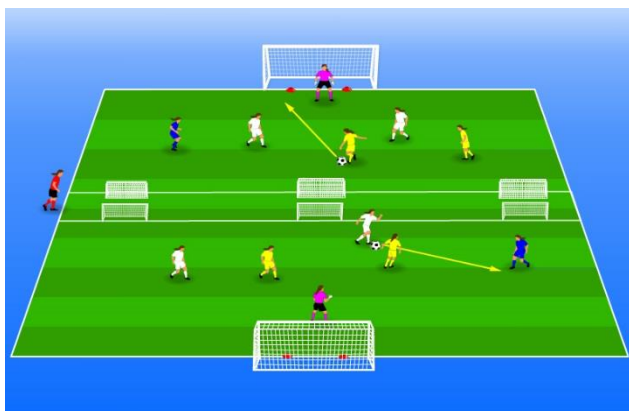


SKILL ACQUISITION PHASE: STRIKING THE BALL

Suggested equipment list:

12 cones, 6 balls, 6 mini goals, 2 portable goals (age-specific) and 3 sets of bibs



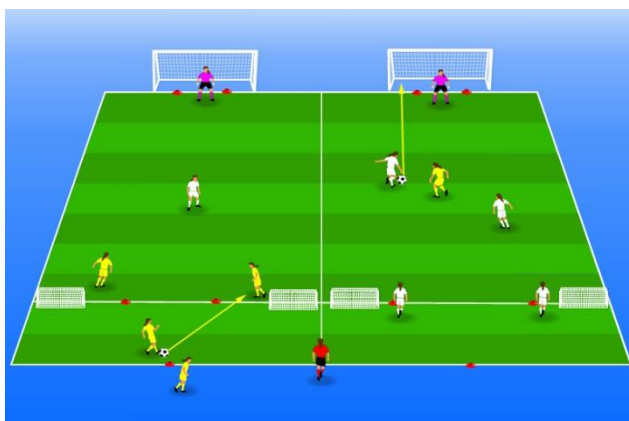
FUNCTIONAL Activity: 'Half court Football'

- Split players into two teams with two 'jokers' who play on the attacking team only (becomes 3v2 in each area)
- Attacking team attempts to score a goal past the goalkeeper with a goal scored in either corner worth 2 points
- Defending team tries to win the ball and score in one of three mini goals at half court
- If the defending team scores a goal, they become the attacking team and the 'joker' becomes part of their team
- 'Jokers' rotate frequently



Recognition Phase: Game

- Split players into two teams
- Normal game, 1 point for a goal
- Teams awarded 3 points if a player scores in either corner of the goal (as marked by cones)
- Create one or two games



Intervention: Skill breakdown

- Split players into two teams with a 2v1 in each area
- Player on back cone passes ball into one of two players on the front cones who then drive the ball into the area to create a 2v1
- Attackers attempt to score a goal past the goalkeeper
- If a goal is scored in either corner (as marked by cones), it is worth 3 points. A goal scored in between cones is worth 1 point
- The defender tries to win the ball and score a goal in one of two mini goals on the opposite side which is worth 2 points
- Rotate defenders frequently



Evaluation Phase: Free Game

- Normal game, 1 point for a goal
- All players involved including 2 goalkeepers
- Coach is advised to 'coach on the run' by praising and encouraging desired actions linked to the session topic without stopping the game