Organization: **Challenger Sports** Week: **Spring - Week 4**

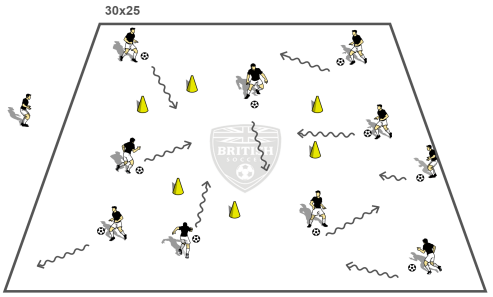
Age Group: **Grade 2 & 3** **60** Minutes

Category: **Recreation**

Topic: Ball Striking & Accuracy

Objective: To introduce ball striking using the correct technique with accuracy.

Session Part: Warm-up

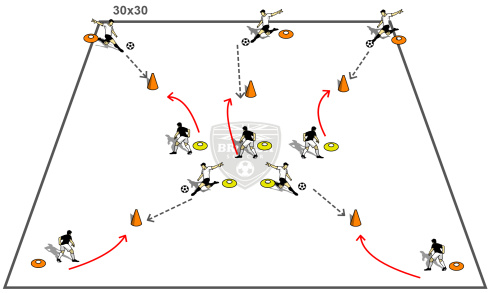


Organization	Time: 10
Area:	30x25
Numbers:	10 Players

1 player - 1 ball each.
3 gates set up in the playing area - all players are given a number 1-10.
Coach calls two numbers - those players must accelerate through a gate with their ball.
Players dribble their ball inside the playing area and perform ball mastery skills on coaches call;
1. Toe Taps moving forward. 2. Tic Tocs moving forward. 3. Drag & Push.

Progressions	Coaching Points
Use of both feet. Add additional gates/numbers called. Increase/decrease gate sizes and area size. Add a defender to apply pressure.	Soft touches - close control using different surfaces of the foot. Awareness of space and other players. Sharp acceleration when required.

Session Part: Technical Fundamentals

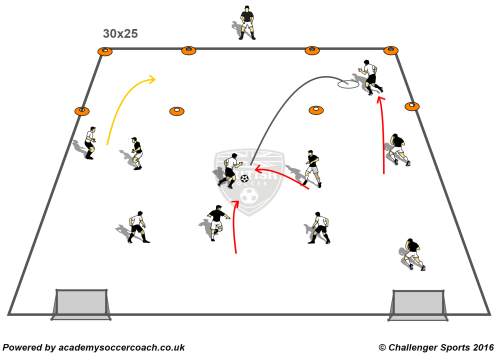


Organization	Time: 15
Area:	30x30
Numbers:	10 Players

Players in pairs - 1 ball between 2.
1 tall cone placed 5-10 yards between 2 players.
Players take it in turns to strike the ball with the instep/laces from a set distance.
If a player knocks down the cone with their strike, they gain a point.
Play first player to 3 points is the winner.

Progressions	Coaching Points
Pairs move to different cones to strike the ball on the move. Increase striking distances. Introduce an element of competition between pairs.	Strike the ball with instep/laces, follow through. Head and knee over the ball - use of arms for balance when striking. Standing foot planted and pointed to the target. Lock the ankle/foot, toes pointed down.

Session Part: Game Scenario

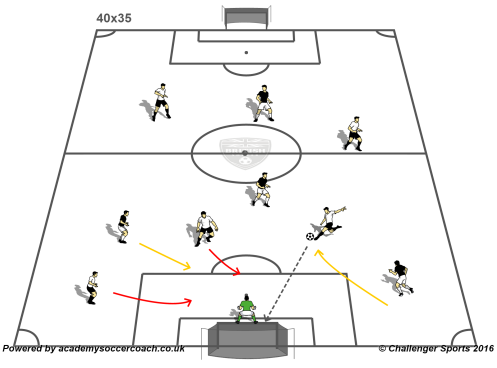


Organization	Time: 20
Area:	30x25
Numbers:	10 Players

6v4 - 2 goals (no goalkeepers)
10x10 grids in either corner facing the goal that one team attacks.
Team of 6 aim to strike the ball into either grid for a team mate to run onto and stop the ball in the area.
Team of 4 aim to steal the ball and score in the open goals.
Teams switch ends after 5 minutes.

Progressions	Coaching Points
Increase/decrease the size of the grids. Introduce target players into the grids. Add a goalkeeper. Rotate players on each team.	Good first touch before striking. Understand when to strike in time and with space. Strike with the instep/laces for power and accuracy - toes pointed down. Head and knee over the ball.

Session Part: Small Sided Game



Organization	Time: 15
Area:	40x35
Numbers:	10 Players

5v5 game - 1 team begins the game without a goalkeeper.
Encourage both teams to strike the ball at goal frequently.
Limit players to 3 touch to promote quick decision making.
Rotate which team has the goalkeeper.

Progressions	Coaching Points
Add additional goals. Increase/decrease field size based on success. Both teams have no goalkeeper. End with free play.	Communication. Awareness of space to receive the ball. Quick decision making with a good first touch. Clean ball striking technique.

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