

Premier Skills

Topic: Attacking
Component: Conditioned game

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.

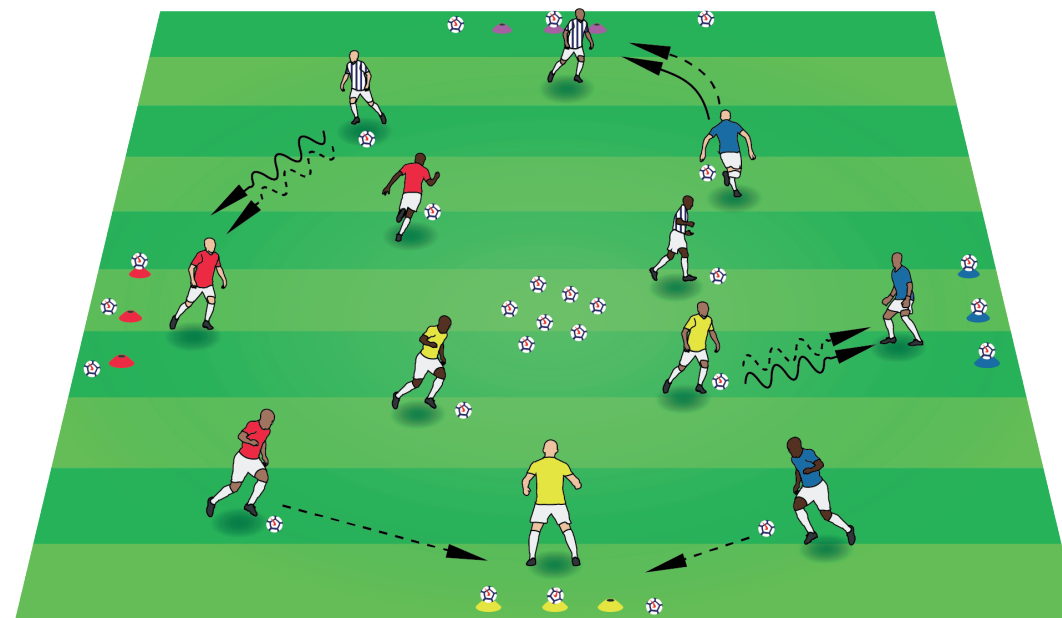
Always remember SMILES when coaching.

Safe Maximum participation Inclusive Learning Enjoyment Success

Setup



- Teams are selected with each team having castle to protect. A castle is balls on top of cones. All other footballs are placed in the middle of the playing area
- Teams work together to strike balls to destroy pieces of other teams castles (balls being knocked off cones), whilst preventing pieces of their castle being destroyed
- Once the whole castle has been destroyed players may continue to attack other teams until all castles are destroyed
- Players may not block with their hands, and once a piece of castle is destroyed it must remain destroyed, even if it was knocked off by a defender (this counts as an own goal)
- Players are allowed to travel with the ball to get as close as they wish to strike to hit the castle down and also attack from behind the castle
- This activity can be started with all players having a ball and moving around the area attacking castles of their choice
- The last team left with any pieces of their castle intact wins the game



Key

ball



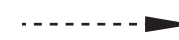
disc cone



player movement



ball movement



Developed - Conditioned game

Progression 1

Teams identify attackers and defenders – encouraging teams to discuss their strategy and tactics – how many players attack and defend is up to them. Teams can be given a limited number of balls to use as they want – encouraging problem solving, decision making, communication and teamwork

Progression 2

Play with only one or two footballs in the playing area to make the activity more game related. Two teams can combine to attack the other two teams only using one or two balls

Coaching points and technical information



- End product – hit target (Castle)
- When, where and how to create, maintain and exploit space
- Choice of shooting technique – inside for accuracy, laces for power. Be creative.
- Speed of movement and ability to attack

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STEPS

Use these ideas to progress and change the activity

S - Space

Adjust the size of the overall area or space(s) between each piece of castle
Encourage players to use the space when attacking
Adjust the distance between castles

T - Task

Players to work in teams
Set player goals
Play against one team
Combination play to score
Players have a choice on how to finish

E - Equipment

Increase or decrease number of castles
Create different size castles
Add goals

P - People

Create an overload on one team
One-to-one marking

S - Speed

Change the space size to affect the intensity
Set time limits on how long to play the activity

My thoughts

SMILES - My thoughts

S

M

I

L

E

S

NOTES / DIAGRAMS: