

Premier Skills

Topic: Developing ABCS & Dribbling
Component: Warm-up

SMILES - The Premier Skills approach



This activity can be used as a part of a session plan to develop technical, tactical and life skills that can be used on and off the pitch.

Always remember SMILES when coaching.

Safe **M**aximum participation **I**nclusive **L**earning **E**njoyment **S**uccess

Setup



- Each player begins the game with a ball and dribbles around in the area changing direction, speed and type of touches.
- On coaches command players stop the ball and place the part of the body on the ball that the coach calls out – foot, knee, hand, head and any other body part they feel relevant.
- This activity can be started without a ball if the coach feels that players need to develop their fundamental movements before the introduction of a ball, using commands that instruct players to balance on single or multiple specific body parts
- Consider a SMILES delivery approach

Development - Warm-up

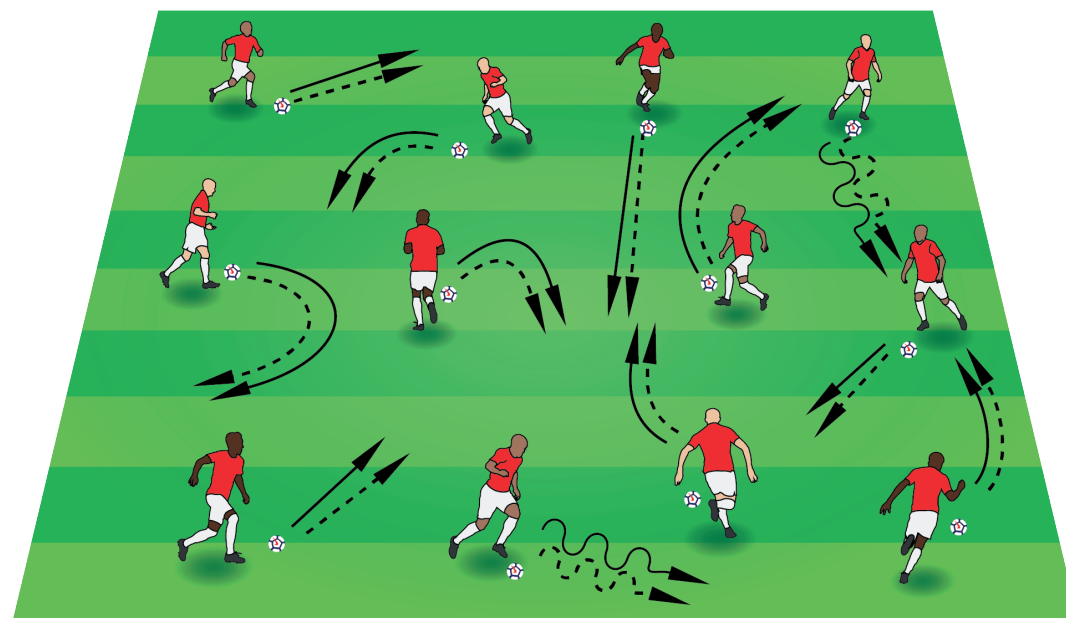


Progression 1

Increase the tempo of information to challenge players. Start to be specific in regards side of the body, adding left and right to commands. The coach can encourage players to use different parts of their feet to move the ball around in the area, getting as many touches on the ball as they can.

Progression 2

When the coach calls out ball they must stop their football, leave their football, touch the outside of the square and return to another ball in the area. The coach can add in opposition to challenge the player dribbling technique. These defenders can be either passive or active.



Key

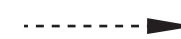
ball



player movement



ball movement



Coaching points and technical information

- Focus on low intensity to high intensity
- Ensure you mentally and physically warming up the players focusing on dynamic movements
- Support, challenge and improve players agility, balance, coordination and speed (ABCS)
- Introduce technical or skill coaching points from main session on dribbling

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STEPS

Use these ideas to progress and change the activity

S - Space

Adjust the size of the overall area
Encourage players to explore space
Develop zones on the pitch as safe areas

T - Task

Adjust the number of touches before changing direction
Players to use less dominant foot only
First player to react

E - Equipment

Make changes to the size of the ball
Coned areas for thinking time
Remove football if there needs to be focus on balance and coordination

P - People

Add players in as defenders or taggers
Play the activity in pairs or teams

S - Speed

Change the space size(s) to increase the intensity
Set time limits to score or possession changes over

My thoughts

SMILES - My thoughts

S

M

I

L

E

S

NOTES / DIAGRAMS: