

# STRUCTURE OF A PRACTICAL COACHING SESSION - 60 Minutes

## LEVEL 1: 05 to 08 Years Session No: 2

### Set Up

Everything in place 10 minutes before the start.

## 1. INTRODUCTORY PART OF THE COACHING SESSION

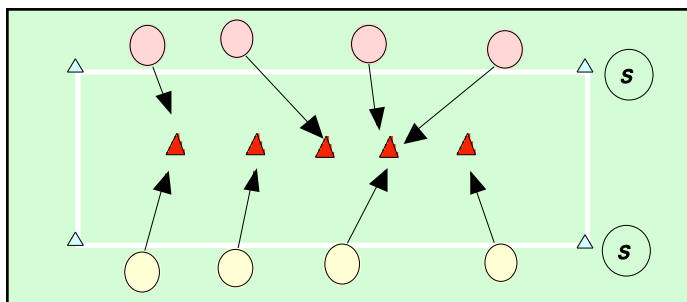
1.1 Basic ball dribbling - 5 minutes

1.2 Juggling the ball -(with the use of the hands) - 5 minutes

- 10 minutes

## 2. MAIN PART OF THE COACHING SESSION

### 2.1 Helpful tactical fun game element 1:



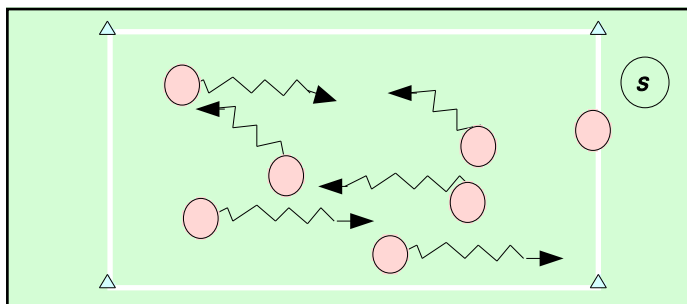
### Passing at the target

- 5 minutes

**Grid Set Up:** 10 metres x 5 metres.

Players are divided into 2 teams. All players have a ball to the side of the grid. Player pass at the pointed markers and try to knock them over. The game ends when the last marker is knocked over. Each time a marker is hit and falls over, the team that has the point of the marker pointing towards them, gains a point. The team with the most points wins the game.

### Helpful tactical fun game element 2:



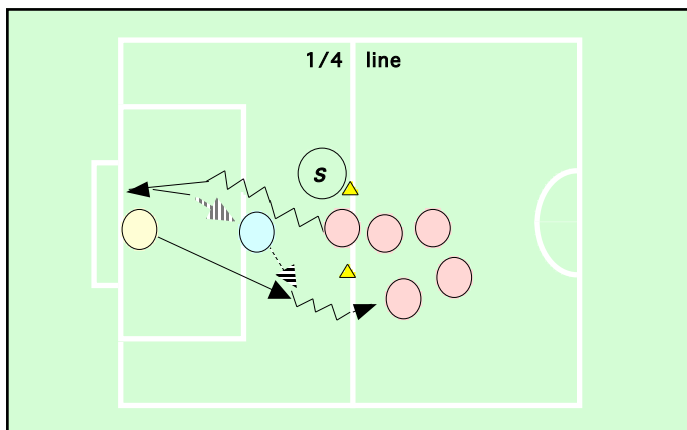
### Lost ball

- 5 minutes

**Grid Set Up:** 6 metres x 6 metres.

All players, except one, have a ball and dribble in the grid. The player without a ball must try and get a ball from one of the other players. He can do this by tackling and gaining possession or by simply kicking a players ball out of the grid. In both cases the ball is now his. The game continues with the player without a ball trying to get a ball from anyone of the players dribbling in the grid.

### 2.2 Technical-tactical shooting element:



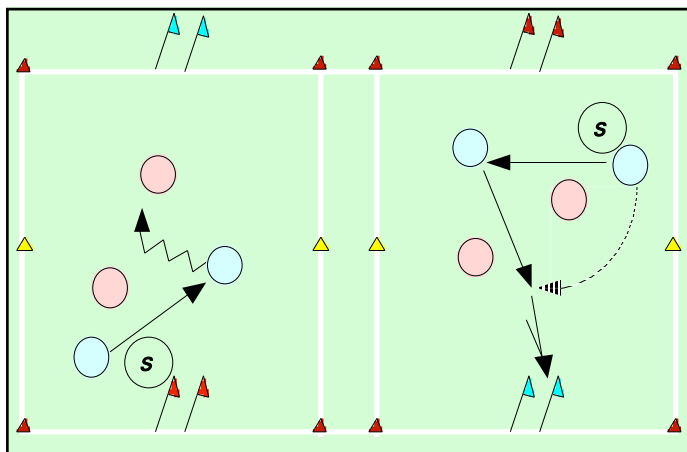
### Shooting element No 2

- 10 minutes

**Shooting Set Up:** A quarter of this level's full pitch.

In this shooting exercise the defender stands halfway between the goalkeeper and the attacking players. The attacking players all have a ball. The attacking player dribbles in a 1:1 situation against the defending player and tries to score a goal. If goal is scored they do not change places. If a goal is not scored then the attacking player changes places with the defender. The defender now becomes an attacking player, receives the ball from the goalkeeper, and dribbles to the end of the line.

### 2.3 Small pitch conditioned fun game element:



### Fun world cup games

- 28 minutes

**Game Set Up:** 2 small pitches 15 metres x 10 metres with goals (posts) of 1 metre width.

End off this coaching session by having two small-sided games. Have 4 equal teams with team 1 playing team 2 and team 3 playing team 4. The goals are 1 metre in width as to prevent any high scoring game. This will ensure that the players are competitive. Name their team for example, Brazil, Spain, England or Australia. Make up the 3 game draw and have them play each other once, with 3 points for a win, 2 points for a draw and nil points for a loss. Both games are played at the same time. End with a small-sided game with no conditions.

End second half of the small sided game with free expression.

## 3 CONCLUDING PART OF THE COACHING SESSION

3.1 Summary of the coaching session

- 2 minutes