Mount Gravatt Hawks
Mini Roos and Junior talent identification

Procedures Summary Document

Mt Gravatt Hawks mini roos and junior talent identification

Player identification and team selection is a critical part of the player development and team culture and is a process that the Mount Gravatt Hawks Football Club takes very seriously.

Mount Gravatt Hawks is an inclusive Community club that seeks to provide a quality football experience in a team setting that is matched to the skill levels of the players and teams participating.

It is fundamental to the integrity of the competition and to team viability that skill levels are best matched, and we use the following football product schedule as a guide to likely teams.

This Document

Talent identification of our high-performance teams (Academy level and above) is a process that is undertaken annually at the conclusion of each season.

We as a club are committed to a fair and transparent player grading process to ensure each player has an opportunity to trial for the high-performance teams in their respective age group regardless of previous performance.

This document is to be used when grading all mini-roos and junior teams at Mt Gravatt Hawks. The quantitative data captured via the assessment criteria over a number of sessions will ultimately define team placement. The results also provide insight into player development potential or areas of improvement for the season ahead.

Football Product	Age Groups	Description	Skill Level
Juniors Academy	U12 BYPL or Div 1	The aim for this team is to be competitive in Football Brisbane's Brisbane Youth Premier League (BYPL) or similar	Very High
Juniors Divisional	U12-U16 Divisional	The aim for these teams is to play in division 2 to 7 in Brisbane's football league. Final divisional placement will be determined in a preseason competition.	Divisional placement calibrated against skill level
Mini Roos - Academy	U9, U10 and U11 Komodo	Komodo Dragons is an advanced league in which Football Brisbane ask clubs to select players of a higher ability to play against each other.	High
Mini Roos - Community	U8, U9, U10 and U11	MiniRoos is a smaller version of football that provides boys and girls aged 8 - 11 with a fun introduction to the world game. MiniRoos is designed for kids; it is all about having fun, learning new skills and making life-long friends. Delivered by grassroots clubs across Australia, MiniRoos provides	Goanna (Medium to intermediate) Gecko (basic)

Revision	Author	Approved For Use	Date
A	P. Bunkem + AN	VS	20/10/2021
B	P. Bunkem + AN	VS	1/11/2021

Our Quality Process:

We appreciate that player identification is often a stressful period for players and parents therefore attention in making the process as smooth as possible is of key importance.

It is also well understood that many players who participate in the trialling or grading process may be doing so at numerous local clubs. It is therefore appreciated that this process is as much a trial for the player as it is an opportunity for the club to secure talented players and as such the club is effectively being as equally scrutinised as the players.

To this end is important that the club upholds high quality standards in effective talent identification if it is to maintain its aspiration in the local area as a leading provider of quality football product in our community.

The Mount Gravatt Hawks player identification process must therefore be:

Well Planned

Well Run

Well Communicated

Well Planned

Planning for Success

Player early engagement strategies will identify 'come and trial dates'

⌄

A data base of prospective players will be made available by the club registrar (or similar) with player name and contact details including email.

⌄

On the trial event, arriving players will be marked as 'attended' and given a number marked on a bib (or similar) to ensure correct grading allocation.

⌄

All players must have a recorded grading assessment prior to the completion of the event.

Well Run

Well Communicated

Does it look like Football?

- All drills must be set up prior the event and be well organised in the space required.
- The allocated area for grading is free from parent input.
- Only sessions designed to review the fundamentals of football must be used.
- The start and finish of each session is well communicated by a club representative. The use of a white board may be a suitable tool.
- All sessions must be attended by a minimum of 3 coaches or club representatives per age group unless otherwise agreed with the Football Manager
- We start and finish the session(s) on time and on schedule.

Engage well with our community

- We communicate key dates for trials and placement to all in a clear manner
- We communicate back to successful players in a timely fashion to ensure team placement is achieved.

Our Talent Identification process

The Mount Gravatt Hawks has identified a 3 Step player identification process:

Phase of talent Identification	Important to note	Likely timing
Step 1 **Register Player Expression of Interest**	Communication will be available via the Hawks Social Media	October – February
Step 2 **Round 1 - Assessment of Football Fundamentals**	In this initial round typically at this stage 50-60% of the team will likely be selected.	November
Step 3 **Round 2 – Assessment of Game play**	The balance of team will likely be selected at this time.	January – February

Our process is to formally assess fundamental skills a minimum of 3 times from our series of planned drills or exercises where skill level, coach ability and player attitude will be taken into consideration.

All grading drills will be under the direction of the cub Junior Technical Director (JDoC) and or Football Manager.

Round 1

Round 1 - Assessment of Football Fundamentals

Skills to be assessed are the key fundamentals of football:

- First touch
- Passing
- Dribbling
- Shooting

Score	Example of Ranking
1.	Has challenges with completing basic parts of the exercise
2.	Partially completes drill and demonstrates potential
3.	Completes the drill most time to an good standard
4.	Always completes drill to a high standard

Above: Player Rating Matrix

Player Assessment Record				
Player 'X'				
Task	Assessment #1 Score	Assessment #2 Score	Assessment #3 Score	Average Score
First touch				
Passing				
Dribbling				
Shooting				

Above: Player Assessment Record (Example)
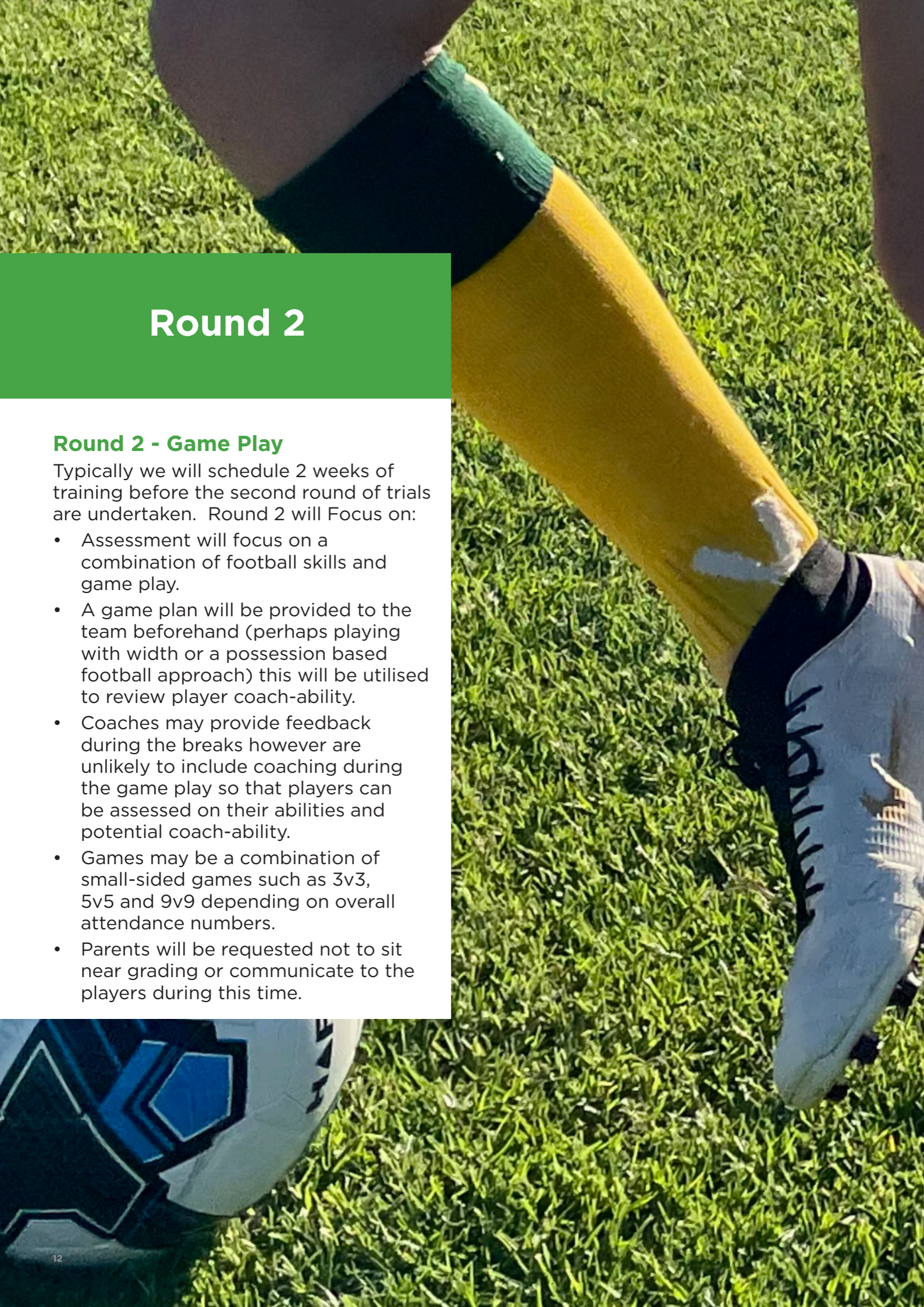
Round 2

Round 2 - Game Play

Typically we will schedule 2 weeks of training before the second round of trials are undertaken. Round 2 will Focus on:

• Assessment will focus on a combination of football skills and game play.

• A game plan will be provided to the team beforehand (perhaps playing with width or a possession based football approach) this will be utilised to review player coach-ability.

• Coaches may provide feedback during the breaks however are unlikely to include coaching during the game play so that players can be assessed on their abilities and potential coach-ability.

• Games may be a combination of small-sided games such as 3v3, 5v5 and 9v9 depending on overall attendance numbers.

• Parents will be requested not to sit near grading or communicate to the players during this time.

Score	Example of Ranking
1.	Fails follow or grasp the game plan
2.	Follows game plan with limited skill but demonstrates potential
3.	Follows game plan with good skill
4.	Follows game plan with high skill

Above: Player Rating Matrix

Player Assessment Record				
Player 'X'				
Game play	Assessment #1 Score	Assessment #2 Score	Assessment #3 Score	Average Score
General game play *(Can the player demonstrate correct body position, delay, overlapping runs etc?)*				
Positioning *(Can the player hold their position?)*				
Off the ball work *(Can the player create space or make a run?)*				
Communication *(Can the player communicate well?)*				
Mental aptitude *(Does the player understand the game? Can the player adapt to instructions?)*				

Above: Player Assessment Record (Example)

Forming Teams

Forming Teams

Upon the completion of the grading assessment, players with the combined highest results will typically be the players offered placement in the higher performing teams of the respective age groups.

The final assessment of player and team placement will require:

- Removal of potential or perceived conflict of interest in the grading process.
- Formation of the team will be made by Football Manager and junior director
- If a coach of the team has been identified they may be included in round 2 of the selection process to help fine tune the team structure to make sure positional coverage including goal keepers are understood. Not withstanding this, point 1 and 2 above takes priority.
- At the end of the player identification process if two players cannot be split based on scores, the defining vote will be cast by the coach of the top team for that age group. If this is still to be determined at the time of the decision, then the football manager or delegate will have the passing vote.

Keeper of documents, appeals and feedback.

- All score sheets, attendance sheets are to be kept by the football manager in hard and digital version for maintaining
- Any appeal or request for feedback is to be requested in writing attention to the Football Manager who will decide if there is any evidence to reconsideration.

Recognising Talent throughout the season

We appreciate that Players will likely develop skills at different times. As players grow and learn they may show more potential later in the season than they did during the nominated talent ID sessions.

To this end:

- The Football Club may identify players that may be capable to train or play with higher divisional teams to further develop their skill base.
- Additional training sessions such as a JDP initiative or dedicated goal keeper training may also trigger the opportunity to identify talent throughout the year as we seek out opportunities to further player development under the mentor ship of the JDoC or Technical Directors at the Club..
- The JToC (or similar) will review player development and player growth potential with coaches throughout the season.

Task Sheet - Assessment of Football Fundamentals

Player Name:

Assessment Record				
Task	#1	#2	#3	Average Score
First touch				
Passing				
Dribbling				
Shooting				

Player Name:

Assessment Record				
Task	#1	#2	#3	Average Score
First touch				
Passing				
Dribbling				
Shooting				

Player Name:

Assessment Record				
Task	#1	#2	#3	Average Score
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Dribbling				
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Task	#1	#2	#3	Average Score
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Player Name:

Assessment Record				
Task	#1	#2	#3	Average Score
First touch				
Passing				
Dribbling				
Shooting				

Player Name:

Assessment Record				
Task	#1	#2	#3	Average Score
First touch				
Passing				
Dribbling				
Shooting				

Task Sheet - Assessment of Gameplay

Player Name:

Assessment Record - Gameplay				
Task	#1	#2	#3	Average Score
Gameplay				
Positioning				
Off the ball				
Communication				
Mental aptitude				

Player Name:

Assessment Record - Gameplay				
Task	#1	#2	#3	Average Score
Gameplay				
Positioning				
Off the ball				
Communication				
Mental aptitude				

Player Name:

Assessment Record - Gameplay				
Task	#1	#2	#3	Average Score
Gameplay				
Positioning				
Off the ball				
Communication				
Mental aptitude				

Player Name:

Assessment Record - Gameplay				
Task	#1	#2	#3	Average Score
Gameplay				
Positioning				
Off the ball				
Communication				
Mental aptitude				

FOOTBALL
FUNDAMENTALS

WE ARE FOOTBALL

FOOTBALL
BRISBANE

A GUIDE FOR
NEW COACHES

www.footballbrisbane.com.au/FUNdamentals

Dear Coach,

Welcome to the 2018 season and to the football family. Football Brisbane cannot express enough, our gratitude to you, for giving your time to guide and inspire our youngest footballers. This is a special opportunity to ensure that these players have fun and fall in love with the game.

This guide, 'FOOTBALL **FUN**DAMENTALS' has been produced by our Regional Directors of Coaching - Kerry Hammersley and Martin Docherty; to provide you with a starting point for your coaching journey.

We hope that this guide will provide you with some resources and ideas to assist you with the planning of your training sessions. These sessions are designed to be easy to setup and implement, and are supported by video demonstrations by scanning the QR codes on each page with your mobile device.

I know that Kerry and Martin will be invaluable to you, so please feel free to contact them via email if you have any questions, or would like anything clarified from this guide.

We hope that your season is an enjoyable one for you and your players and we look forward to seeing you around the clubs.

Yours in football,

Craig Morris
General Manager - Football Brisbane.
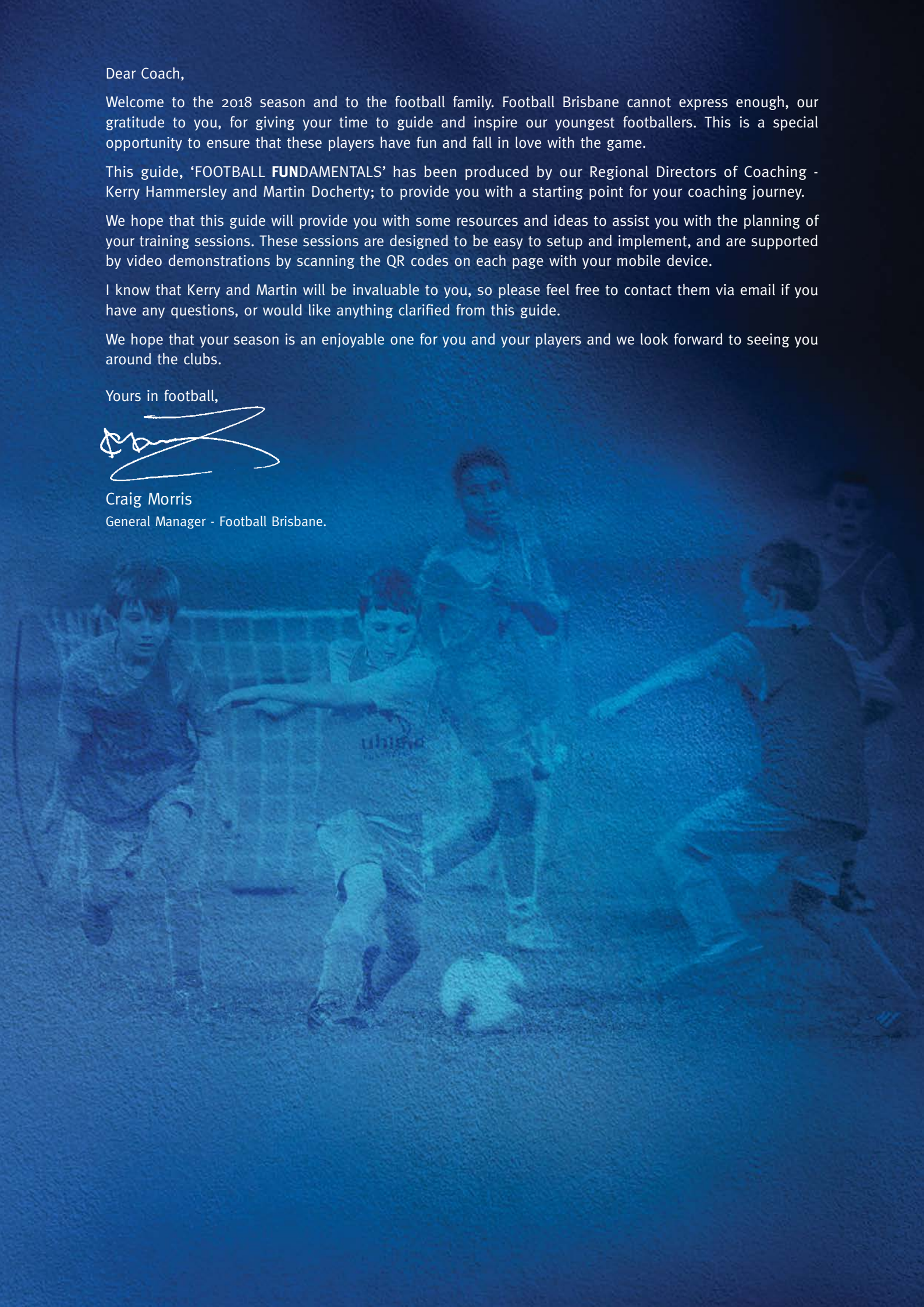
We would like to begin by thanking you for your commitment in supporting grassroots players; the foundation and the future of football.

Research suggests that the primary reasons that children play sport are to have fun and to be with friends.

This coaching guide has been designed to support you and to guide you in facilitating fun, safe and inclusive sessions to enable a positive playing experience.

We've devised a mini acronym to help you achieve this and encourage you to make this your priority as you start your journey - **T.O.E.S.**

• Touches on the ball   • Organised   • Enjoyable   • Safe

Touches on the ball is vital. If we maximize this, it will help retain focus and ensure all players are involved.

Organisation – Limit the changes to the pitch size, numbers etc. to keep the flow and momentum of the session going. Can we transition within two minutes between each activity?

Enjoyment is paramount as it's what keeps players in the game. Are you enjoying yourself too?

Safe – Are players in an environment in which they have opportunities to express themselves whilst feeling safe and included. Is the playing area also safe?

The sessions are broken down into age categories consistent with Football Brisbane's competition and are as follows

U6-U7   **Play based** – pages 2 to 5.

U8-U9   **Running with the ball, Striking the ball & 1V1** – pages 6 to 9.

U10-U12   **Running with the ball, Striking the ball, 1V1 & 1st touch** – pages 10 to 13.

All sessions are based around one session objective and will give maximum opportunities to carry this throughout the session from:

BEGINNING – Warm up

MIDDLE – Skill breakdown

END – Conditioned game

By delivering sessions that are centred around fun and enjoyment, together we can instill a lifelong love of the world game.

If you have any questions related to coaching or require any support, please feel free to contact us:

Kerry Hammersley – kerryh@footballbrisbane.com.au
Martin Docherty – martind@footballbrisbane.com.au

We look forward to seeing you throughout the year.

Yours in Football,

Kerry Hammersley & Martin Docherty

Regional Directors of Coaching - Football Brisbane.

Scan QR code
to view video
of this session.

BEGINNING - 'What's the time Mr Wolf?'

SET UP
- 30m x 20m grid.
- 1 ball per player.
- Players stand next to one another.
- Coach stands 5m away with back to players.

Explanation

Players ask "What's the time Mr Wolf?" Wolf replies, eg. 7 O'clock. Players run with the ball, touching the ball 7 times.

If the coach shouts "Dinner time!" all players return to starting line with the ball trying to avoid being tagged by the wolf. The player that is tagged becomes the new wolf.
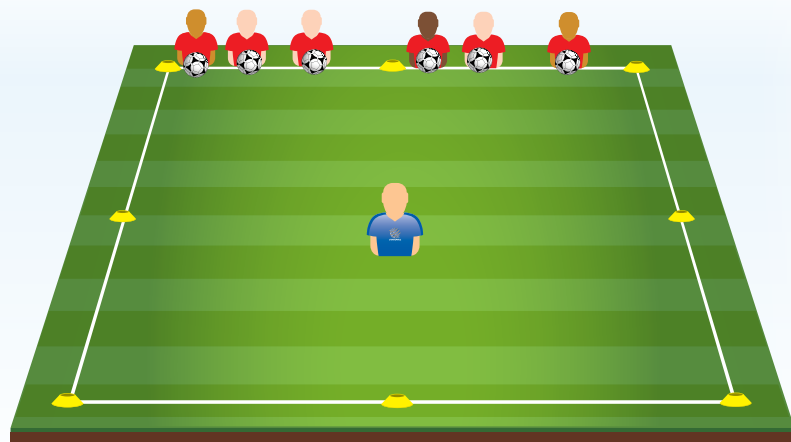
MIDDLE - 'Round 'em up'

SET UP
- 30m x 20m grid.
- 1 ball per player.

Explanation

Players dribble inside grid. On coaches call "Round 'em up (name)", selected player dribbles their ball to the edge of the grid and leaves it and then proceeds to try and round the other balls up by kicking them out of the grid. If ball if kicked out of grid the player returns and re-joins the practice.

Progression

How many balls can you round up in, eg. 30 seconds. Coach calls out two players to 'Round 'em up.'
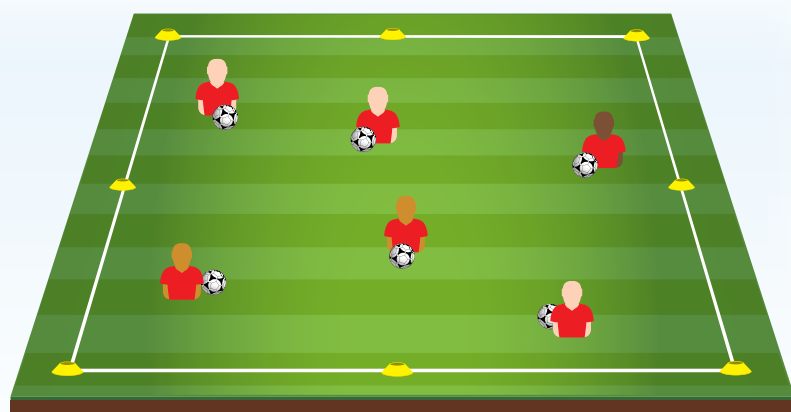
END

SET UP
- 30m x 20m grid.
- 2 teams
- 4 goals

Explanation

To score, players run with the ball over the coned line and shoot into one of the goals.

Final reflection question:

Why is it important to look up?

Suggested Football Language:

- Run with the ball into space
- Look up • Find the space

BEGINNING - 'Traffic Lights'

SET UP
- 30m x 20m grid.
- 1 ball per player.
- 3 cones - 1 red, 1 yellow and 1 green.

Explanation
Players dribble ball inside grid, coach calls out and holds up a coloured cone

Red = stop, yellow = change direction, green = go.

Progression
Coach holds up coloured cone but doesn't call out a colour.
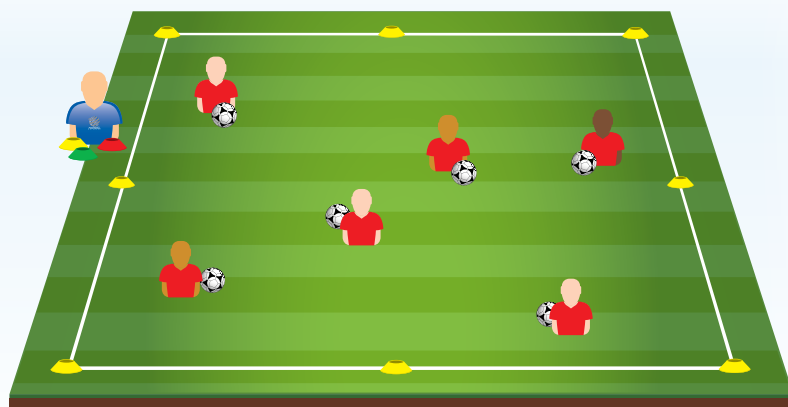
MIDDLE - '4 Corners'

SET UP
- 30m x 20m grid.
- 1 ball per player.
- 1 coloured square in each corner as shown.

Explanation
Players run with the ball inside grid, when coach calls out a colour, players run with ball into nominated square.

Progression
Add defender(s) whose task is to apply pressure on the ball but not tackle.

END
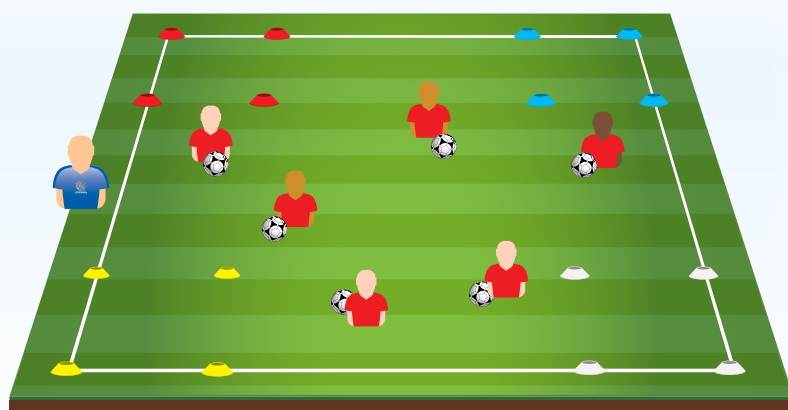
SET UP
- 30m x 20m grid.
- 2 teams

Explanation
To score, players run with the ball over the end line.

Progression
Add smaller gates on end line for players to run with the ball through. Add point system.
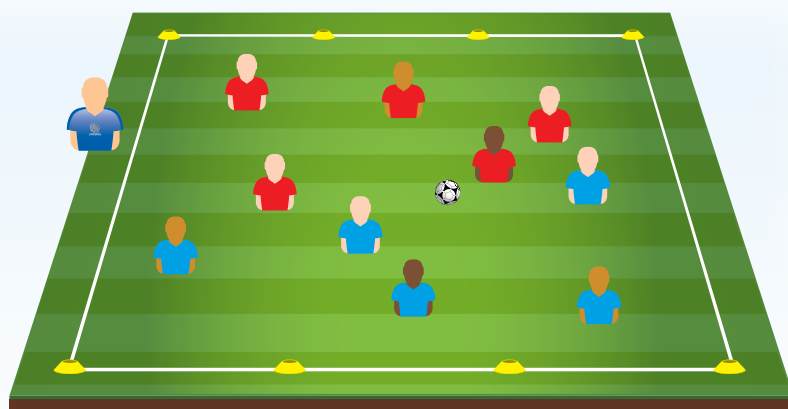
Final re lection question:
Did you manage to run quickly with the ball?

Suggested Football Language:
- Look up • Find the space • Accelerate
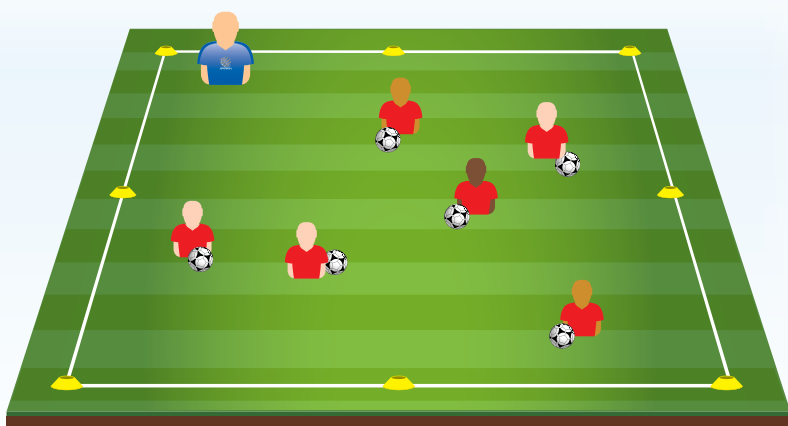
BEGINNING - 'Pirates'

SET UP
- 30m x 20m grid.
- 1 ball per player.

Explanation

Coach plays the role of the captain and players react to coach's commands.

Scrub the decks = tap the ball between left and right feet.

Climb the rigging = toe taps on top of the ball.

Round the mast = stop the ball and run around it.

Iceberg ahead = drag the ball backwards to the edge of the grid with the sole of your boot.

Progression

Ask the players to come up with some commands.
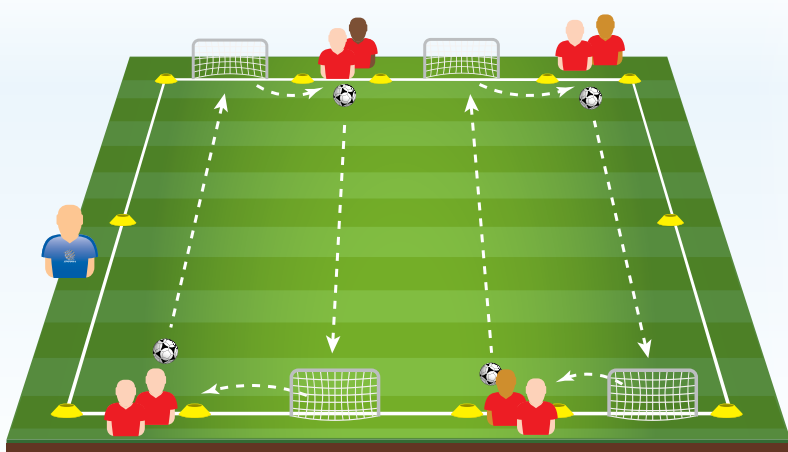
MIDDLE - 'Pirates Run'

SET UP
- 30m x 20m grid.
- 4 goals
- Split players into 4 teams as shown
- 1 ball per team

Explanation

First player in each team runs with ball and scores in goal opposite, collects ball and gives to first player in next group, then joins the end of that group. Play continues.

Progression

Which team can go through two full rotations the fastest.

END

SET UP
- 30m x 20m grid.
- 2 teams
- 4 goals

Explanation

Play a game, rewarding the player with 2 goals if they run with ball and score.

Progression

First team to score 5 goals.

Final reflection question:

Which is the best direction to run with the ball?

Suggested Football Language:

• Look up • Accelerate • Run towards goal

BEGINNING - 'Space Hunters'

SET UP
- 30m x 20m grid.
- 1 ball per player.

Explanation

Players dribble around inside grid searching for space. Players must be moving at all times. On coach's, command players stop to see who has most space around them.

Progression

Award points to players in the most space.
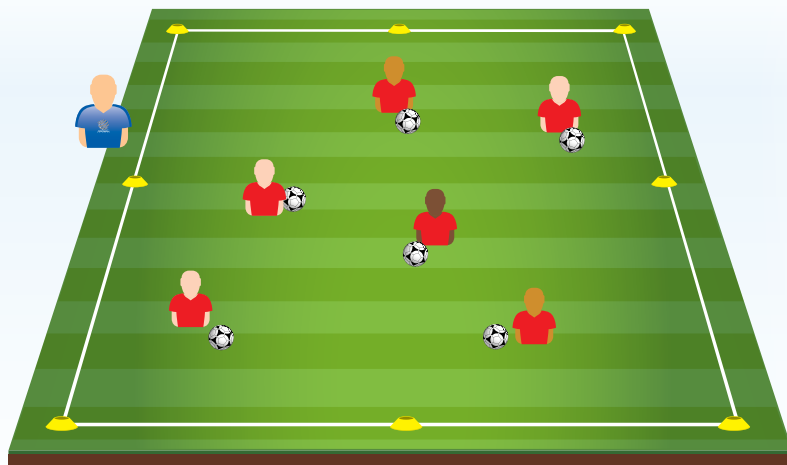
MIDDLE - 'Space Craters'

SET UP
- 30m x 20m grid.
- 1 ball per player.
- Upturned coloured cones scattered inside grid.

Explanation

All players start with 5 points, if they touch a cone (crater) they lose a point. Who has the most points after 30 seconds.

Progression

Add more cones.
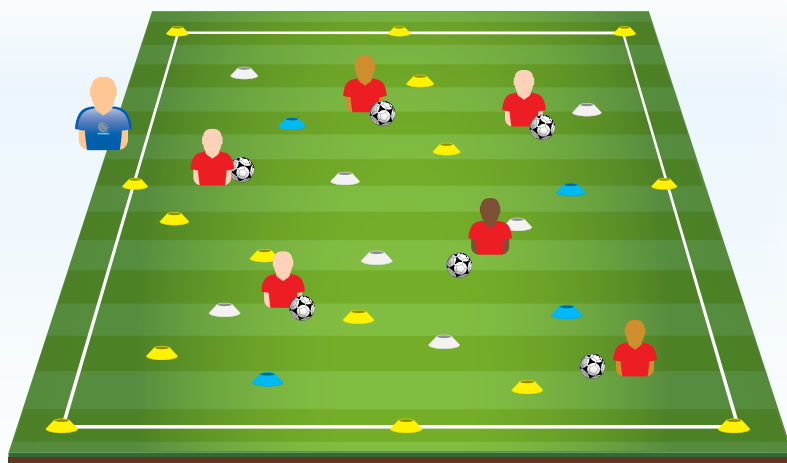
END - 'Space Zone'

SET UP
- 30m x 20m grid.
- 2 teams.
- 2 goals.
- 2 space zones marked a shown.

Explanation

Before a goal is scored a player must dribble through one of the 'space zones'.

Progression

First team to 5 goals.

Final reflection question:

Who was able to find space and run the ball into it today?
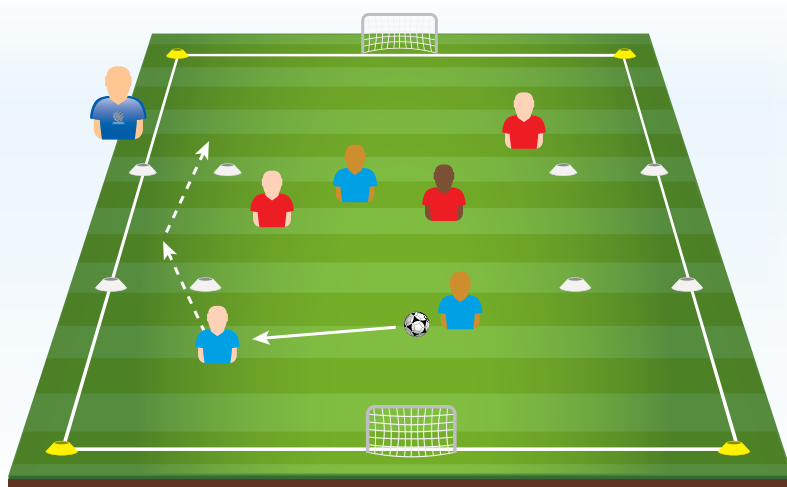
Suggested Football Language:

- Look around   • Where's the space?
- Can you get there?
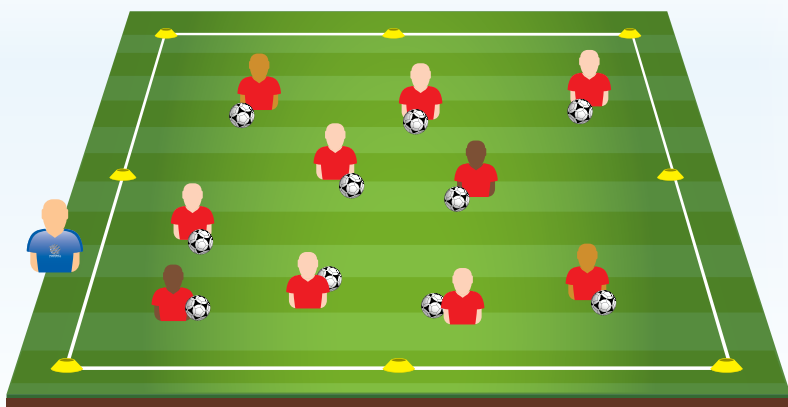
BEGINNING

SET UP
- 30m x 20m grid.
- 1 ball per player.
- All players inside grid.

Explanation

Players move around inside grid with a ball at their feet avoiding one another. Can players change direction, do stepovers, feints and show a change of pace? Use role models.

Progression

Can you run at a player and get around them?
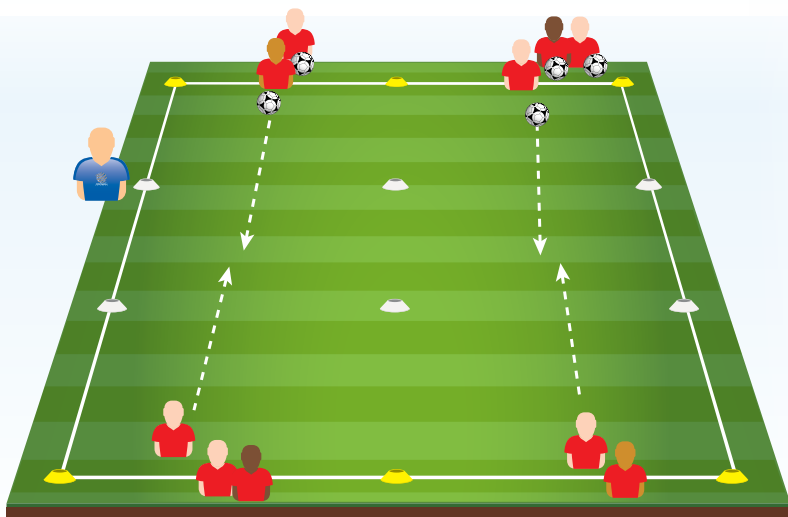
MIDDLE

SET UP
- 30m x 20m grid.
- 1 ball between 2 players.

Explanation

All players in Team A (attackers) start with a ball each and attempt to get past their opponent Team B (defenders) and then run the ball over the line. If defending player wins the ball they become the attacker and dribble ball over line. Team B restarts with ball and so on.

Progression

First team to 5 points.

END

SET UP
- 40m x 30m grid.
- 2 teams.
- 4 goals.
- Balls placed at each end between goals.

Explanation

To score a goal a 1v1 must be executed. The team who scores is rewarded by restarting play from their end.

Progression

The number of players taken on before you score a goal determines how many points are awarded, eg.
3x 1v1's performed followed by a goal = 3 points
2x 1v1's followed by a goal = 2 points and so on.
Add competition eg first team to 10 points wins.

Final reflection question:

Why is changing pace important in 1v1?

Suggested Football Language:

- Close ball control
- Change of pace
- Change of direction

BEGINNING - 'King Donut'

SET UP

- 30m x 20m grid with 10m x 10m grid inside as shown.
- Cones scattered inside 10m x 10m grid.
- 4 teams.
- 1 ball per team.

Explanation

Organise teams into each corner as shown. The first player in each team runs with ball into 10m x 10m grid, stops the ball and picks up a cone then returns with cone and ball and joins back of line.

Progression

Competition as to which team finishes with the most cones.
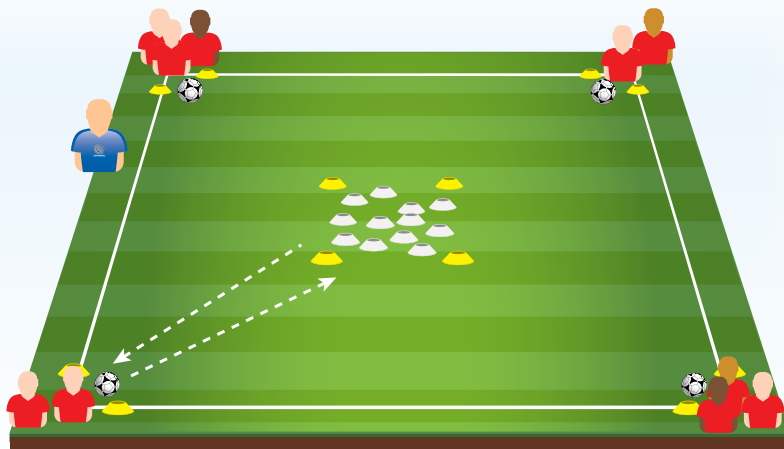
MIDDLE - 'Super King Donut'

SET UP

- 30m x 20m grid.
- 4 goals
- 4 sets of coloured cones scattered as shown
- 2 balls per team.

Explanation

First player in each group runs with ball to the coned area, stops the ball and picks up a cone then proceeds to run ball back and score a goal before joining the back of the line. Next player repeats sequence.

Progression

Assign points to different coloured cones. Which team can get the most points?

END
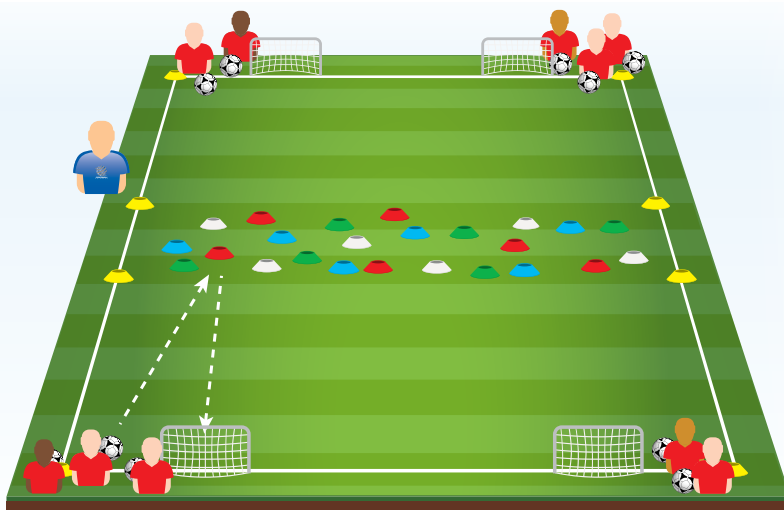
SET UP

- 30m x 20m grid.
- 4 goals.
- Balls at one end as shown.
- 2 teams.

Explanation

Game starts with a player from Team A running with the ball into space. On coach's call opposition can defend, aiming to win the ball and score in the attacking teams goal.

Each time the ball leaves the grid or a goal is scored play restarts from original starting position. When all balls have been used Team B becomes the attacking team.
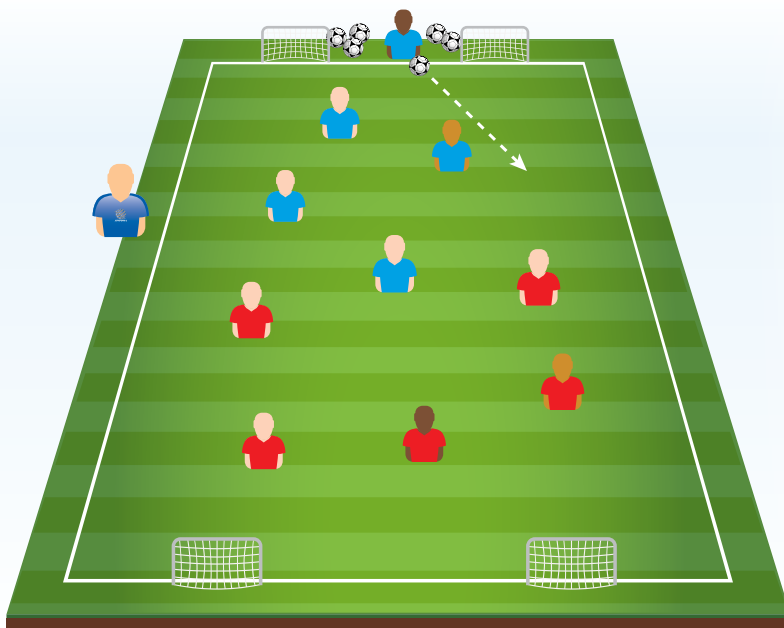
Final reflection question:

Why is it important to attack space?

Suggested Football Language:

- Scan   • Accelerate into space with the ball
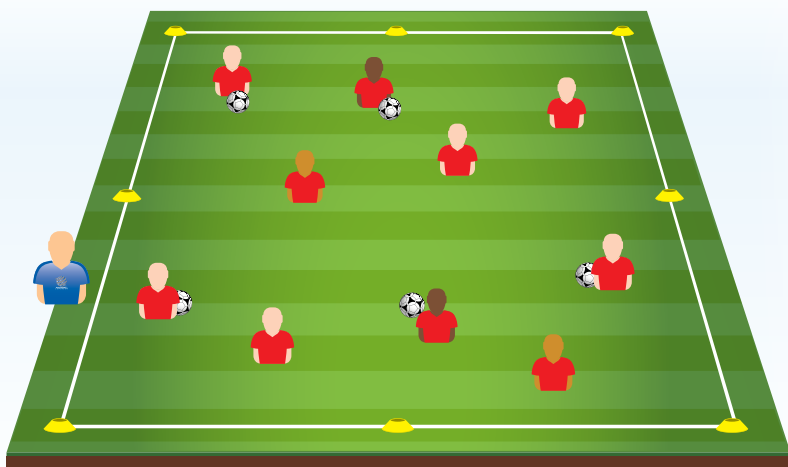
BEGINNING

SET UP
- 30m x 20m grid.
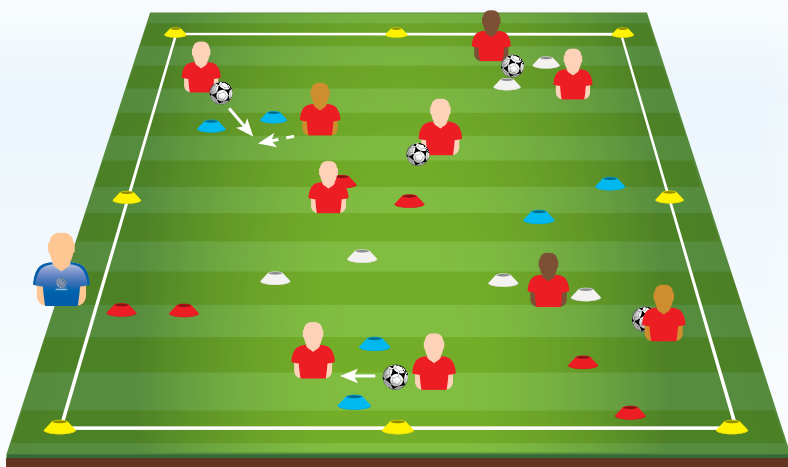- Half the players with balls, half without.

Explanation

All players move inside grid, players with a ball pass to players without. Players without a ball present to players with a ball.

Progression

When player makes a pass, can they run and touch outside cone/pole and return to grid?

When player is running to cone/pole can they keep a ball in sight at all times?

MIDDLE

SET UP
- 30m x 20m grid.
- 1 ball between two players
- 8 or more coloured gates, varied distance between cones as shown.

Explanation

In pairs players dribble to gate and then stand either side. Players pass ball through gates to partner. Players cannot pass through same gate consecutively.

Progression

Which pair can pass the ball through the most gates? On second attempt pairs try to better their own score.

Can you pass ball with left/right foot only?

Make gates smaller.

END
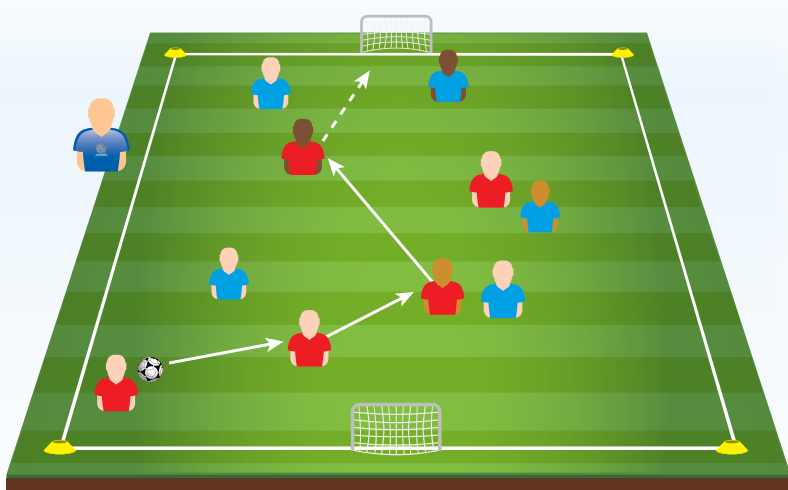
SET UP
- 30m x 20m grid.
- 2 teams.
- 2 goals.

Explanation

Players must make a minimum of two consecutive passes before a goal is scored. All restarts must begin with a pass.

Progression

First team to score 5 goals.

Final reflection question:

Why do you vary the weight of your pass?

Suggested Football Language:

- Weight of pass
- Accuracy of pass
- Be ready to receive a pass

BEGINNING

SET UP
- 30m x 20m grid.
- 2 teams.
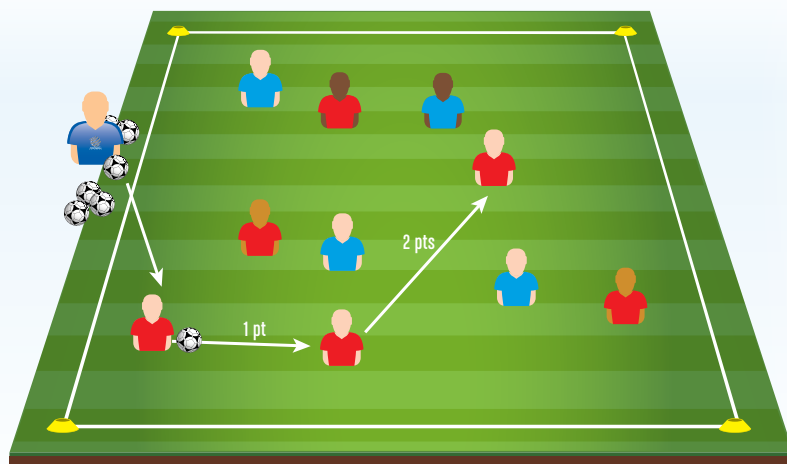- 1 overloaded team, eg. 6v4 or 5v3.

Explanation
Overloaded team always re starts play and tries to retain possession. One point per pass. If defending team wins the ball they try to retain possession.

Rotate defenders.

Progression
2 points awarded for splitting defenders as shown.

MIDDLE

SET UP
- 30m x 20m grid.
- 1 cone per player
- 5+ balls start with coach.

Explanation
Players place their cone upside down in a space within grid. Coach adds balls to area and players try to knock other players cone over by kicking a ball into it.

Players also try to protect their own cone. If your own cone gets knocked over, player picks it up and performs, eg. 5 star jumps before returning to game with cone.

Progression
Work with partner.

END
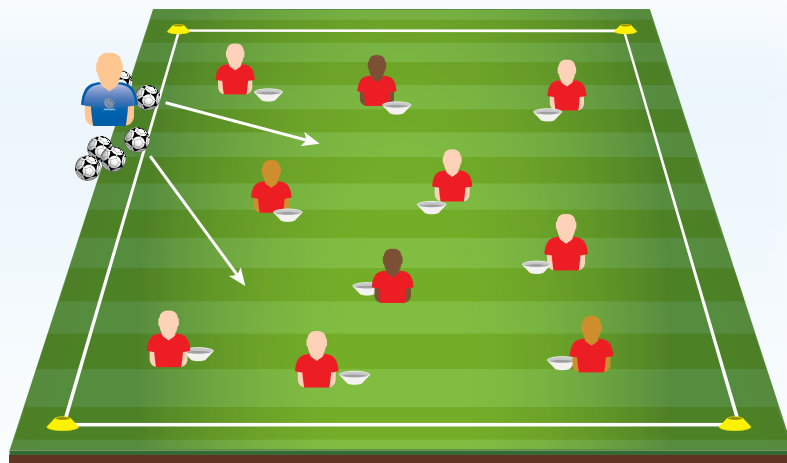
SET UP
- 30m x 20m grid.
- 3 teams.
- Two teams inside grid and 1 team on outside of grid as shown.

Explanation
Possession based game. Team in possession can use outside grid players as bouncers.

Progression
Points gained for consecutive passes and passes that split defenders.
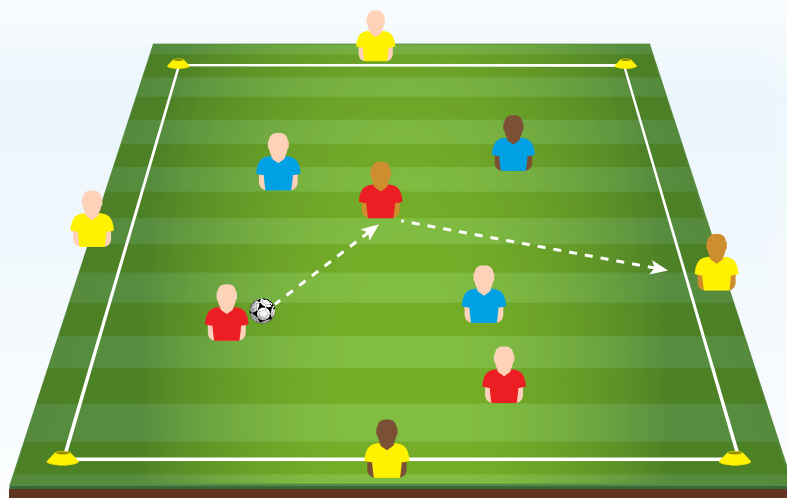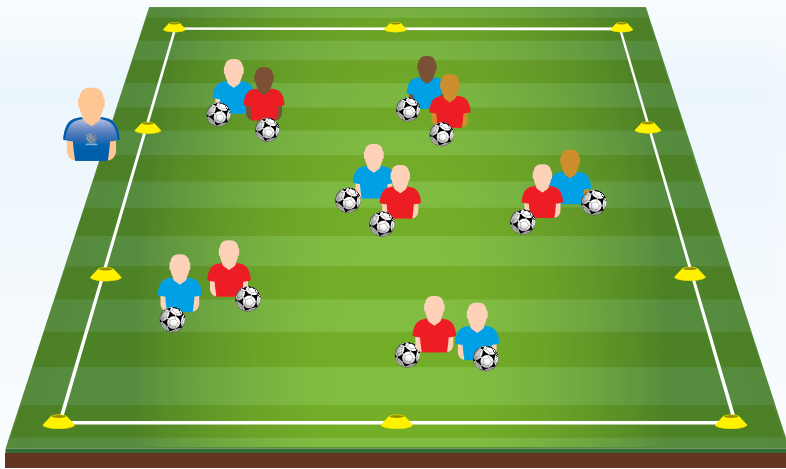
Final reflection question:
What do you do in order to be ready to receive a pass?

Suggested Football Language:
- Accuracy of pass • Where are the defenders?
- Move into a position to receive a pass

U10-U12: RUNNING WITH THE BALL

Scan QR code
to view video
of this session.
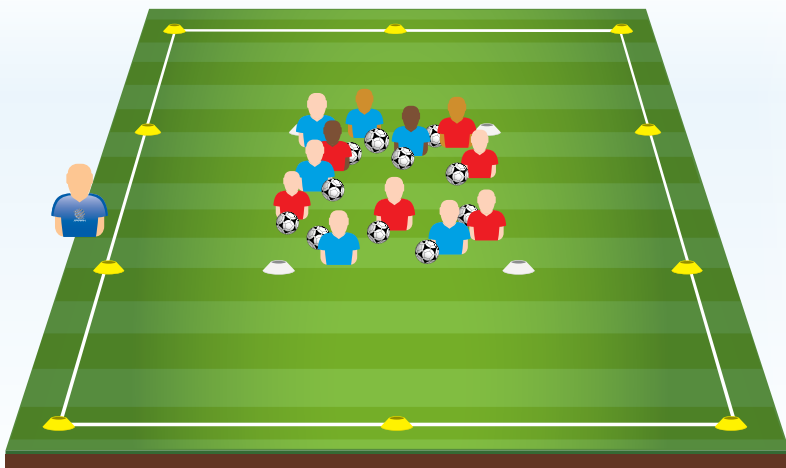
BEGINNING

SET UP
- 40m x 30m grid.
- 1 ball per player.
- Players in pairs.

Explanation

One player is leader and other player follows trying to stay as close as possible. Switch roles.

Progression

Leader doesn't have ball and follower tries to stay close.

MIDDLE

SET UP
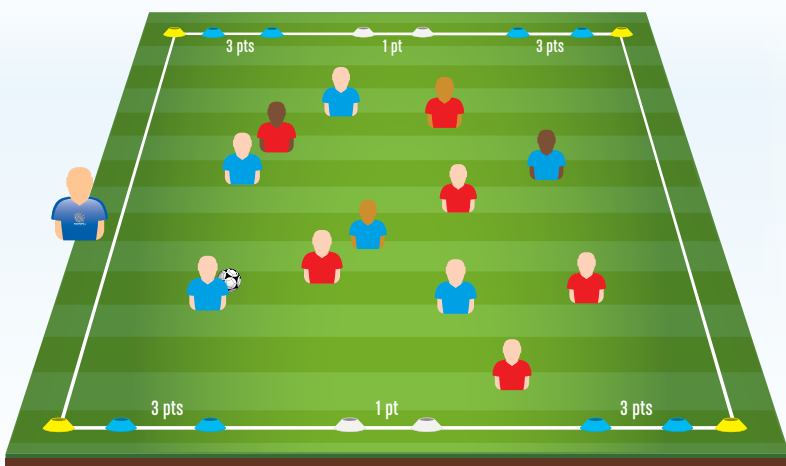- 40m x 30m grid with 10m x 10m grid inside as shown.
- 1 ball per player.
- All players in 10m x 10m grid.

Explanation

Players run with ball inside 10m x 10m grid, on coaches call players break out of grid and run to any cone on outside grid as shown.

Progression

Add defender(s)

Have a go at running with ball with non-dominant foot.

END

SET UP
- 40m x 30m grid.
- 3 gates at each end as shown.
- 2 teams.

Explanation

One team starts with ball. To score a player must run ball through gates.

Centre gates = 3 points, outside gates = 1 point.

Progression

First to team to score 10 points.

Final reflection question:

What's the difference between dribbling and running with the ball?

Suggested Football Language:

• Scan • Attack the space • Maximise pace

Scan QR code
to view video
of this session.

U10-U12: STRIKING THE BALL

BEGINNING

SET UP
- 40m x 30m grid.
- 4 goals as shown.
- 12+ balls in 5m x 5m grid as shown.
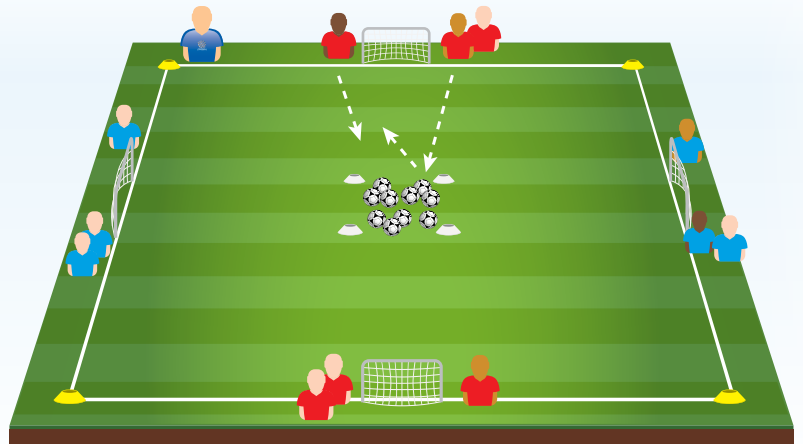- 4 teams.

Explanation
Players set up in teams as shown. Two players from each team run to balls, collect a ball and make 1 pass minimum before shooting at goal.

Can you include dynamic stretches, eg. high knees.

Progression
Can you make two or more passes before shooting at goal?

MIDDLE

SET UP
- 40m x 30m grid.
- 4 goals.
- 3 teams.

Explanation
Play starts with coach playing ball into grid.

One team plays as goalkeepers as shown.

Two teams play for 90 seconds. Which team can score the most goals? Switch teams after 90 seconds.

Progression
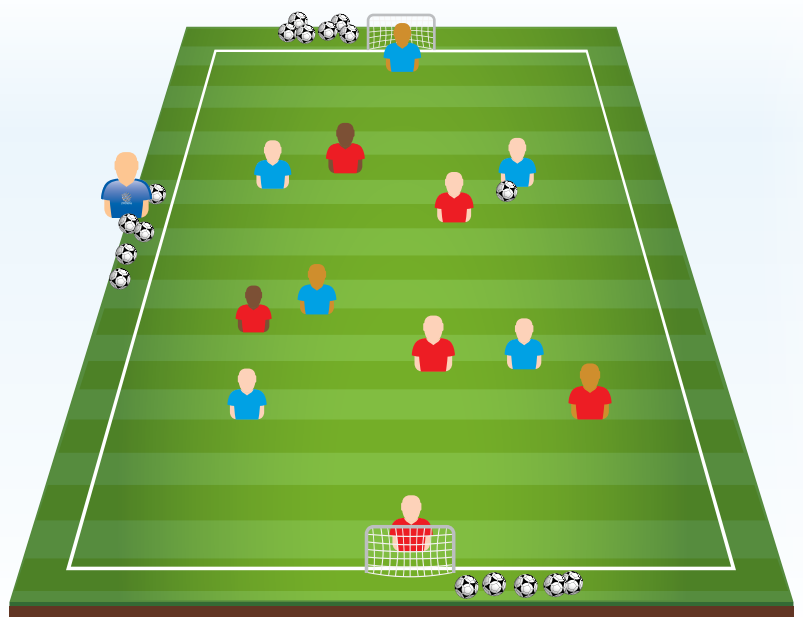One pass minimum before you can score a goal.

END
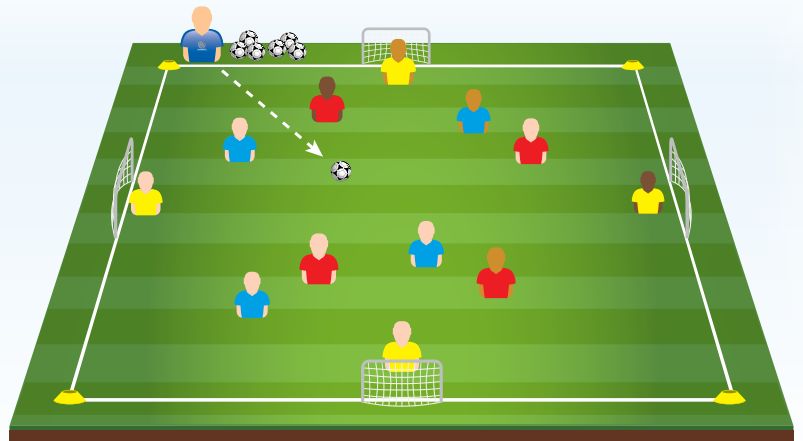
SET UP
- 40m x 30m grid.
- 2 teams.
- 2 goalkeepers (on rotation).
- Balls at either end as shown.

Explanation
Play always restarts from goalkeeper. Scoring team is rewarded by restarting play.

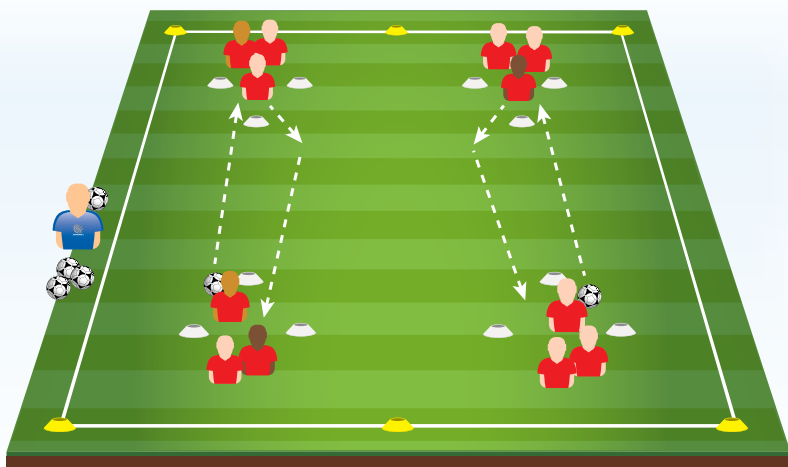### Progression
One touch goals worth 2 goals.

Final reflection question:
Who made an accurate pass/shot today?

Suggested Football Language:
- Weight of pass
- Accuracy of pass/shot
- Use both feet

BEGINNING

SET UP
- 40m x 30m grid.
- 1 ball per group.
- Groups of 3 minimum

Explanation

Play starts with larger group (if applicable), passing to player opposite and following their pass. Receiving player takes first touch to the left or right as shown and then passes to player opposite. Play is continuous.

Progression

Player making the pass becomes a passive defender.
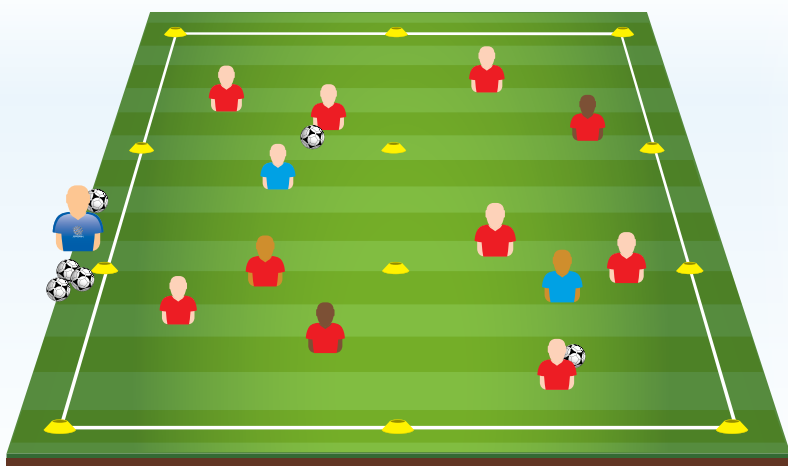
MIDDLE

SET UP
- 40m x 30m grid split in half.
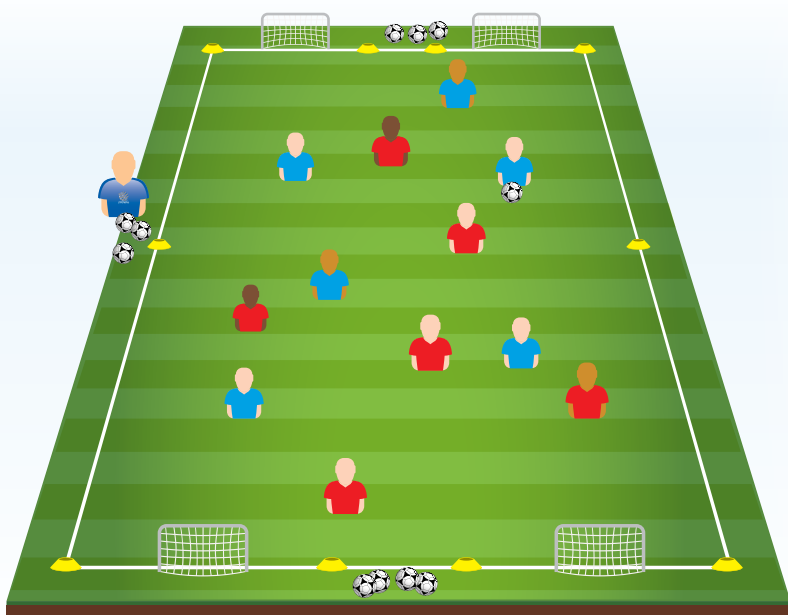- 1 team in each grid as shown.

Explanation

Select 1 player to be a defender in each grid, eg. 4v1, 5v1. Attacking team plays keepings off and must take a minimum of two touches before passing to another player.

Change defender after 30 seconds.

Progression

Add another defender to become 4v2.

END

SET UP
- 40m x 30m grid.
- 4 goals.
- 2 teams.

Explanation

Players are encouraged to take a minimum of two touches before they pass or shoot.

Progression

Minimum of two touches, maximum of three.

Final reflection question:

Where do you want your first touch to go and why?

Suggested Football Language:

- First touch away from defender
- Use both feet • Ready to receive

BEGINNING

SET UP
- 40m x 30m grid.
- Players set up in 3 groups as shown.
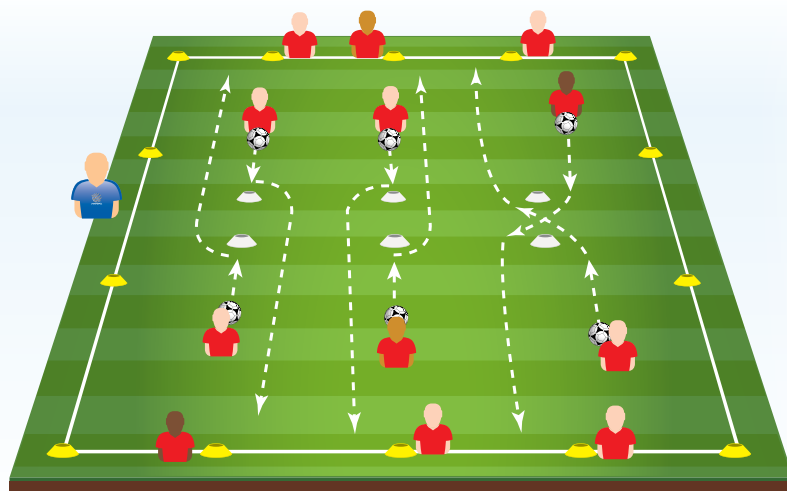- 6 cones as shown.
- 6 balls.

Explanation

First player in each group starts with a ball, runs and moves to left of cone before continuing to opposite end. Pass to next player and join back of line.

Repeat sequence with all players moving to right.

Progression

Can players pass through cones as shown, avoiding oncoming player?

MIDDLE

SET UP
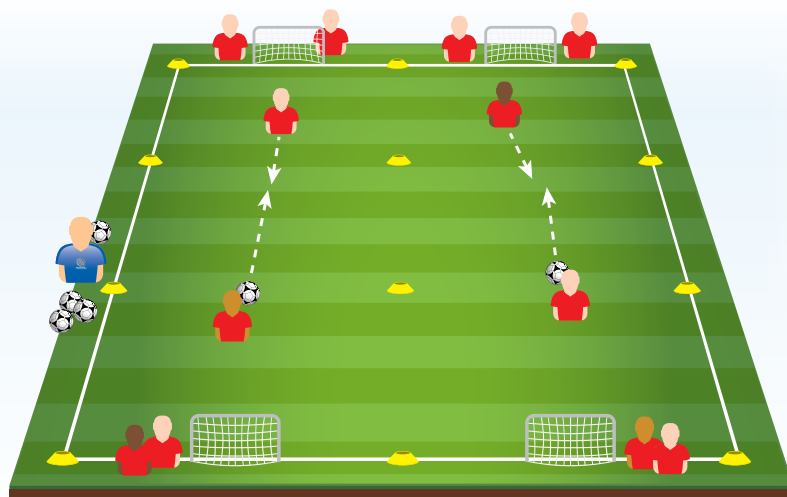- 40m x 30m grid.
- 4 goals.
- 4 groups.

Explanation

Play starts at one end by first player trying to take on defender and score in opposite goal. If defender wins the ball they can score in the attacker's goal

Switch roles after each sequence so attacker becomes defender and vice versa.

Progression

First team to 5 goals.

END

SET UP
- 40m x 30m grid.
- 2 teams.
- 4 goals.
- Balls at either end as shown

Explanation

Play starts from either end with a player running the ball in. Before a goal is scored a player must beat another player in a 1v1 situation.

Progression

Can we execute more than one 1v1 before scoring a goal?

Final reflection question:

What did you do to get past a defender?

Suggested Football Language:

- Speed of approach • Accelerate past defender
- Close ball control

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