

FLAS Session 3

Category: | Difficulty:



Am-Club: TSF Academy
Mark White, Young Member



Train and Plane Ride Warm Up (15 mins)

All players dribble or run with ball in hands. They play 'follow the leader' (COACH). Coach takes them on a ride through cones, discs, pinnies, obstacle course. Coach makes it fun by telling the players they are on a train... they can add commands such as:

PULLING INTO A STATION - stop / stand still

SOUND THE HORN - Players make a 'hoot hoot' like a train

GO THROUGH A TUNNNEL - Players have to duck low

PROGRESSION:

Tell players they are now going on a plane ride. Same idea, but players must have arms out to the side like airplane wings

Command suggestions:

DIP THE WINGS - Players dip to one side and go around in a circle

CLIMB TO THE CLOUDS - Players perform 10 toe taps

COMING IN TO LAND - Stop / stand still

Make it a story; Make it fun and enjoyable



Hungry Hippo (15 mins)

set up 4 small goals. if no goals available, then seyt up 4 small squares with discs.

Players dribble around the area. On Coaches Command "Feed The Hippos" the players must shoot the ball into the goal (the Hippo's mouth) and retrieve it and go to another goal

(If NO GOALS have players try to pass the ball into the square, so it stops inside; this is feeding the Hlppo). After a couple of minutes tell the players to stop feeding the Hippo's as they are full and need a rest.



PJ Mask Saves The World (15 mins)

Coach starts by telling the players they are members of the PJ Masks team (Catboy, Owlette and Gekko) and they can choose which character they want to be. Tell them the Night Ninja is attacking the World and has sent meteors to blow up the world. The job of the players (PJ Masks) is to get rid of all the meteors to save the world.

Set out area with discs spread out radomly. Each player dribbles around area. When coach shouts out "Meteor Attack" the players have to collect as many of the discs in a 10-second time span. Players give the collected cones to Coach and carry on dribbling. Coach builds up the story and once again shouts out "Meteor Attack" and players once again pick up as many discs as they can in 10 seconds.

Repeat, remembering to tell a story. Progression with Coach adding more discs (meteors) as the players are collecting others. Give players longer time to collect discs.

Keep it fun, and make sure all players are actively involved



The Tree Game (15 mins)

Each player has a ball and two pinnies. They dribble the ball around the area, and hold the pinnies, one in each hand. On Coaches command they perform various skills/games:

- 1 - Wind is blowing the leaves on the tree - players stop ball and hold arms out wide, and wave the pinnies in the air
- 2 - Climb the tree - players do toe-taps on the ball
- 3 - Running in the leaves - players put pinnies on the floor, and then dribble through the piles, trying to not get the ball on top of the pinnies.
- 4 - Shake the tree - players do 'boxes' with the ball

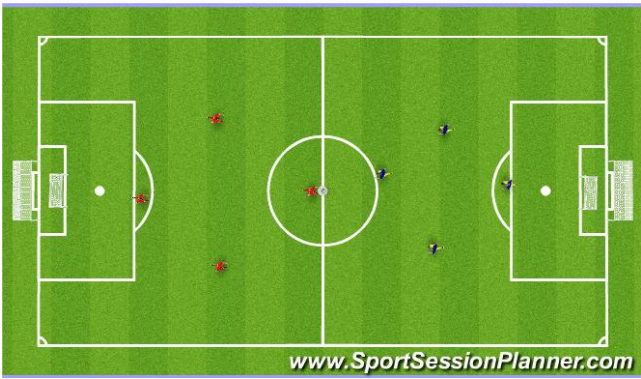
Playes must dribble around the area without kicking the ball into the goal/square.
PROGRESSION:
Coaches can turn goals upside down to let the players know that the Hippo is full and does not need any more food!



Dragons & Knights (15 mins)

All players are at end of area They are the Knights. All soccer balls, pinnies and discs are marked off at the far end, boxed off. The Coach is the "Dragon" who protects the Castle Treasure (soccer balls, pinnies & discs). On Coaches command the players have to run into the casle and collect one piece of treasure (name it - ball; disc; pinnie). Coach is looking to tag players to stop them getting treasure (be nice and allow the players to be successful).
To make sure the players are not scared, tell them that the Dragon is scared of the Knights and is old and slow.

If the Genie gives an instruction without saying "I WISH" before then the players are frozen. The Genie has the power to unfreeze them at any time by saying "I UNFREEZE YOU!"
Begin the game by telling a story... "A long time ago, in a desert far away, a group of soccer players found a lamp.... when they cleaned the lamp a Genie appeared. Who do you think the Genie is?"



Small-Sided Games (15 mins)

Small-Sided Game:
use Pug Goals or equivalent. Play 4v4 game with no GK.
By playing 4v4 you allow the players an opportuntiy to be involved in the game, get lots of touches on the ball and show creativity. Do not over coach in these games