

Coach

Session date

Team/Age Group

Theme

Time available



### NOTES

#### Paint the field

- Players are in pairs with one ball between two
- They are given 1 minute to 'paint the field': move around the grid passing and receiving the ball in as many areas as possible
- Ask players what surface of their foot do they think will give you the most accurate passing? - Instep as it is the biggest!
- Encourage communication



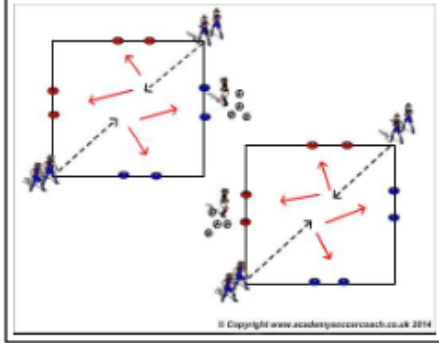
#### Clean your room!

- Divide the field in half and throw down cones/pinnies/anything you have! on either side
- Divide players between the two halves and when coach calls 'clean your room' players should pick up a piece of 'trash' dribble to the opposite 'room' and place it in their.
- After one minute the team with the least amount of trash has the cleanest room!
- Don't emphasize who wins too much, keep changing the teams as to not get repeated winners/losers, encourage keeping the ball close to get to and from rooms quickly!



#### Moving goals

- Players have a ball each besides the pairs who are the moving targets (1 of which should be the coaches)
- Players should dribble around trying to pass the ball under the pinnie held between two players.
- The players will begin to discover that the 'weight of pass' is important. They can have 1 point for each goal but if the ball leaves the square they must start again!
- Players with pinnies should walk around grid, if the players with the ball are having success the players with pinnies can move faster



#### 1v1 to cross goals

- Players wait at diagonals of a grid which has 4 'goals'; 2 cones placed a foot apart
- Players from one side will have 2 goals to attack, likewise for the players opposite who will have 2 different goals to attack
- The coach rolls a ball in and players go 1v1 with the aim of winning the ball and DRIBBLING through one of their targets
- Player returns the ball to coach and returns to their corner

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