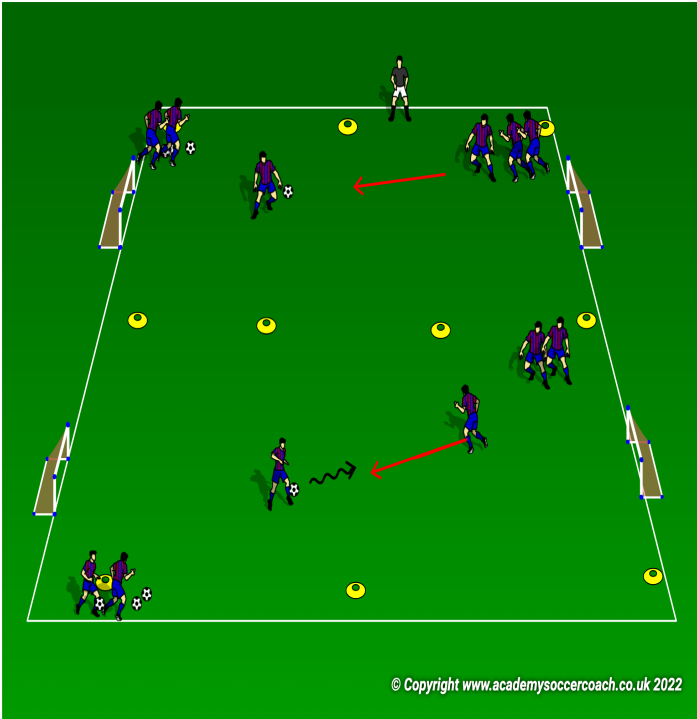





Recreational Session - Week 1  
Core Activity: 1v1 from the front

Time	Type	Diagram	Activity	Coaching Points
10 Mins	Warm Up	<p>© Copyright www.academyfootballcoach.co.uk 2022</p>	<p>4v4 / 3v3 / 2v2s Arrival Game</p>	<p>Notes:</p> <p>Free play, let the kids make decisions on their own. Keep the game going.</p> <p>Adjust accordingly to how many players you have on the day.</p> <p>Examples: 8 Players in total = 2 fields of 2v2s</p> <p>12 Players in total = 2 fields of 3v3s</p>
10 Mins	1 <sup>st</sup> Activity	<p>© Copyright www.academyfootballcoach.co.uk 2022</p>	<p><b>Ball Mastery &amp; Turns:</b> Mix ball mastery exercises with tag games, with ball, with no ball. Encourage using all parts of the foot.</p> <p><b>Move of the day:</b> <b>Shoulder Drop</b></p> <p>Video support <a href="#">SHOULDER DROP SHOT   How To Improve Your 1v1 &amp; Shooting by box-to-box</a></p> <p>Ball mastery examples:</p>	<p><b>Awareness:</b> Remind players to keep their heads up and to keep the ball close.</p> <p><b>Use Both Feet:</b> Players need to perform ball mastery and turns with both feet.</p> <p><b>Shoulder drop:</b> Pretend that it is going to one side stepping next to the ball and push the ball with the outside of the opposite foot.</p>



			<p>Toe Taps</p> <p>Inside Outside</p> <p>Inside Hook</p> <p>Outside Hook</p> <p>Be creative (any moves turns)</p>	
15 Mins	2 <sup>nd</sup> Activity		<p><b>1v1 from the front:</b> (2 Groups of 5 or 6)</p> <p>Players will be going up against each other in a 1v1.</p> <p>Balls on one side, no balls on the other. Players with the ball will try to dribble past the defender and score.</p> <p>Encourage players to use the move of the day.</p> <p>Video support <a href="#">SHOULDER DROP SHOT   How To Improve Your 1v1 &amp; Shooting by box-to-box</a></p>	<p><b>Close Control:</b> With lots of touches of the ball, players should maintain the ball close to their feet whilst dribbling and try to use skills or speed to beat the defender.</p> <p>When introducing the exercise, have players switch lines after each round. If the group is split into 4 small groups, switch players every couple minutes so they can experience playing against different players.</p> <p><b>Progressions:</b></p> <ul style="list-style-type: none"><li>- 5 seconds to score</li><li>- Start off receiving the ball after a pass.</li><li>- Reward players if the goal is made after being effective using the move of the week.</li><li>- Make a competition: example, first team to 5 goals wins, etc.</li></ul>



20 Mins	Final Game		<b>5v5 Scrimmage</b>  (if more than 10 players in the group, set up two fields Example: 3v3 and 4v4 games).	Remind players of the skills we've learnt and encourage them to use them in the scrimmage.
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