

Pressure Cooker



Whole Part Whole Session

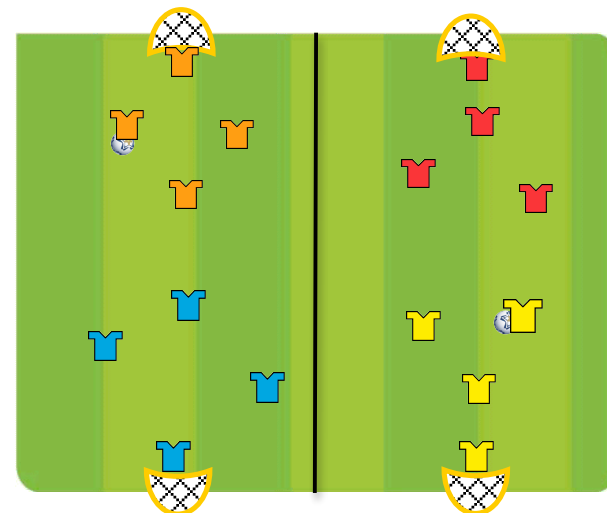
Whole

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



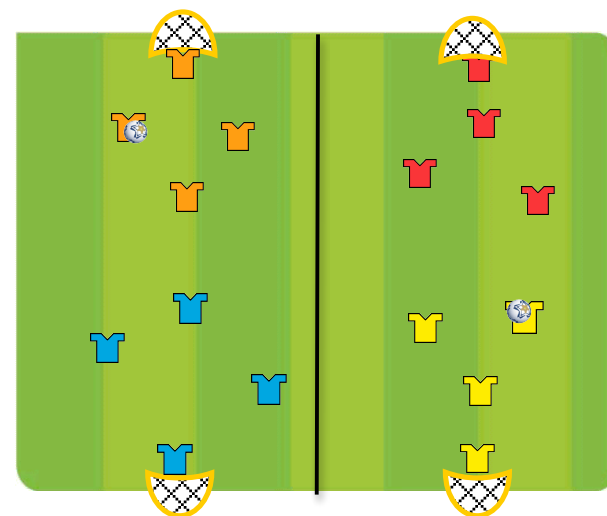
Whole

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

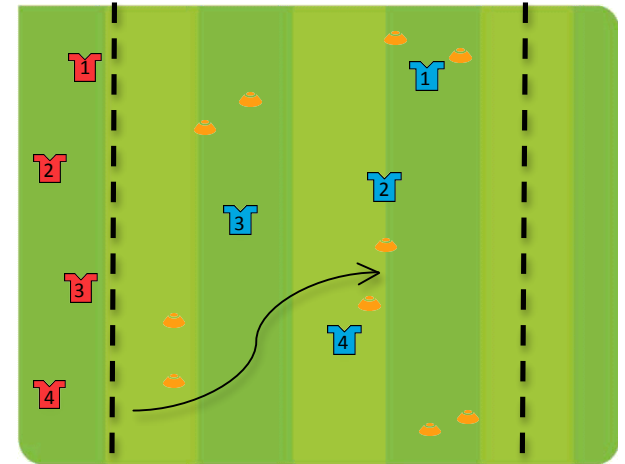


Part Practice – Catch Me If You Can

PHYSICAL LITERACY ACTIVITY

Players work in twos, one player is the “runner” and their role is to get from one side to the other as many times as they can without getting caught. The other player is the “Catcher” they have to try and tag the runner, if the runner is caught roles are swapped

- Players encouraged to keep safe by RUNNING & DODGING
- Work on various movements skipping, sideways and hopping
- Add gates or shapes to make more difficult, so the runner has to pass through before getting to the other side



Part Practice

YOUNGER GROUPS

Similar to the above game but attacker now has a ball making it a 1v1 situation. If attacker scores, retain and now attack going the other way. If defender wins the ball, can you try and score. If defender manages to score, reverse roles

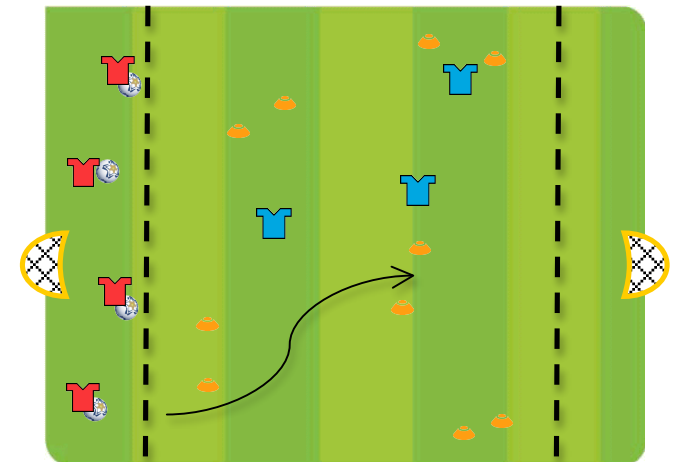
Players should be encouraged to maintain control of the ball. If they lose control by bumping into other players or go off the pitch, swap roles with their partner

Defenders should be encouraged to apply pressure and go to the ball when appropriate

RULE – cannot have 2 balls inside same goal. Attackers need to be aware when they can score and when they may need to retain possession. If they break this rule, swap roles

Progression Ideas:

- Goals can be turned around to encourage players to develop ball manipulation techniques
- Add gates, attackers to try and travel through a gate before attacking the goal
- Competition playing each game for 1 min, change partners. First to 5 points



Part Practice

OLDER GROUPS

Spilt area into half (depending upon numbers using full or half pitch)

4v2 that builds into 3v2 in attacking half. Reds try and pass the ball into attacking half for 3v2 situation to try and score. Defenders try and apply pressure to win the ball and keep possession for as long as possible to delay the game

- Only allowed 1 ball in Zone 2 at any given time for 3v2. If defenders win the ball in Zone 2 and manage to keep possession, no more balls allowed to enter this area until goal is scored or ball leaves play
- Minimum of 2 balls in Zone 1
- Defenders can restrict more balls coming into the game by winning the ball and keeping possession i.e. If there are 2 balls in Zone 1 and 1 ball in Zone 2, no further balls can be added to the game

Progression Ideas:

- Number of players and footballs in Zone 1 & 2 can be manipulated to achieve different outcomes
- Place a time limit or number of footballs before changing i.e. 5 mins before we change, how many goals can you score as attackers, defenders can you delay time to restrict goals scored

