



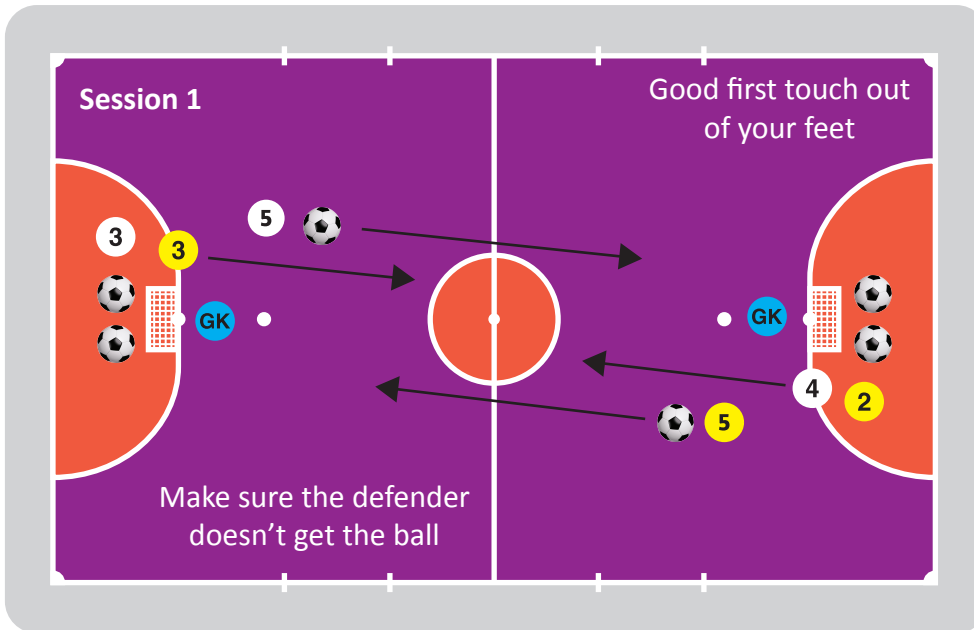
Theme - Running With The Ball 3

Date - Sunday 11 February 2018

Location - St Olave's School Sports Hall

Time - 3.00pm to 4.00pm

Age Group - Under 12 Girls - Mixed Ability

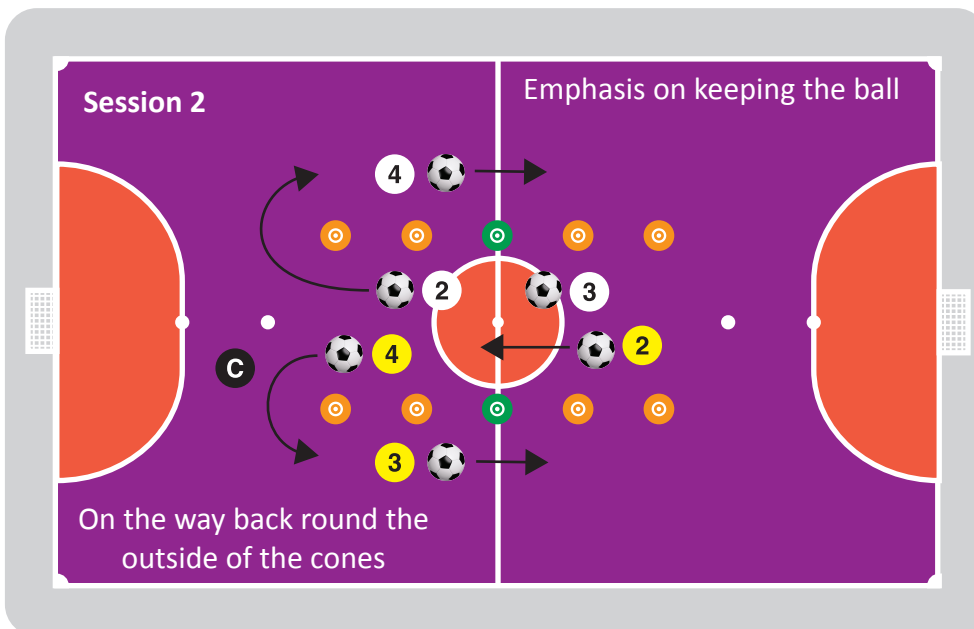


Session 1

Move the goals to the edge of the D, attackers starts on the 10m line, defender in line with the goal. Attackers runs and tries to score in opposite goal, without being tackled. If defender wins the ball, they try and score in the same goal.

Coaching Points

Good first touch out of your feet, don't slow down but be in control of the ball as you try to shot, toe poke.



Session 2

Skills corridor - the players will be challenged to move with the ball through the corridor completing various tasks - see below for the list.

Coaching Points

Make sure the players understand keeping the ball under control at all times, and within the laws of the game, and also within the cones is the key. Use the way back for them to show you skills they can do.

Further Coaching Notes

Session 1 - Make sure the attackers go at pace, but keeping the ball under control, good first touch out of their feet. Make the goalkeepers stay in the D to get shots on target. Can progress to receiving a pass back to the attackers before the run towards the other goal. Get them to try a toe poke finish at the goal.

Session 2 - Challenges to include - as many touches as possible, backwards touches, as few touches as possible, halfway lots then few touches, fast & stop fast & stop, anything on the way back ball can't touch the floor, side to side with turn, both ways & round the outside, both ways at the same time.