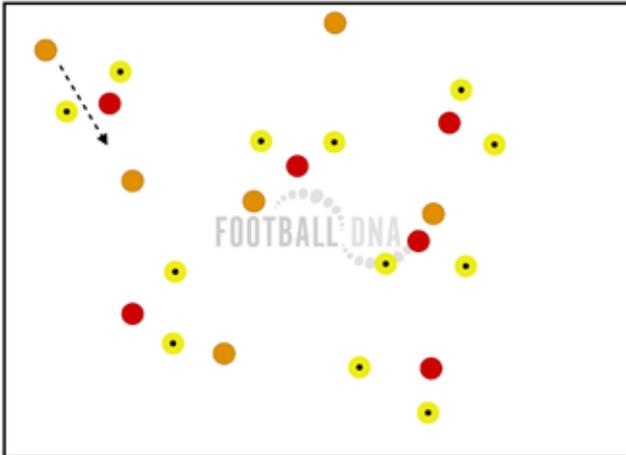


# BLOCK 1: WEEK 1 Moving & Manipulation - Ball Manipulation

**SESSION OBJECTIVE:** Introduction into different ways of how to move the body as well as manipulate the ball on both feet to help players solve problems.

**COACH:** Ross Brooks **DURATION:** 60 Minutes **EQUIPMENT:** Footballs, Bibs, Cones, Goals

## GO - GO GATES



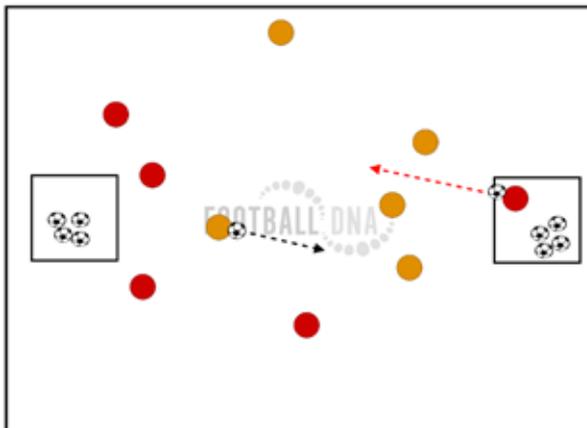
**OVERVIEW:** Go-Go gates begins with one team that has to defend the gates and stop the other team from being able to get through. The attackers must move through the gates by working together with their team mates to find ways of moving the defenders away from the gates. If the defenders tag an attacker, that attacker must then balance in a pose for 5 seconds before they can continue to play. Count scores and see which team can score by getting through the most gates in one minute.

**COACHING POINTS:** Movement, Body Feints, Change Of Direction, Problem Solving

**PROGRESSIONS:** The attackers have a football each and must try and travel through the gates with their ball (using their feet or hands). If the defenders can win the ball, they can travel with the ball to the outside of the area to knock the attacker out.

**REGRESSION:** Defenders must try and defend all the gates and are not allowed to stand in any of the gates throughout the game. This will increase the opportunities for the attackers to get points.

## CAPTURE THE FLAG



**OVERVIEW:** Setup two boxes with footballs at opposite ends of the area. The footballs represent flags and each team has to try and capture their opposition flags and return them to their base. The team with the most flags (football) in their area within a set time limit wins. Each team aren't allowed in their own box and have to try and tag the opposition players if they attempt to get inside their area to capture a flag (ball). If they manage to do this successfully, players must move back into their own area before they can return to the game. If a player is able to get a ball, they must travel with their ball back to their area whilst evading the opposition.

**COACHING POINTS:** Movements, Body Feints, Change Of Direction, Problem Solving

**PROGRESSIONS:** Increase the number of areas that each team must defend but can also steal from too.

Alternatively, all players have a ball each and have to capture bibs or cones from the opposite area rather than footballs.

**REGRESSION:** Add two halves which act as safe zones. Both teams then become safe in their own halves and cannot be tagged.

## 1 V 1 MULTI GOAL



**OVERVIEW:** Setup four goals with a small area around each of the goals. Players have to try and score by getting into the area of any of the four goals. If the attacker scores, they keep possession and restart by bringing the ball into play from the goal but cannot score in that same goal. The defenders have to try and win the ball back and score in one of the four goals. Make the games competitive and add a time limit to each of the games. i.e. the first player to score five goals wins or play a 5 minute game etc.

**COACHING POINTS:** Manipulation, 1v1s, Eyes Up, Shooting

**PROGRESSIONS:** Increase the number of players per ball i.e. 2v2, 3v3 etc.

You should also challenge players by changing the size of the area and making it smaller or adding goalkeepers into the goals as well.

**REGRESSION:** Play non-contact with players being able to travel around the area scoring in the different goals in their own time. You may have a player in each of the four goals as a goalkeeper that the attackers have to beat.