



Week 5 - World Cup

Category: Small-Sided Games
Difficulty: Beginner

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Individual-Adult Member

Description

Warm Up - Goalkeeping (15 mins)

Instructions:

Players in pairs, one goalkeeper, one passer. Swap after all 4 skills have been practiced.

Passer stands 3m - 5m from the goal. Passer is not trying to score a goal.

Scoop:

Passer kicks ball to goalkeeper along the ground.

Goalkeeper bends from knee and hip, both hands and legs behind ball, palms facing down.

Cup:

Passer throws ball to goalkeeper between waist height and head height.

Goalkeeper chest square behind the ball, palms facing up, elbows tucked in, cup ball against chest.

W:

Passer throws ball to goalkeeper above head height.

Goalkeeper, fingers spread with thumbs in a W shape, elbows bent, hold ball until it feels secure.

Collapse Dive:

Passer kicks ball to the side of the goalkeeper along the ground.

Goalkeeper collapse at the knee towards the ball. Nearest hand behind the ball, other hand on top of the ball. Try to finish with the ball slightly in front of the body.



Game Play (45 mins)

Instructions:

Standard match game 20 minutes each half either within individual teams or match against another team.

Promote the 4 key skills that have been taught during the previous 4 training sessions. Look to see if the skills has been learnt.

1. Running with the ball and bursting at speed into empty space.
2. First touch away from the opposition to open up the field of play.
3. Striking the ball accurately and with the correct weight of pass. Accuracy and power of shooting.
4. 1v1 tricking opposition with body feints, fast footwork. Isolate the opposition, beat the player and then run into the empty space.

