

Defending The House



Whole Part Whole Session

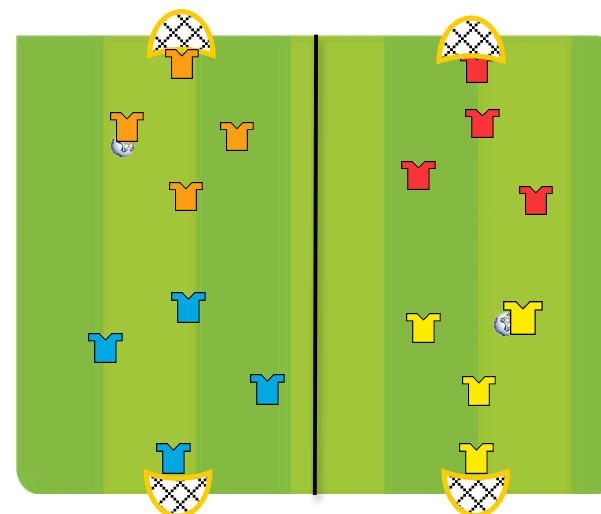
Whole

Place children into mini 3v3/4v4 games, children encouraged to try and be brave & positive with the ball

YOUNGER GROUPS FOCUS

- Individual possession skills looking to dribble with the ball
- As they get more comfortable can you dribble with your head up to see if better options available through passing

NB: If you have big groups, consider playing 2 mini-games on each pitch so 2v3/2v2 on one side and same on the other OR play game with 2 footballs



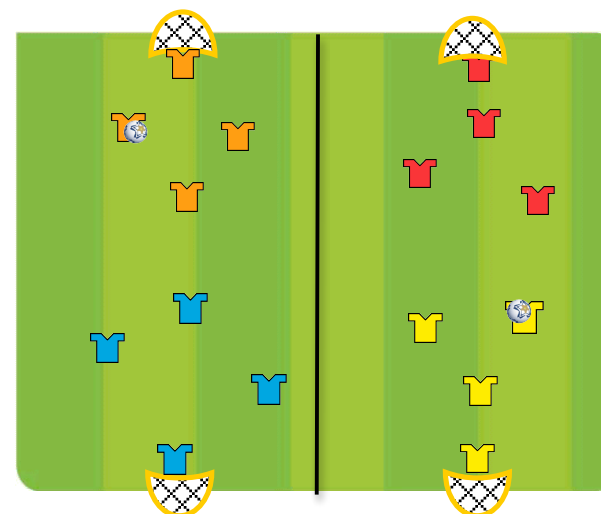
Whole

Place children into mini 3v3/4v4 games, children encouraged to try and be brave & positive with the ball

Whole Practice at the end can be 5v5/6v6 mini-tournament OR play 6v6 with subs if numbers cannot allow for 3 teams tournament

OLDER GROUPS FOCUS

- Use pass & dribble techniques to play with the ball

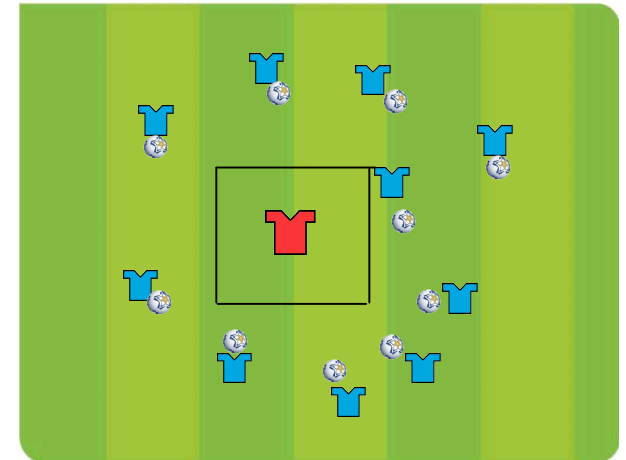


Part Practice – Defending the house(s)

PHYSICAL LITERACY ACTIVITY

- This is a tag game that can be adapted for both younger and older groups
- There is a square in the middle which is the house. This must be defended from the players who are aiming to get in and out of the area without being caught. Depending on numbers this could be adapted to make more houses to defend in a bigger area

The picture shows everyone with a ball. This session can also be done without a ball first



Part Practice

YOUNGER GROUPS

This practice can be done as a physical literacy activity and can be adapted to a session where you can introduce a ball

As a physical literacy activity you can have the game as a simple tag game with the house in the middle. Players must go all of the way through the square to score a point

This can be done by changing the movements and only allowing the players to hop/skip/jump etc

A ball can then be added so each player now has to dribble through the area (house) with the ball and keep control of it as they are doing so in order to score a point without being tackled

A player can be added to the outside of the square who is also a tackler but can go anywhere on the pitch. This means the players don't have the luxury of standing still under no opposition. If individuals are struggling, allow them to play without footballs, or take away the number of tacklers

Coaching Points - When is the best time to run? Who do we need to watch out for?



Part Practice

OLDER GROUPS

The game can be started in the same way so players get to know the area they are playing in. A football should be introduced quicker into sessions with older/more able players.

Ideas for older groups:

- Split the Players into teams e.g. 4 teams of 3 who can only score by making either a pass into, or through the square (there will be a player in the square who has to stop anybody receiving the ball inside or through it)
- Add tacklers into the game who can go anywhere and tackle players. They get a goal for every tackle or interception they make
- Progress to a game situation with two games going on across each other. Must pass either into or through the house before scoring e.g. in this game it is yellows v reds and blues v oranges

Coaching points:

When is the best time to pass through?

Execution of pass needs to be easy enough to control because you don't get a point for a bad pass

Change Tacklers/Middle man every so often

