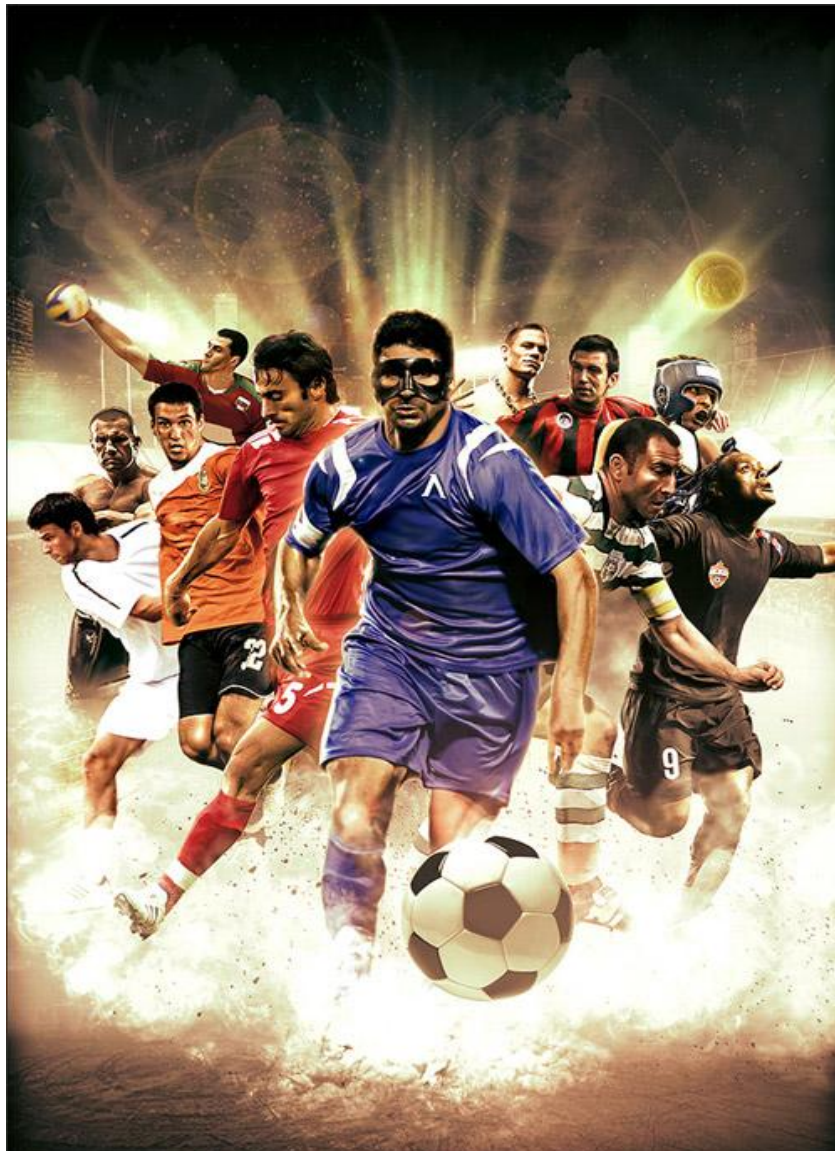


# COOLUM CRUSADERS Coaching Workshop

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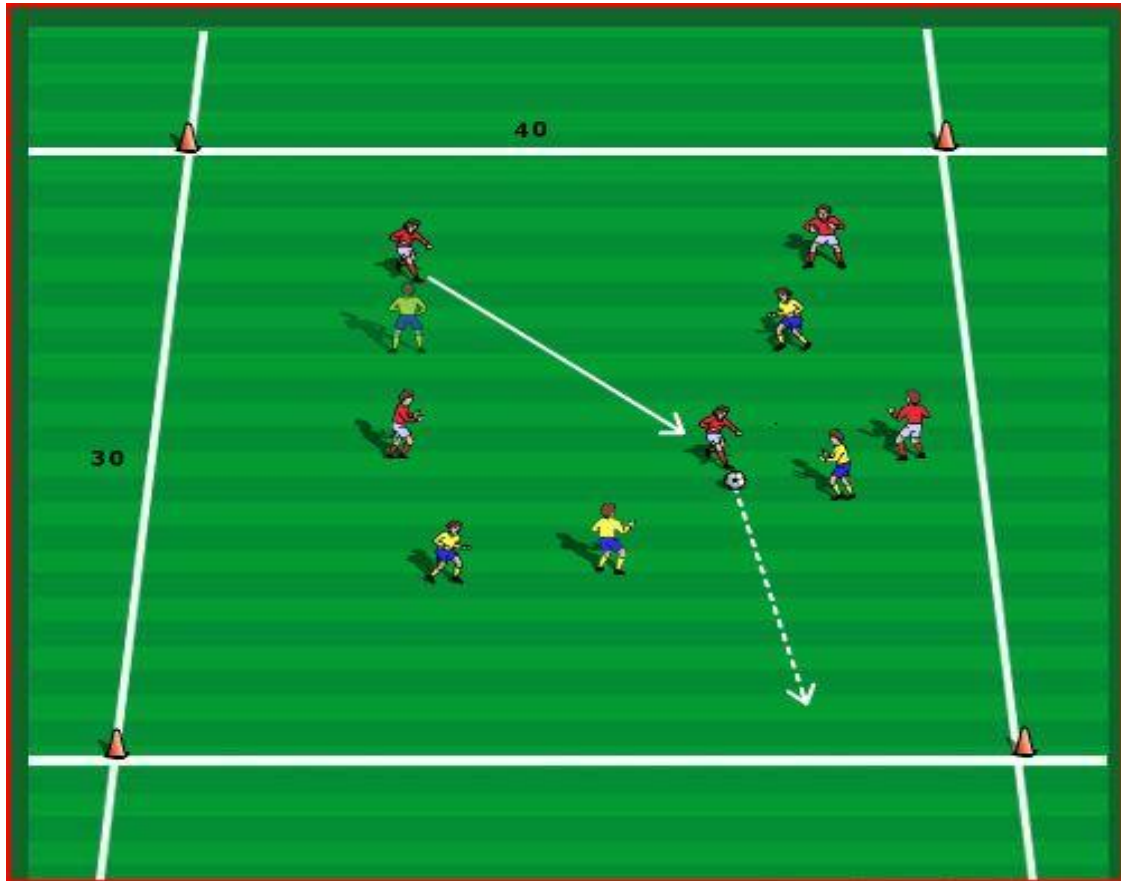
## “Street Football”

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# RUNNING WITH THE BALL

## Session Plan 1



### Set up

- Field size 40 by 30 yards (wider than longer)
- 2 teams
- No keepers

### Purpose

- Teach players to run/dribble with the ball.
- Score by running/dribbling over end line.
- Correct decision for player when to dribble with the ball.

# FIRST TOUCH GAME

Session Plan 2



## Set up

- Field size 40 by 30 yards
- 2 teams
- 5 or more sets of goals 4/5 yards apart
- No keepers

## Purpose

- Score by passing or dribbling through any set of goals.
- Teach the players the importance of their 1<sup>st</sup> touch.
- 1<sup>st</sup> touch into space to create goals.
- 1<sup>st</sup> touch into the correct area/space for what the player wants to do next.

# 1 -v- 1

Session Plan 3



## Set up

- Field size 20 yards X 20 yards
- 2 teams on each side
- No Keepers

## Purpose

- To teach players how to beat an opponent in a 1 v 1 situation.
- Run at opponent with speed.
- Use a “trick” or feint or step over at correct time to beat opponent.

# SHOOTING GAME

Session Plan 4



## Set up

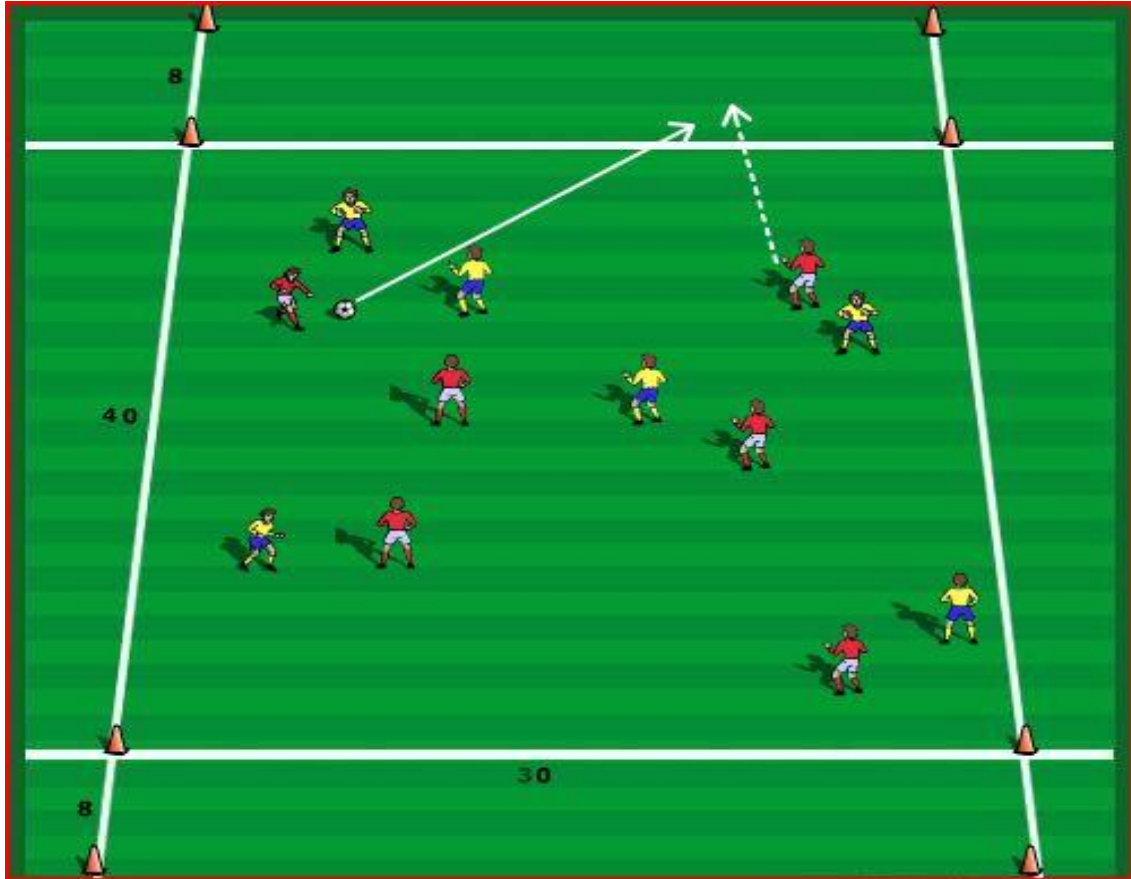
- Field size 30 by 40 yards
- Split field in half
- 2 keepers
- 4 v 2 in each half of the field

## Purpose

- Teach the players to shoot under pressure.
- Compose when shooting.
- Make the goal keeper work = "Hit the Target".

# KILLER PASS

Session Plan 5



## Set up

- Field size 40 by 30 yards
- 2 teams
- No keepers
- 2 areas at each end of the field 8 yards in width. "Scoring Area"

## Purpose

- Teach players to see and play a "killer pass" in behind the opposition.
- Score by receiving the ball inside "ends zone"
- Movement off the ball.
- "See" the pass early, runs off the ball make the scoring opportunity.



# 3 TEAM TRANSITION / PRESSING GAME

Session Plan 6



## Set Up

- Field size 40 by 30 yards
- 3 equal teams
- No Keepers

## Purpose

- To teach players to transition from BP (Ball Possession) to BPO (Ball Possession Opponent).
- 2 teams play against 1 team (8 v 4). When 1 team loses the ball they then play against the other 2 teams and have to transition to BPO.
- Quick pressing to win the ball back early.
- Players learn to transition and press early when they lose possession.

# 3<sup>rd</sup> MAN RUNNING

Session Plan 7



## Set up

- Field size 40 by 30 yards
- 2 equal teams
- 4 Goals
- No Keepers

## Purpose

- To teach the players movement off the ball.
- To react “see” the final pass early.
- Reading of the game.
- Forward pass quickly.
- Open up passing lanes.



# 4 GOAL GAME

Session Plan 8



## Set up

- Field size 40 by 30 yards
- 2 equal team – or neutral player (plays for both sides)
- 4 Goals
- No keepers

## Purpose

- To use the width of the field, make field as big as possible.
- Encourage switching of play.
- Good decision making, when or when not to switch play.