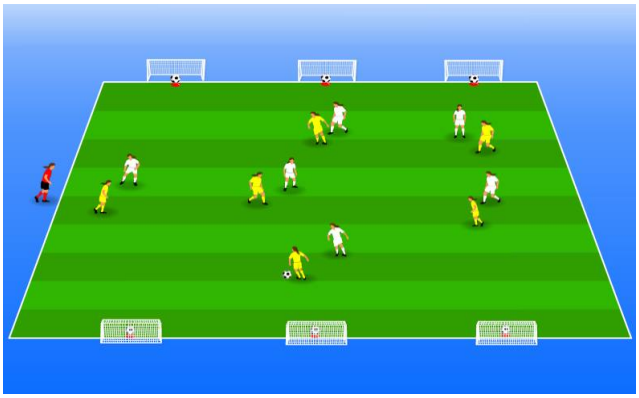
SKILL ACQUISITION PHASE: STRIKING THE BALL

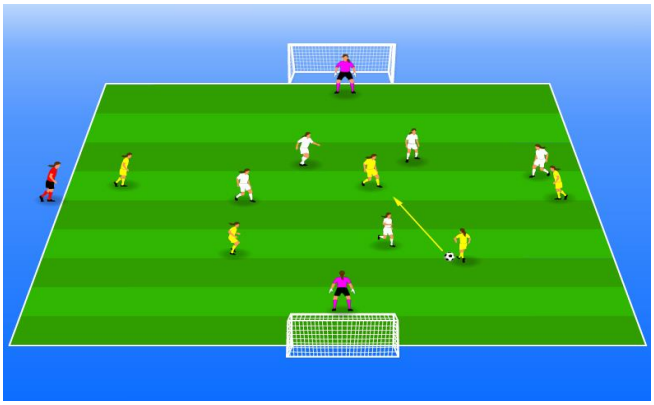
Suggested equipment list:

12 cones, 8 balls, 6 mini goals, 2 portable goals (age-specific) and 2 sets of bibs



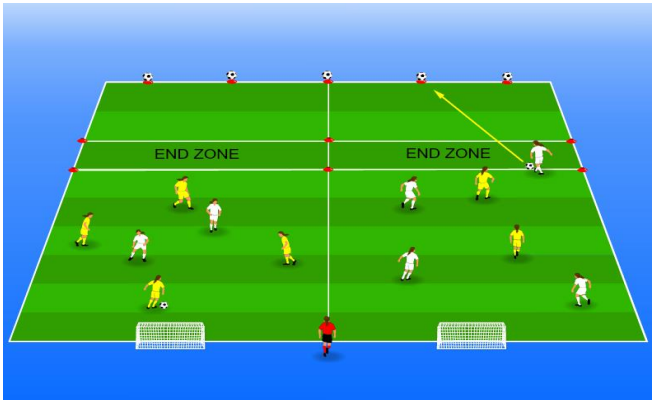
FUNctional Activity: 'Knock it off'

- Split players into two teams
- Three balls placed on cones on goal-line at each end
- Teams attempt to knock balls off cones on the opponents' goal-line with a pass
- Team who knocks all three balls off cones first wins the game. Repeat sequence



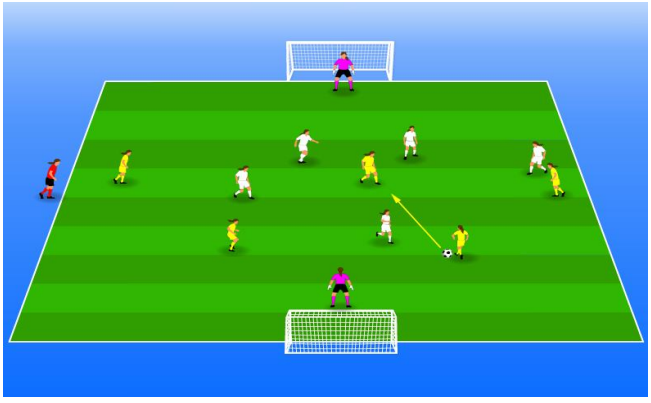
Recognition Phase: Game

- Split players into two teams
- Normal game, 1 point for a goal
- Teams awarded 3 points if a goal is scored with a first-time finish or a team can make 5 passes in the build-up
- Create one or two games



Intervention: Skill breakdown

- Two groups of attackers and defenders
- Attackers pass the ball inside area in a 4v2 against the defenders and attempt to take ball into the end zone to knock the balls off cones with a pass
- If a defender wins the ball, they can score in goal at the opposite end
- Team who knocks balls off 3 cones first wins
- Once a team wins, defenders rotate & repeat sequence



Evaluation Phase: Free Game

- Normal game, 1 point for a goal
- All players involved including 2 goalkeepers
- Coach is advised to 'coach on the run' by praising and encouraging desired actions linked to the session topic without stopping the game

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