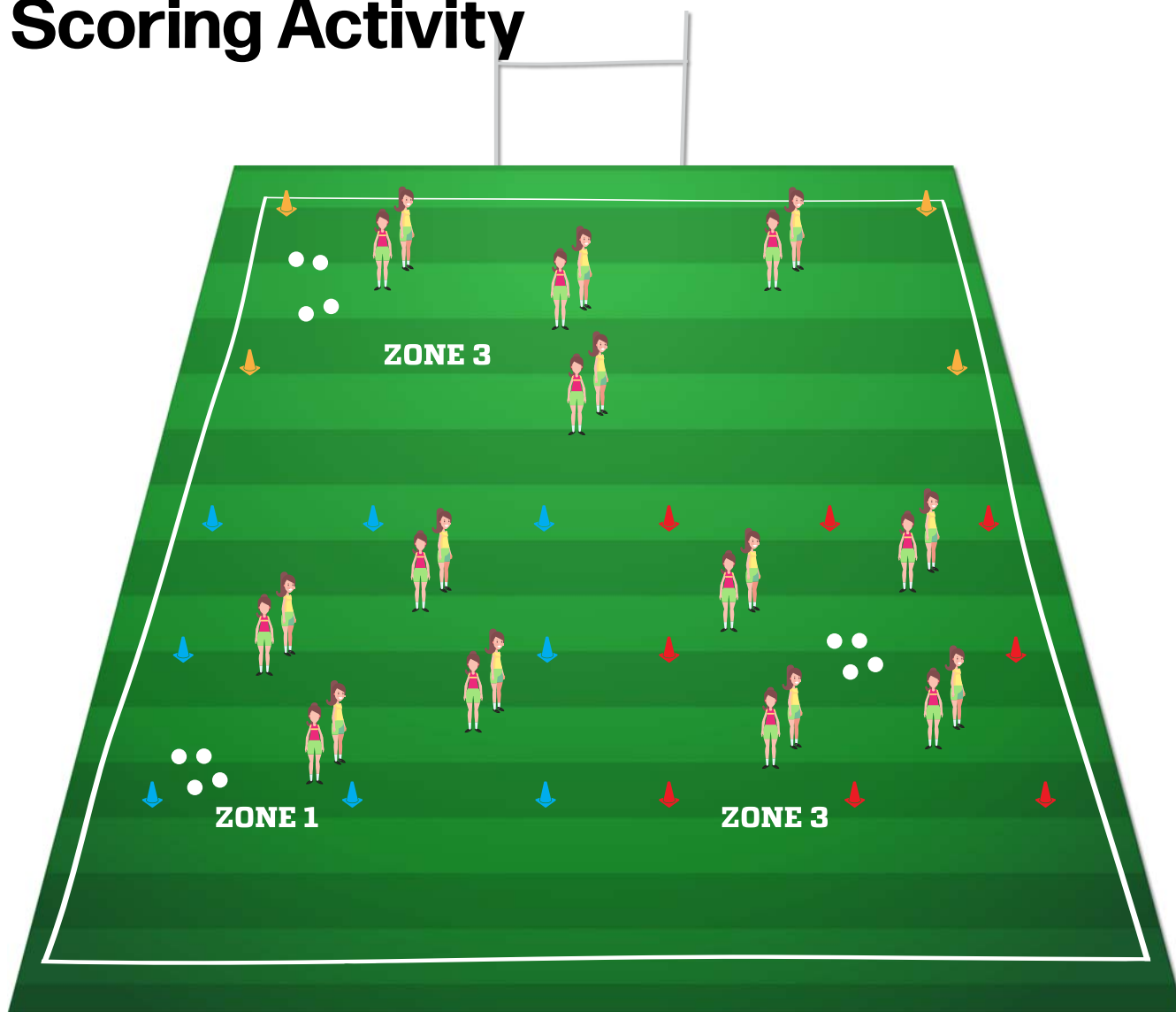


CREATE SPACE
POINT GOAL
SCORING ACTIVITY



Topic: Creating Space Point/Goal Scoring Activity



What do I need to set up this exercise?

Multiple footballs, cones and bibs

What will exercise layout look like?

See above

How do I execute this exercise?

- Dimensions of the three zones are dependent on age/ability of the group you are coaching
- Place one zone in front of the goals and the other two zones further out to the left and right of the goalposts
- Three small sided games (3v3, 4v4, 5v5) take place at the same time
- Each game duration can be monitored by time or by amount of footballs available at each zone

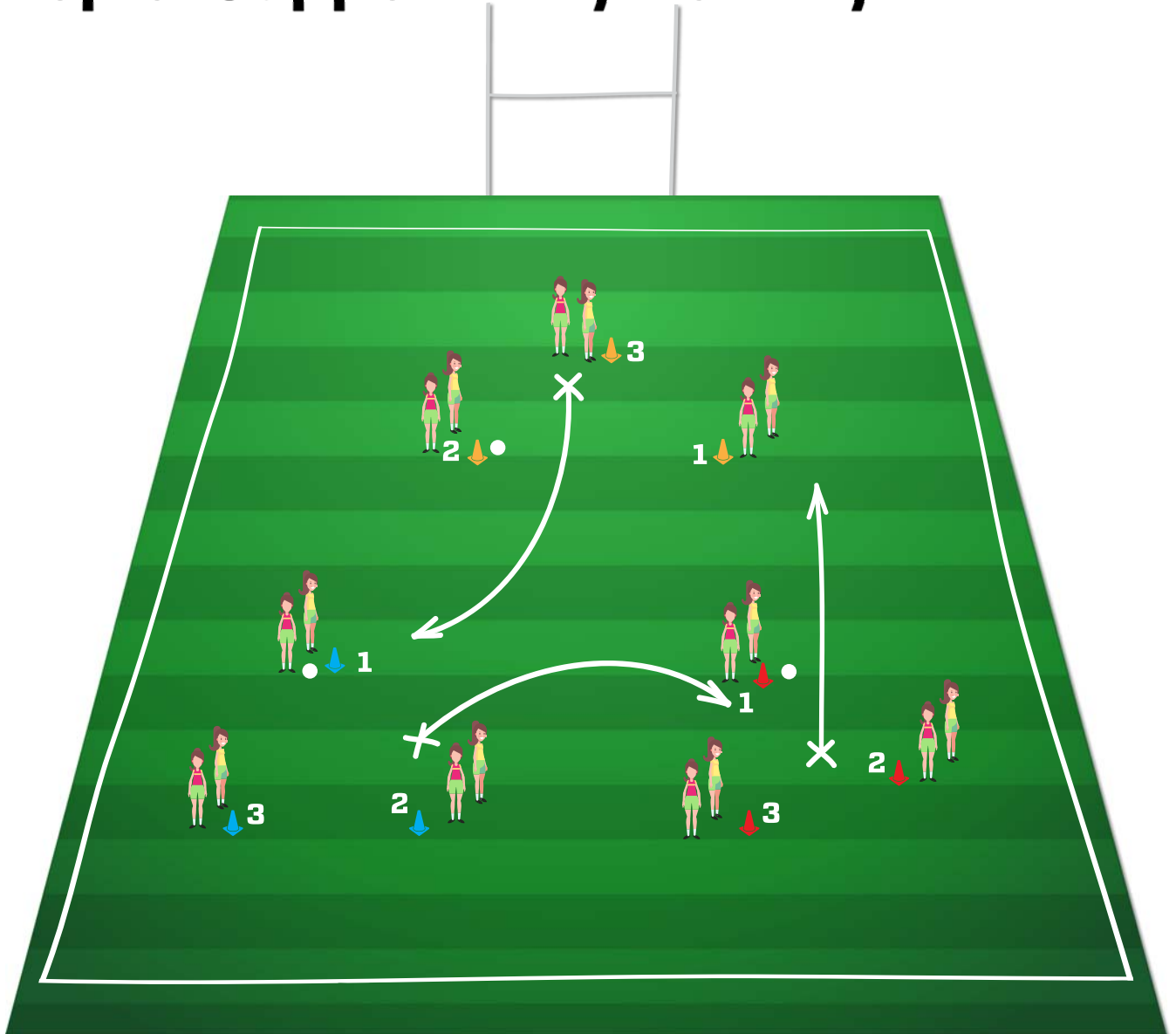
- If you have assistant coaches or injured players, they can supply the footballs to the players from corner of each grid. The alternative is that a player from either team gathers a ball from the corner of the grid after each play.
- In the inner zone 1, the team in possession go for goals only. The team in possession in zones 2 and 3 go for points only.
- Both teams in each group rotate zones once allocated time frame is up
- Teams who score get the opportunity to restart the play until they are dispossessed or miss a score

Key areas game develops

- Decision Making under pressure
- Defending
- Accurate finishing in tight confined spaces



Topic: Support Play Activity



What do I need to set up this exercise?

Multiple footballs and cones

What will exercise layout look like?

How do I execute this exercise?

- Set up three triangles as shown in diagram. Number of triangles and distances between same can vary based on numbers attending etc.
- Player at cone 1 hand passes the ball to player at cone 2. Player at cone 3 times their run and collects ball off the shoulder from player 2.
- When player 3 collects the ball they run at pace and can either kick pass or hand passes the ball to Player 1 in the next triangle. They follow their pass to next triangle.

- Every player follows the ball and rotate accordingly around all three triangles and the grid

Key areas game develops

- Support run off the shoulder
- Speed of thought
- Diagonal runs
- Accurate passing (kick pass and hand pass)