



Barkers U11 Wallabies Session 2.2 2024

Category: Functional: Striker

Difficulty: Moderate | Start Time: 28-Mar-2024 17:30h

Stuart Milne, SEVILLE;VIC, Australia

Description

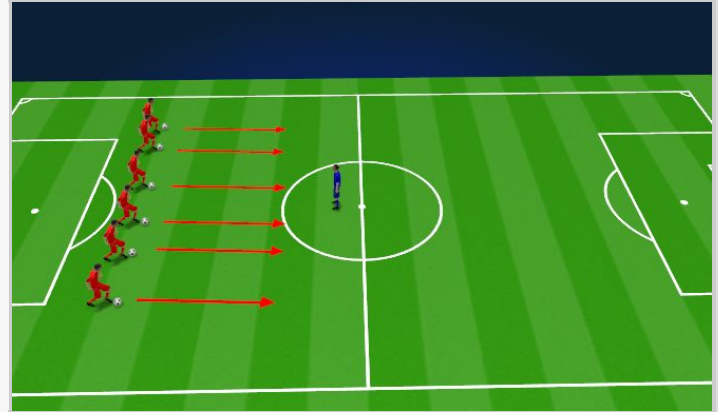
High intensity to fatigue strikers whilst pushing their touch and control

Red Light, Green Light (10 mins)

Description: Use spots as starting point. Wake up listening ears. Use different lights for movements. Go over the lights Red=Stop, Green=Go fast, Yellow=Go slow. This will help keep the kids engaged in the activity and provide large body movement. **Do not** have to go in straight lines back and forth.

Coaching Points: Work on listening and having space around themselves. Along with keeping their eyes up and observing the field.

Progression: Each week add in a new light and review the ones they already have done. Coaches can have cones that coordinate with the colors, instead of saying the colors players have to keep eyes up to see color. Add moves to colors, example is tik tok when yellow is called.



Foxes (10 mins)

Description: Set up- Have the players each get a ball and spread-out. The coach needs a bib to hold and tag players with. The goal of the game is to dribble with your ball away from the fox catcher(coach). If the fox catcher(coach) gets the ball or tags the player with the bib you must do toe taps to get back in. Have them work on controlling the ball and shielding it, along with keeping their eyes up and being aware.

Coaching Points: Remind them to keep their heads up and scan the field so they know anyone is close to them. Working on scanning and not having to look at the ball while dribbling, along with accelerating away from opponents with control of the ball.

Progressions: Players get eliminated when tagged or ball is taken away and the last fox standing wins. Rewarding players for not playing safe and trying to take on players during the game.



Rondo - Warm up (15 mins)

Objective:

Warm up to get players intensity and tighten up under pressure passing. Will become our default pregame warmup.

Organisation:

- 4v2 Rondos
- 10m squares
- 4 attackers on each side
- 2 defenders in the square

Instructions:

- Attackers connect passes
- Defenders attempt to steal
- Defenders can either dribble out or connect to a teammate outside of grid

Technical Coaching Points:

- Sharp passing
- Calling names to the receiver
- Calling names to the passer

Tactical Coaching Points:

- Support 1st attacker, move up and down the line to create an option
- Patience
- Move defenders around before looking for the line break (Split in this case)

Progressions & Regressions:

- Once touch to reduce decision making time
- Mandatory two touch - put pressure on the attackers
- Mandatory three touch - increased pressure



Shout out (20 mins)

Objective: Agility and ball control, shooting under fatigue

Set Up - Suitable for up to 14 players

- 3 Rows of:
- 5 cones in a row to set up slalom
- 2 discs 80cm apart to roll the ball between, taps cross overs etc
- 1 rebound board for pass back

Description

GK in goals

1. Players line up behind each lane evenly

2. Players dribble the ball through the cones and two the two discs at the discs:

- Roll the ball between discs with left foot
- Roll the ball between discs with right foot
- Roll the ball out to left disc from center then out to right disc from center

3. Pass to the rebound board then shoot with no touch

Players to recover their own balls and return to next column keeping well out of the next players way (can use poles to keep them out of the way)

Keep goal scores - winner gets an Easter Egg

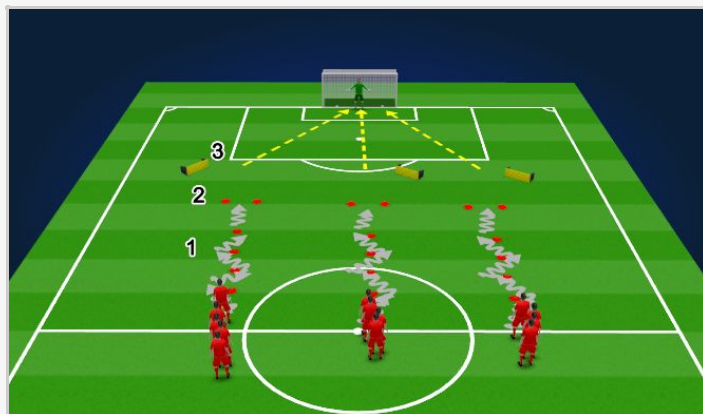
COACHING CUES:

Keep the pace up to fatigue the strikers

Good tight control

Progression idea:

Change up the skill at the discs



3v3 Outta Here (20 mins)

Play 3v3 to small goals in a 30*25 area. When the ball goes out, a goal is scored, or time goes to long – three new players for each team enter the field. Have the players initiate the game with a pass across to the other team.

Coaching Points:

- **What part of your foot should you receive the ball with?**
Inside to create a nice broad surface
- **Where should your first touch go?** In the direction you want to go next to dribble/pass/shoot. Might also just be away from the defender
- **Where can you go to receive the ball from your teammate?**
In a space where there are no defenders between you and the ball
- **When is it a good time to take a defender on to try to beat them?** When its a 1v1 situation and you have space
- **What type of movements/combinations can you make to get open?** Give & go, overlap, diagonal runs
- **What do you do if the defenders leave you with space and stop you from passing?** Dribble to get a shot away

