

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.

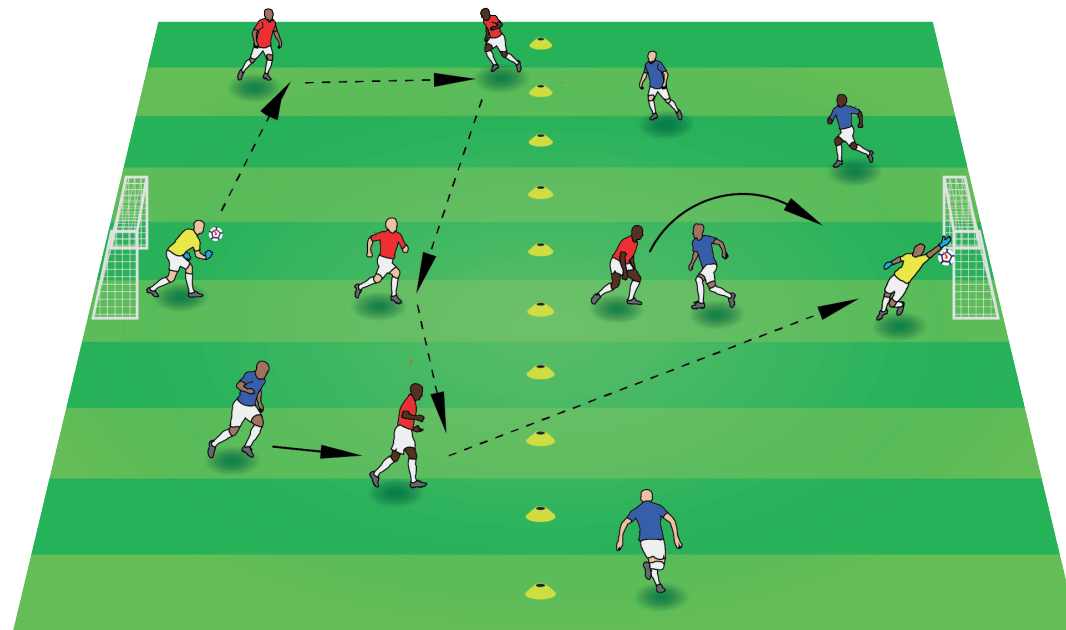
Always remember SMILES when coaching.

Safe Maximum participation Inclusive Learning Enjoyment Success

Setup



- Two teams play against each other.
- Each team is only allowed one player in the opposition half acting as the 'poacher'.
- The aim is to score as many goals as possible. There are 2 ways to score, from a shot from inside your own half or by the poacher scoring from a rebound or deflection in the opponents half.
- The poacher is also a passive defender limiting the shooting and passing opportunities when their team is not in possession.
- The game starts / resumes with the goalkeeper rolling the ball to their team mate.
- You can start the game without a goalkeeper, with a small area marked out in front of the goal that players aren't able to enter.



Development - Conditioned game



Progression 1

The role of the poacher changes. As well as scoring from rebounds, they can now score from open play from a through ball. The poacher can also help with combination play, acting as a 'wall', laying the ball off and helping create opportunities for their team mates to shoot from their own half. The poacher will also become an active defender. If they win the ball, they can either go on and score themselves or pass for a team mate to score from their own half.

Progression 2

All players can now go in both halves. To encourage long range shooting, teams score 1 point for a goal scored in the oppositions half and 2 points if they score from their own half. Another option is to remove the half-way line but encourage players to shoot from any where, therefore focusing on different techniques.

Key

ball



disc cone



player movement



ball movement



Coaching points and technical information

- End product - hit target (goal)
- When, where and how to create, maintain and exploit space and create an opportunity to shoot
- Choice of shooting technique - power/accuracy, type of shot, awareness of goalkeepers position
- Speed of movement and ability to attack
- How to be an effective poacher - position for rebounds, angles, support and quick to press

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STEPS

Use these ideas to progress and change the activity

S - Space

Adjust the size of the overall area(s)
Encourage players to use the space when attacking
How to create space for a poacher

T - Task

Left/right foot shooting
Number of passes before shooting
Ball has to go in and out of oppositions half before shooting

E - Equipment

Increase/decrease number of goals
Change the size of goal(s)
Add in a second ball
Target areas within the goal for accuracy

P - People

Change the number of poachers
Rotate poachers
Change and rotate goalkeepers
Remove goalkeepers

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: