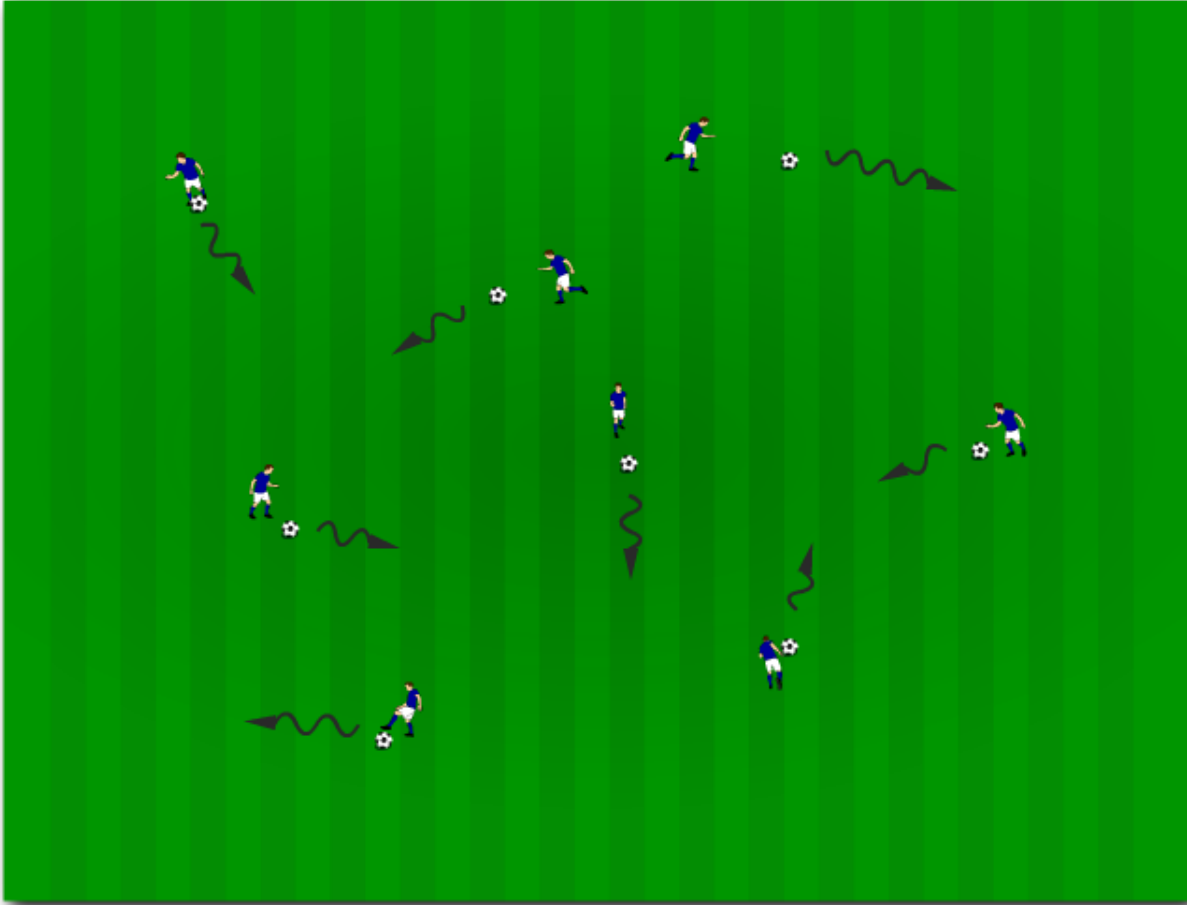
* Normal SSG rules

Coaching Points

* Encourage players to shoot as much as possible when close to the goal



Activity : Warm Up: Dribbling



Objectives

- * Incorporate dynamic flexibility and dribbling into warm-up

Explanation

- * Set up an area 20 x 20
 - * Without the ball, players jog in the box and execute various dynamic warm-ups
 - * With ball, players are asked to execute various dribbling and turning moves

Coaching Points

- * Encourage players to be creative
 - * Remind players to dribble with head up, look for free space

Progression

Without Ball:

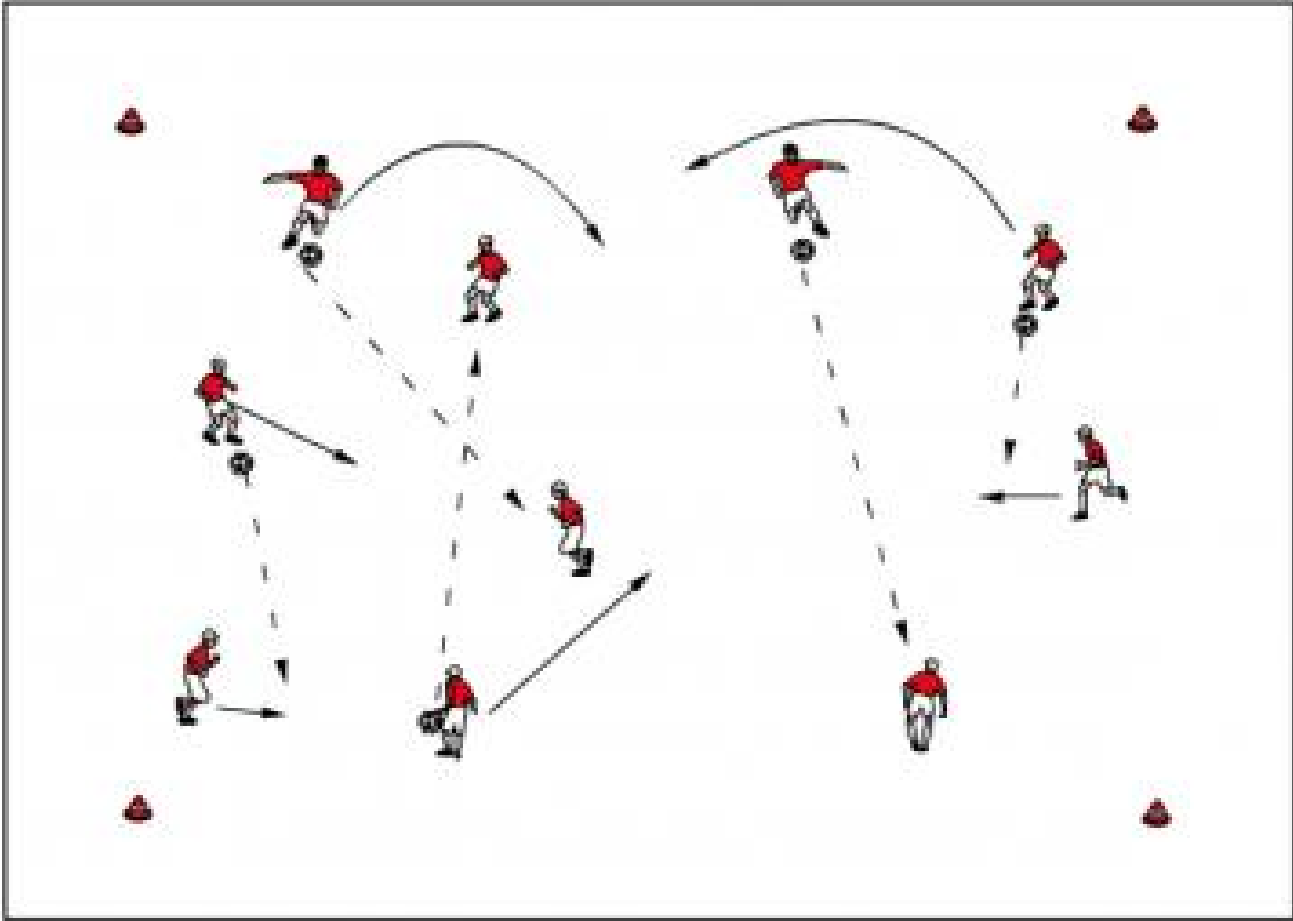
- * Jog
- * Ankle Flicks
- * Small Skips
- * Wide Skips

* High Knee-lifts

* Heel Flicks

* Carioca

Activity : Warm Up: Passing and Moving



Explanation

- * Set up a 25 x 30 area
- * Start off with four players having a ball and the rest without balls
- * Players with balls are passing and moving to players without the ball

Coaching Points

- * The coach will ask the players to execute various passing options
- * Pass and look for space
- * Head up and communicate with partner you will pass the ball to

Progression

- * Pass with inside of stronger foot
- * Pass with inside of weaker foot
- * Pass with outside of foot
- * Short pass and long pass combinations
- * Receiving player turns with ball after receiving it

* Receiving player flicks ball up and controls before passing it on

Activity : Tag Game with Walls in the Area



Explanation

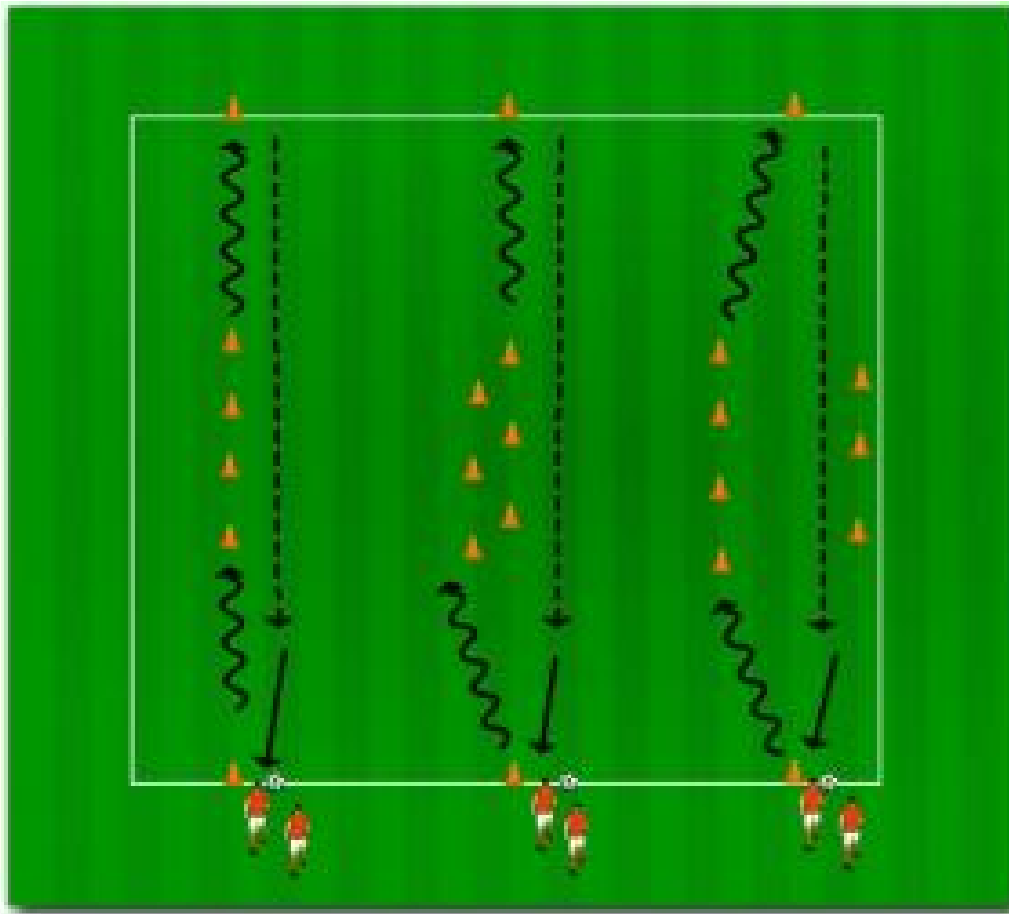
* Tag game in area. The area will depend of how many players we have but still the area should be reduced to increase intensity, awareness and movement.

* The players with the ball try to tag their teammates. No player can go through the line of cones (wall).

Coaching Points

- * Communication.
- * Awareness-vision..

Activity : Dribbling Phase One



Objectives

- three separate teams working at the same time- each team has two balls- once the player has completed the given task they will pass the ball to the second player in the line- as the front player reaches the end cone the next player in the line initiates the given task

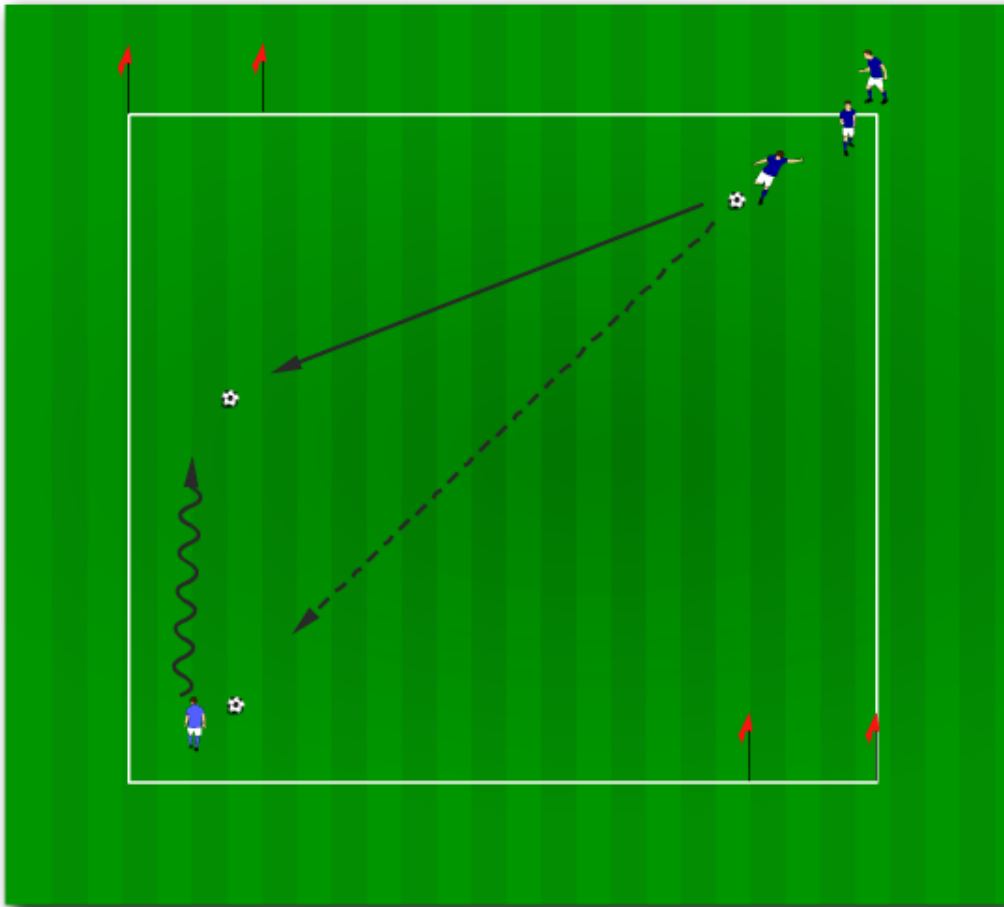
Explanation

- one line to dribble through the row of markers which form a straight line- one line to dribble through the slalom course of cones which are spaced close together- one line to dribble through the slalom course of cones with larger spaces

Coaching Points

- ensure the players maintain control of the ball at all times- work on using the right and left foot at the appropriate times- accurate pass to complete the exercise

Activity : 1v1 Duel



Objectives

- * Attacking principles
- * Defending principles

Explanation

- * Defender passes the ball into the attacker
- * The attacker receives the ball with the aim to dribble across the endline to score a point
- * If the attacker can dribble across the endline between the two flags with a smaller distance between them they receive three points
- * If the defender wins the ball from the attacker the same conditions apply for scoring points

Coaching Points

- * Defender must close down space and jockey
- * Attacker moves to the ball and tries to create space to beat the defender with the first touch with the aim to score on the small goal
- * Transition- react fast to attack and defend

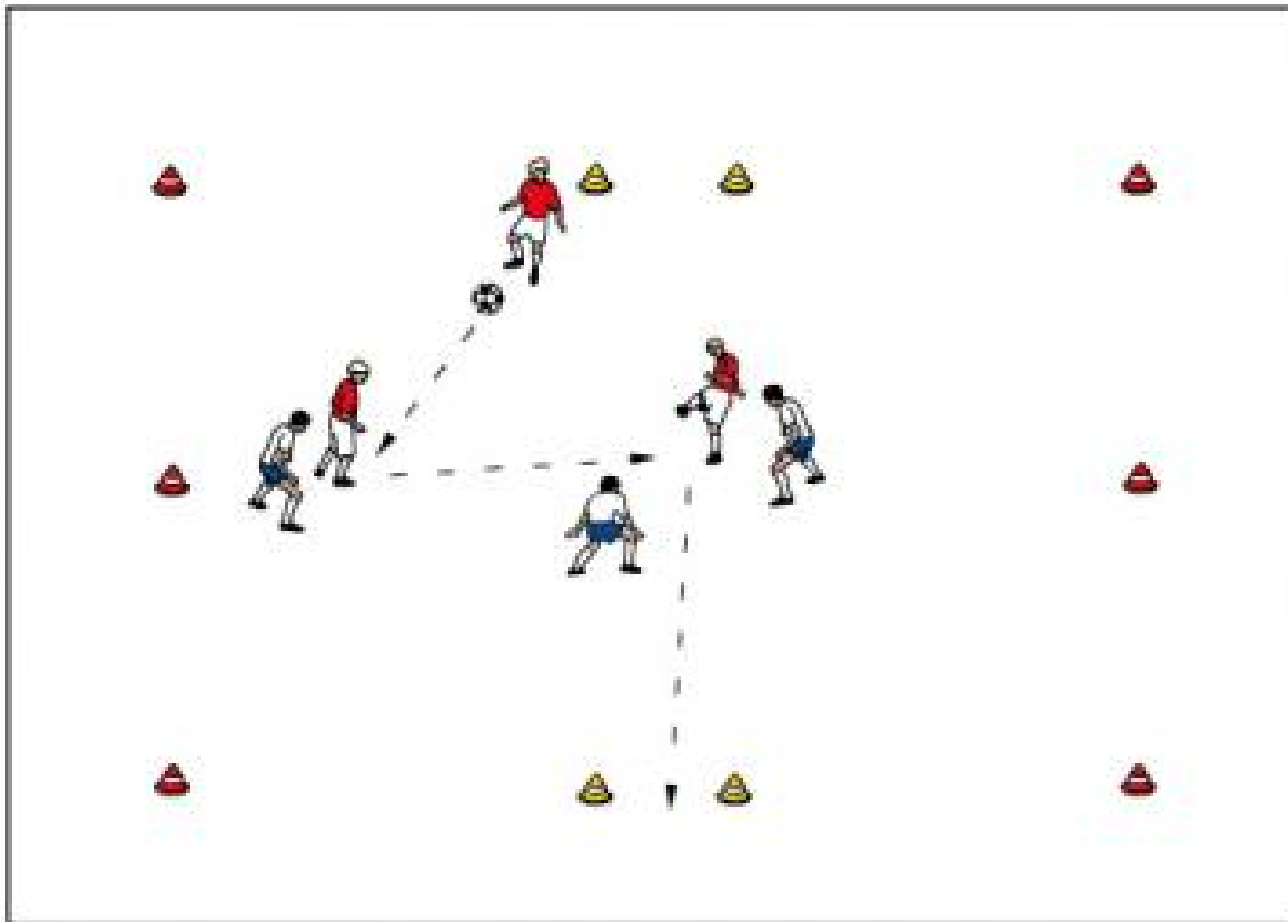
Progression

- * A competition can be created between the teams if you keep score

* For example, allow 10 attacks from each team before switching the groups

* Add a target player to create a 2v1 situation for give and go situations

Activity : 3v3 Small Sided Game



Explanation

- * Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
- * Players play 3v3 with no goalkeeper
- * Normal SSG rules

Coaching Points

- * Encourage players to shoot as much as possible when close to the goal

Session : Oceanside Pomy Session Three

Description : Oceanside Pomy Session Three

Notes :

1 - Dribbling Warm Up Two

Duration: 20 minutes

Explanation

* 15 x15 OR 30x30 area (field size varies with group size/age)

* Players spread out in area with a ball each

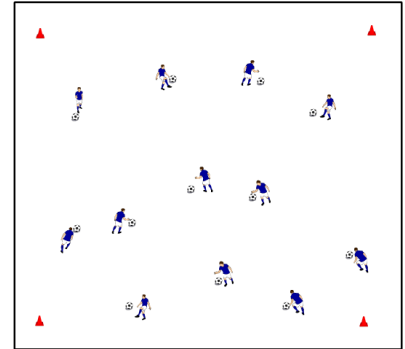
* Players dribble around the area in different directions

Coaching Points

* Keep the ball close and under control

* Look to get to open spaces on the field

* All turns, feints, skills performed accurately and quickly



2 - Passing in Pairs

Duration: 10 minutes

Explanation

* one-touch to control the ball out in front of the passing foot

* focus on a quality strike when driving or chipping the ball back to your partner

* distance will vary between ages and skill level

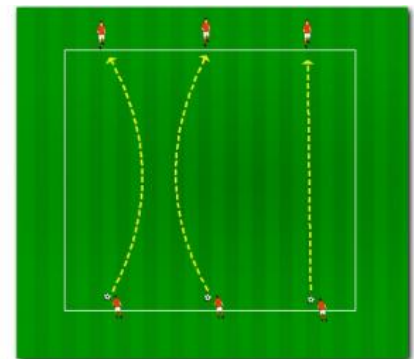
Coaching Points

* concentrate on the placement of the plantfoot

* keep the head down with the eyes on the ball

* concentrate on which part of the ball you will strike and which part of the foot you will use to make the pass

* concentrate on the feeling of the ball when it strikes the foot



3 - Passing Relay One

Duration: 5 minutes

Explanation

The aim is for the two groups of players to be able to pass the ball forwards to the player at the front of the opposite line.

Once the player has made the pass they must then follow the direction of the pass to the end of the opposite line.

If the players are restricted by the coach to a limited number of touches, it is essential that the player receiving the ball take as many touches as required to control the ball to ensure the drill continues.

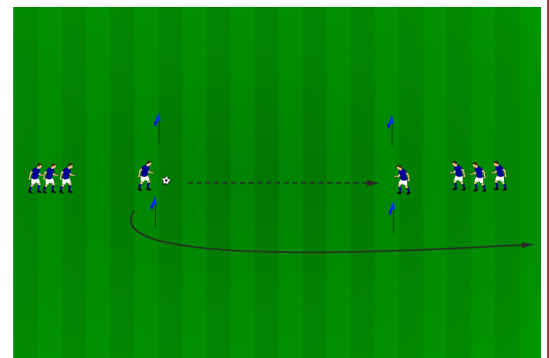
Coaching Points

* Passing technique

* Ball control

* Player movement

* Decision making



4 - Passing Relay Two

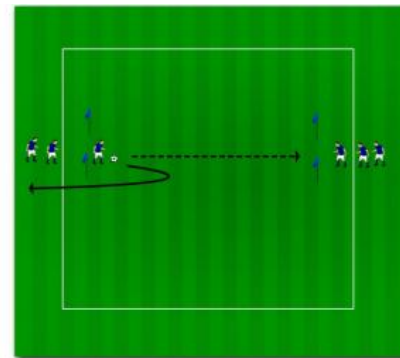
Duration: 5 minutes

Explanation

The aim is for the two groups of players to be able to pass the ball forwards to the player at the front of the opposite line. Once the player has made the pass they must then return to the end of their line as quickly as they possibly can without interfering with or distracting the net player in line. If the players are restricted by the coach to a limited number of touches, it is essential that the player receiving the ball take as many touches as required to control the ball to ensure the drill continues.

Coaching Points

- passing technique - ball control - player movement - decision making



5 - 4v4 Game

Duration: 20 minutes

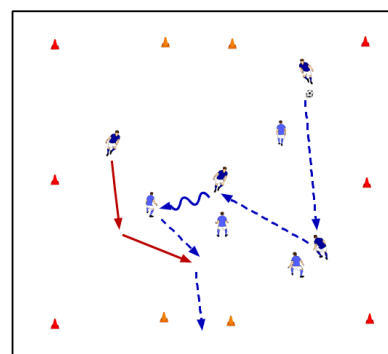
Explanation

* Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide

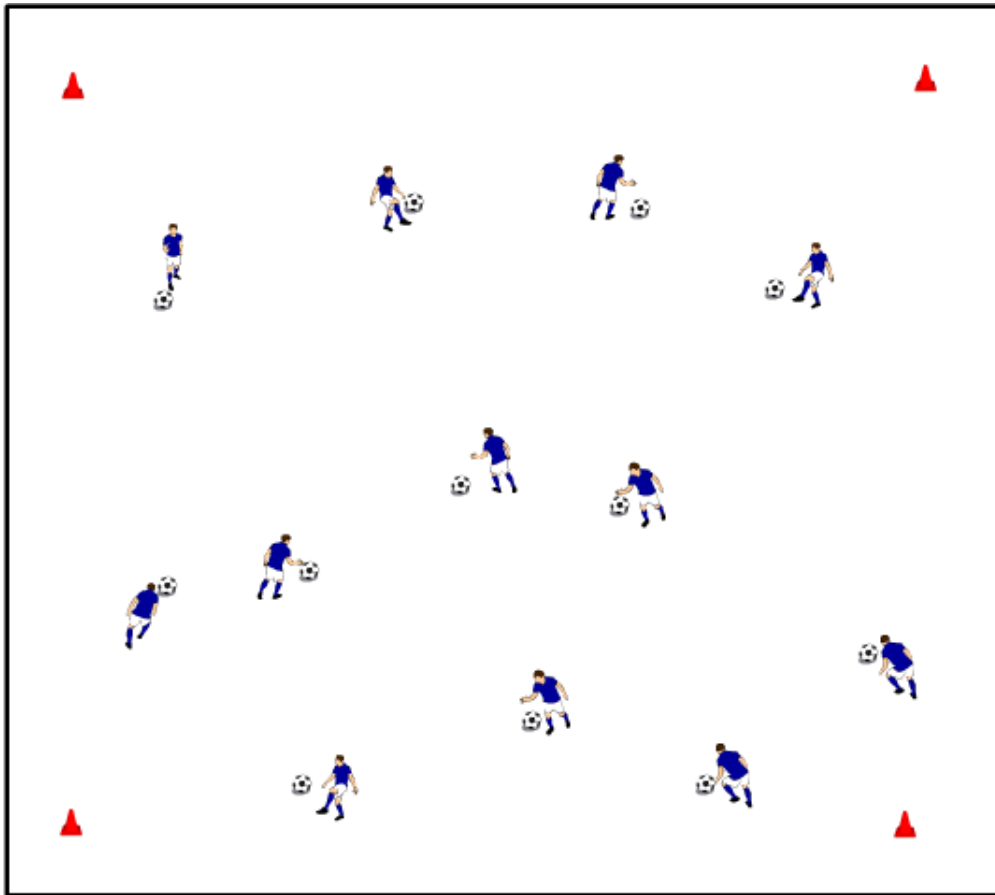
- * Players play 4v4 with no goalkeeper
- * Normal SSG rules

Coaching Points

Diamond Shape Support, overlap, inside penetration



Activity : Dribbling Warm Up Two



Explanation

- * 15 x15 OR 30x30 area (field size varies with group size/age)
- * Players spread out in area with a ball each
- * Players dribble around the area in different directions

Coaching Points

- * Keep the ball close and under control
- * Look to get to open spaces on the field
- * All turns, feints, skills performed accurately and quickly

Progression

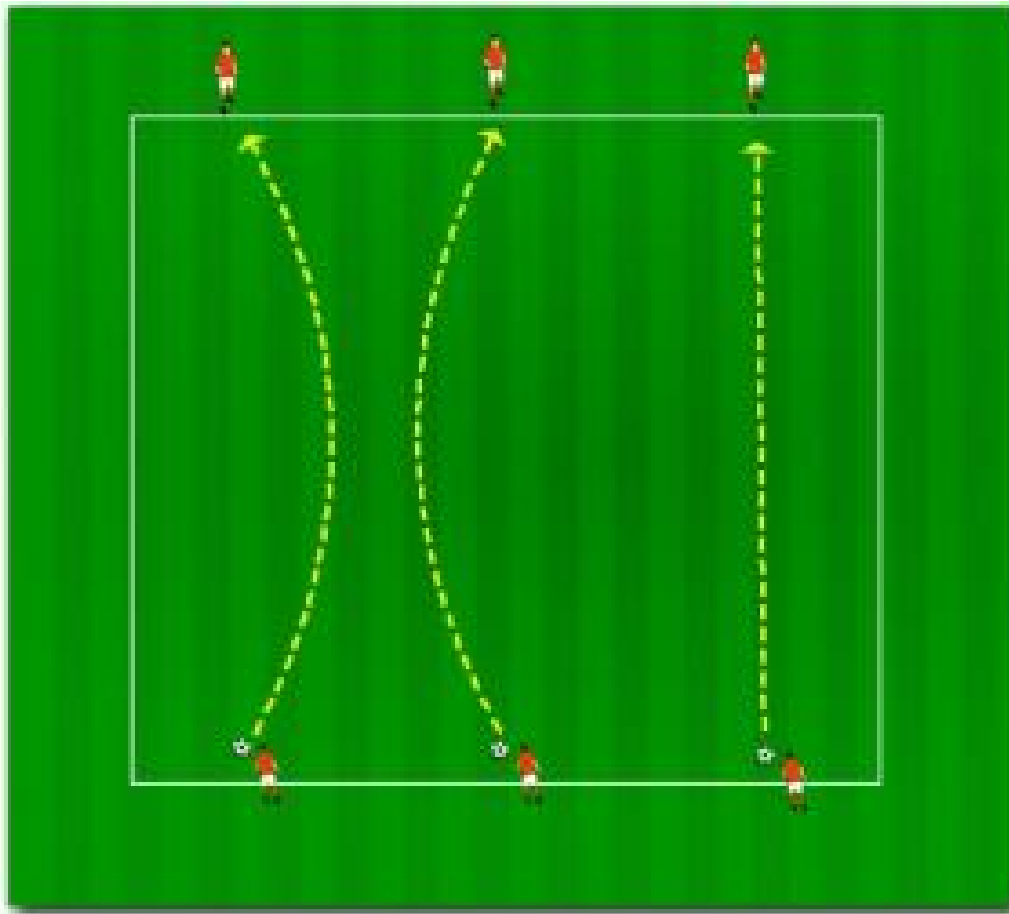
Add different skills to the session such as:

- * 'Freeze' - player stops the ball
- * 'Turn' - player pulls ball back and turns
- * 'Scissors'
- * 'Tic-Tocs' - player stops and taps ball between insteps of both feet as quickly as possible
- * 'Toe Taps' - player stops the ball and touches the top of the ball with toes in an alternating jumping motion

* 'Circle' - player dribbles in a tight circle with outside of foot

* Add a variety of feints/skills

Activity : Passing in Pairs



Objectives

- * Increased repetition ball striking between partners
- * concentrate on ball striking technique, accuracy and control
- * variation in service: driven pass, chipped pass

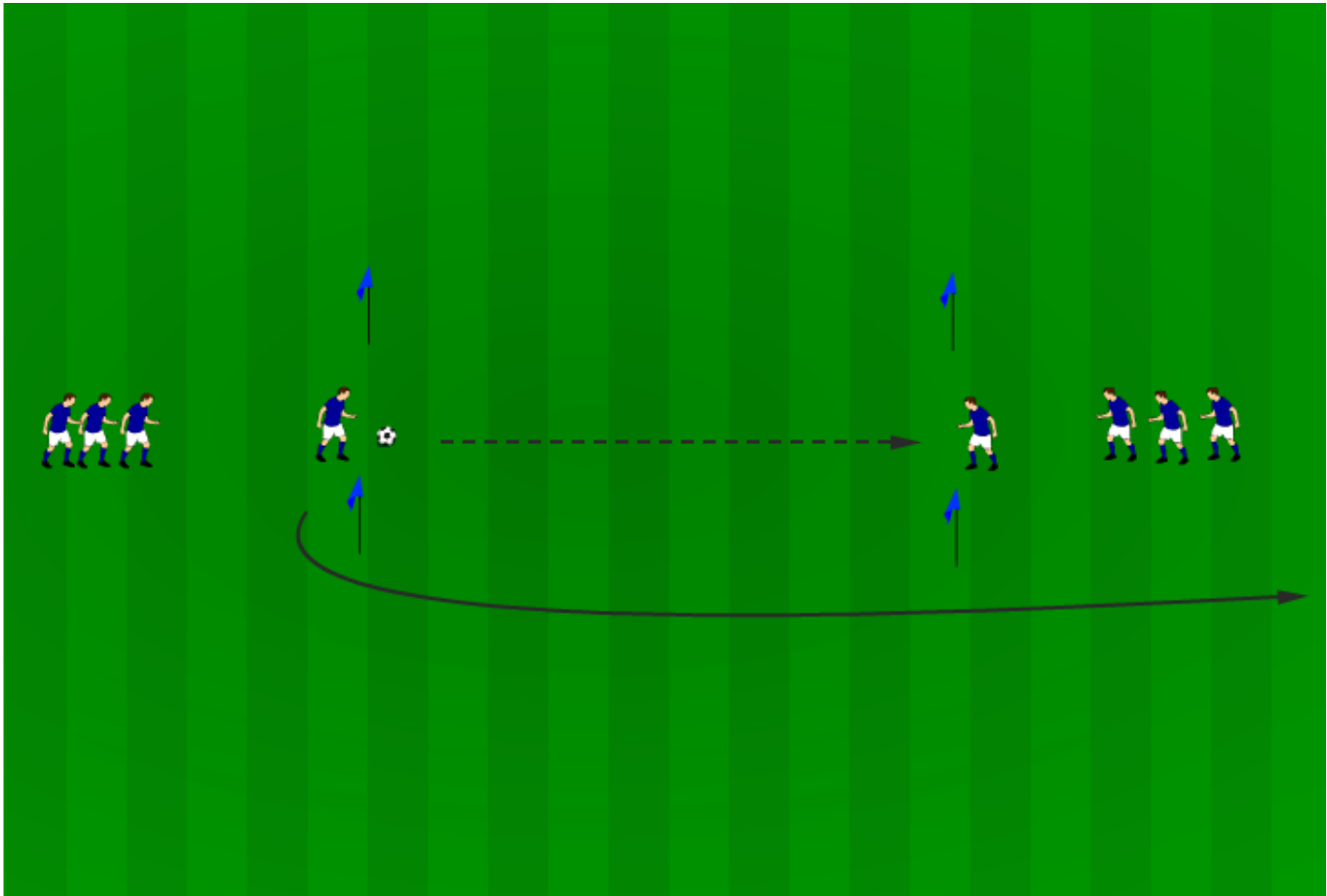
Explanation

- * one-touch to control the ball out in front of the passing foot
- * focus on a quality strike when driving or chipping the ball back to your partner
- * distance will vary between ages and skill level

Coaching Points

- * concentrate on the placement of the plantfoot
- * keep the head down with the eyes on the ball
- * concentrate on which part of the ball you will strike and which part of the foot you will use to make the pass
- * concentrate on the feeling of the ball when it strikes the foot

Activity : Passing Relay One



Explanation

The aim is for the two groups of players to be able to pass the ball forwards to the player at the front of the opposite line. Once the player has made the pass they must then follow the direction of the pass to the end of the opposite line. If the players are restricted by the coach to a limited number of touches, it is essential that the player receiving the ball take as many touches as required to control the ball to ensure the drill continues.

Coaching Points

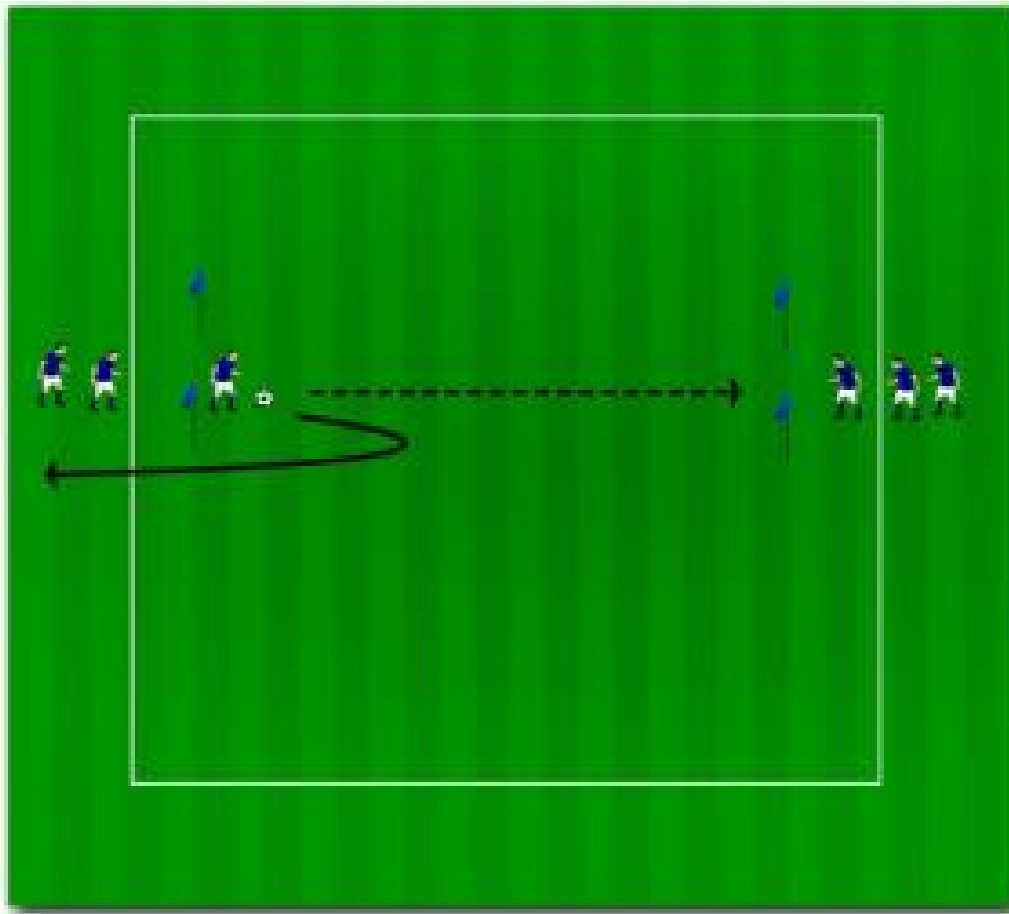
- * Passing technique
 - * Ball control
 - * Player movement
 - * Decision making

Progression

- * Open touch
 - * Right foot only
 - * Left foot only
 - * Restrict the number of touches a player can use
 - * Juggle the ball back and forth with the head only

* Juggle the ball back and forth with any part of the body

Activity : Passing Relay Two



Explanation

The aim is for the two groups of players to be able to pass the ball forwards to the player at the front of the opposite line. Once the player has made the pass they must then return to the end of their line as quickly as they possibly can without interfering with or distracting the net player in line. If the players are restricted by the coach to a limited number of touches, it is essential that the player receiving the ball take as many touches as required to control the ball to ensure the drill continues.

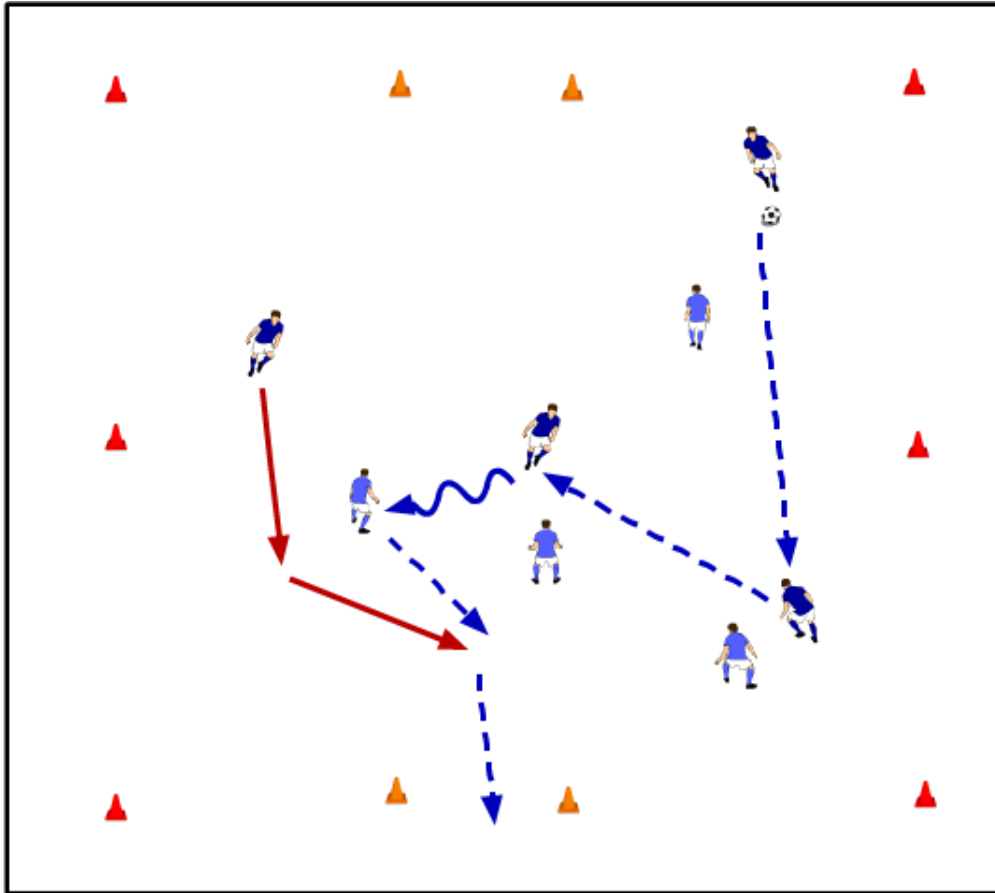
Coaching Points

- passing technique - ball control - player movement - decision making

Progression

- open touch - right foot only - left foot only - restrict the number of touches a player can use - juggle the ball back and forth with the head only - juggle the ball back and forth with any part of the body

Activity : 4v4 Game



Objectives

Finish with a no restrictions game looking to reinforce objectives from the training. If working on dribbling make goal smaller to encourage getting close, if passing or shooting bigger goals.

Explanation

- * Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
- * Players play 4v4 with no goalkeeper
- * Normal SSG rules

Coaching Points

Diamond ShapeSupport, overlap, inside penetration