

1. INTRODUCTORY PART OF THE COACHING SESSION

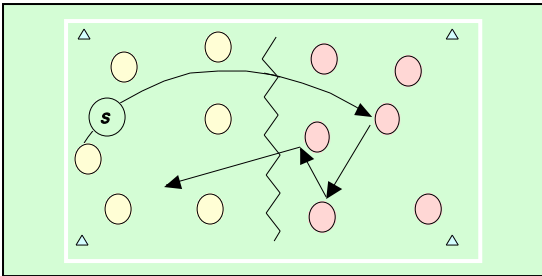
- 1.1 Ball dribbling and feinting across the pitch and then static exercises for flexibility - 10 minutes
- 1.2 Active exercises for flexibility - 6 minutes
- 1.3 Juggling the ball - 3 minutes
- 1.4 Individual corrective technical-tactical training - 4 minutes

Set Up
Everything in place 10 minutes before the start.

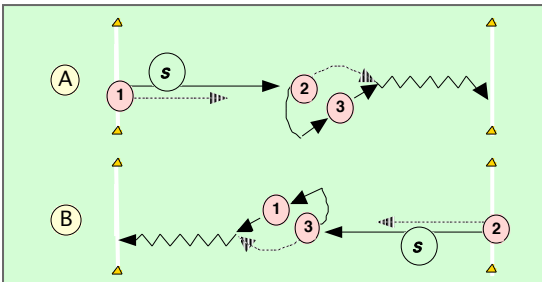
- 23 minutes

2. MAIN PART OF THE COACHING SESSION

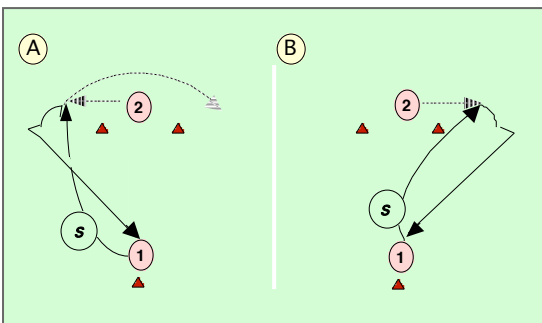
2.1 Helpful tactical game element:



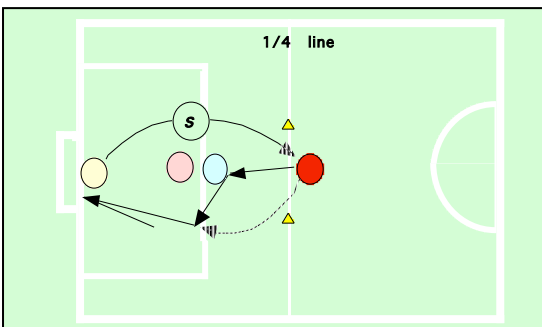
2.2 Deceptive dribbling and feinting technique:



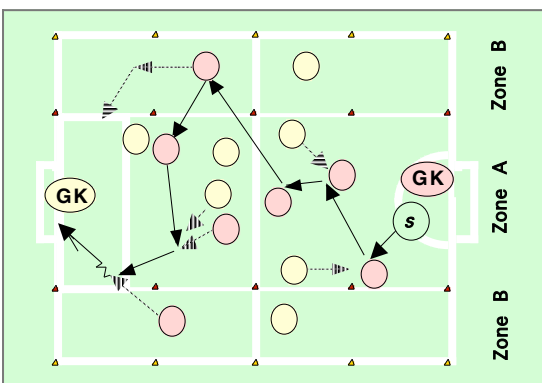
2.3 Technical-tactical program element:



2.4 Technical-tactical shooting element:



2.5 Small pitch conditioned game element:



3. CONCLUDING PART OF THE COACHING SESSION

3.1 Summary of the coaching session

Football tennis

- 10 minutes

Grid Set Up: 6 metres x 6 metres
The ball is served from behind the base line. The ball must pass over the net on the full and bounce in the opponents court (half) before being played.
The ball can be played a maximum of 2 times in succession by the same player, before passing to a team mate or playing it directly over the net.
If the ball is passed to a team mate then that player is limited to just one touch of the ball. A maximum of three players can touch the ball while in possession.
The net height is above the hips but below the shoulders.
The server rotates when a point is won from the opponents serve.

Cut the ball with the inside of the instep and then place the ball between the opponents legs

- 5 minutes

Grid Set Up: Markers placed 10 metres away.
(A) The start of the exercise has player 1 as the server, player 2 as the receiver and player 3 as the defender applying token pressure. This exercise starts with player 1 passing the ball to player 2 who is under token pressure from player 3. As the ball arrives player 2 feints to the right and cuts the ball with the inside of the instep to the left. As player 2 turns with the ball 3 applies token pressure with his legs purposefully placed wide. Player 2 now again cuts the ball with the inside of the instep, placing the ball between the legs of his partner, running around him and dribbling to the line.
(B) Player 2 is now the server, player 3 the receiver and player 1 the defender applying token pressure. Exercise continues.

Half volley kick (front-side)

- 10 minutes

Grid Set Up: Marker base 3 metres - marker point 5 metres away.
(A) Player 1 throws a high ball to the right of player 2 to half volley back into the hands of player 1.
(B) Player 1 now throws a high ball to the left of player 2 to half volley back into the hands of player 1.
Exercise continues. After 5 minutes the roles of player 1 and player 2 changing position.
Common faults and corrections when coaching this element
1. Late timing results in the kick below the horizontal axis and going high.
2. At the moment of contact the eyes are not fixed on the ball.
3. The player does not move to get in line with the ball flight.
4. There is no follow through after the foot has struck the ball.
5. The hands are too close to the body and not wide and away for balance.

Shooting element No 3

- 10 minutes

Shooting Set Up: A quarter of a full pitch for this level of development.
In this exercise, with groups of 4 or 5 players, coaches set up three goals that can be portable or simply shoulder height posts. The exercise starts with the ball being kicked from the goal mouth to the attacking player at the 1/4 line. On receiving the ball the player plays a 1-2 pass with his supporting player, who is under token pressure, and shoots at goal. After the shot at goal all players in the group rotate. The player shooting goes in goal, the player in goal moves to become the defender, the defender becomes the receiver and the receiver goes to the 1/4 line. If there is a goalkeeper in anyone of the goals all the players rotate except the goalkeeper. Here the player shooting at goal does not go in goal but rotates to become the defender, the defender becomes the receiver and the receiver goes to the 1/4 line. This exercise should progress, from the goal mouth kick, to being all 1 touch.

Penetration in attack (reinforce level 3)

- 30 minutes

Game Set Up: A half of a full pitch for this level of development.
Passing from zone A to zone B
Penetration in attack is the ability to get past or behind defenders with or without the ball. In this conditioned half pitch penetration tactical game, players can only play in their half of the pitch. The four zone B players play only for their team and cannot be pressured in their zone. The conditioned tactical game starts with the goalkeeper passing the ball to a supporting player in zone A. On receiving the ball from the goalkeeper the players in zone A play a 1 or 2 touch game of possession. The objective is to pass the ball behind the two defenders and across the centre line directly to a zone B player or across the centre line to a zone A player who then passes to a zone B player. Once the ball has been played behind the two defenders and across the centre to a zone B player, a one touch pass is played back to a supporting player in zone A. When this occurs both zone B players enter zone A to create a 4:3 attacking situation. The game now is only played in zone A with the 4 attacking players having unlimited touches and being pressured by 3 defenders.
After a shot at goal or loss of possession the exercise starts with the other goalkeeper.

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

- 2 minutes