

WWPSA  
RECREATION  
PROGRAM

## WWPSA Recreation - Week 1

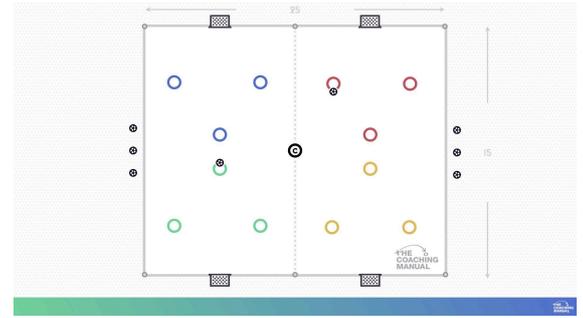
# Arrival Game 3v3

Written by NJ Surf

15 mins    12 players    2 balls    6 bibs    10 cones  
25x15 area

### Technical Coaching Points

**Just Play!**



# Ball Mastery, Dribbling and Running with the Ball

Written by NJ Surf

15 mins    12 players    10 balls    6 bibs  
12 cones    25x25 area

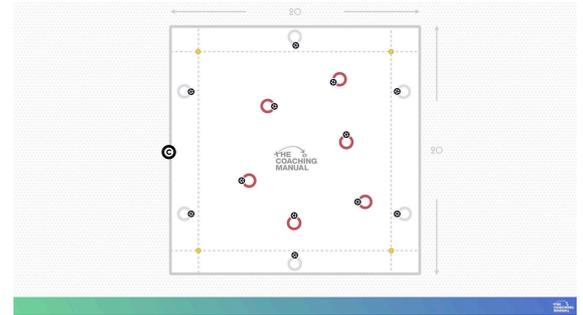
### Technical Coaching Points

Awareness and Decision Making

Use Both Feet

Close Control

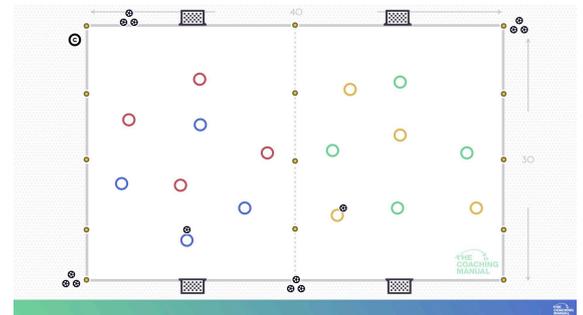
Move Away into Space at Speed



# World Cup Tournament

Written by NJ Surf

20 mins    16 players    10 balls    16 bibs  
15 cones  
30x20 (change area depending on players available) area



## Dribbling - Skill Practice

Written by NJ Surf

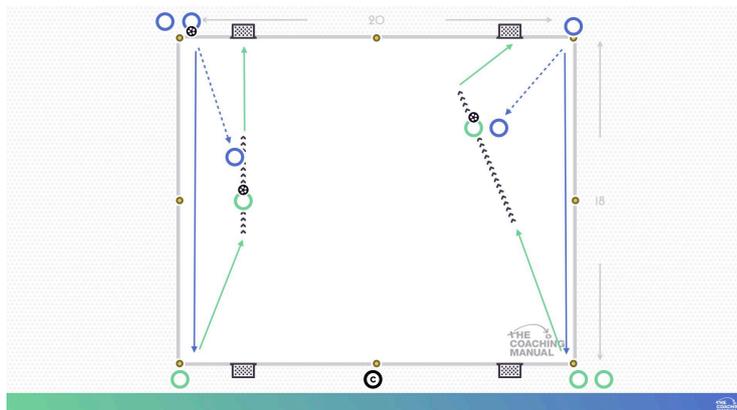
### Set Up

 5 mins    10 players    4 balls    10 bibs    8 cones    18x20 area

set up the area as seen in the image. Players line up opposite each other next to the goals.

The Defenders (Blue) start with the ball and pass to the Attacker (Green) directly opposite them. The Attackers then look to score in the goal opposite in a 1v1 situation against the Defender. Attackers can move anywhere in the area, however, can only score in the goal opposite them. If the Defenders win the ball, they must look to score in the goal on the Attacker's side.

After 3 minutes, swap to allow the Attackers to Defend and vice versa.



### Technical Coaching Points

#### First Touch

The Attackers need to take a good first touch to engage the Defenders and get closer to the goal to attack their opponent.

#### Skills and Feints

Attackers need to attack the Defender and do skills to be the opponent not too close to potentially lose the ball or too far away not to 'sell' the skills/feint.

#### Beat the Defender

When beating the Defender, Attackers need to keep the ball safe side (away from the Defender) and step across them if possible to prevent the Defender from getting the ball.

### Challenge The Players

*Identify stronger players and pair them up against each other*

*Create a zone which players must advance before going to goal*

*Defender starts the exercise closer to attacking player*

## Dribbling 1v1 and 2v1 Skill Practice

Written by NJ Surf

### Set Up



20 mins



10 players



5 balls



8 cones



20x15 area

Defender begins with ball and passes to Attacker. Attacker attempts to beat the defender and finish at goal. If defender wins possession they score in any of the 2 small goals. Rotate roles of players.

### Key Coaching Points

- **Change of speed & direction**  
Acceleration after skill or turn to beat the defender
- **Individual skills/tricks**  
Be creative and use ball mastery skills to beat the defender
- **When to dribble & when to pass-**  
If there is space in front of the player with ball encourage the player to dribble into the space. If their team mate is in a better position to score encourage player to pass to their team mate.

### Make it easier:

1. Introduce 2 Attackers v 1 Defender and decisions on when to dribble and when to pass

### Make it more challenging:

1. Play 2v2 or 1 attacker v 2 defenders



## Dribbling and Turning Skill Practice

Written by NJ Surf

### Set Up

 20 mins    11 players    3 balls    11 bibs    8 cones    25 x 25 area

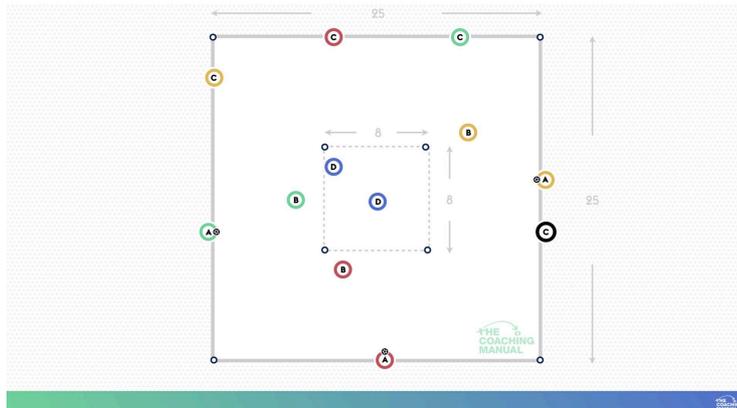
Setup the practice as seen in the image with a 8 x 8 square set out in the area.

Players are working in groups of 3 Attackers, plus 2 Defenders in the middle square. 1 ball per group.

2 players from each group work outside the area, with the 3rd player in the middle area in between the defenders and teammates. In the central square, there will be 2 defenders who are locked in that square.

Player 'A' passes to player 'B' who then aims to dribble into the central square aiming to come out a different side to then pass to player 'C'. Once that has happened Player 'B' goes to the outside of the area and player 'A' takes up the position in the middle ready to receive off player 'C'.

Rotate defenders regularly.



### Key Coaching Points

#### Dribbling

When dribbling and manipulating the ball in tight areas, players must take 1 touch for every step they take when dribbling unless there is space in front to exploit where a bigger touch will be required. Encourage players to have their heads up when dribbling looking to identify those opportunities to take a slightly larger touch.

#### Ball Mastery

Players should use both feet when dribbling and manipulating the ball using multiple surfaces of their feet allowing them to manipulate the ball in different directions whilst adding disguise on the direction they intend to take.

#### Turning

Players should scan before receiving the ball and look to try different types of turns including no-touch turns. Players must recognise what type of turn they use is based on space, location of defenders and other players.

### Make It More Challenging

1. If the defenders win the ball and dribble out of the square they score a point.
2. Add an extra defender.
3. Reduce the size of the area to 20 x 20 to give attackers less time and space.

### Make It Easier

1. 1 Defender in the central square.
2. Defenders can only throw bibs at the football rather than tackling, if the bib hits the football the defender scores a point.
3. Increase the size of the central area.
4. Remove defenders.

# Developing Fundamental Movements Arrival Activity

Written by NJ Surf

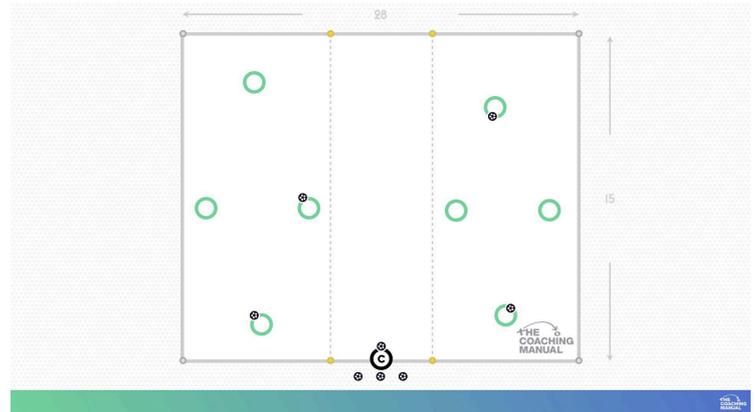
## Set Up

 20 mins    8 players    8 balls    8 bibs    8 cones    28 x 15 area

Setup the practice as seen in the image above.

Split players into two grids with a channel running in between with 2 balls in each grid. Players will complete specific actions then move across to the next grid:

1. Players have to pass and then move into the next grid across however they like.
2. When moving across the grid players have to use zig zag movements.
3. Players have to take 3 touches before they can pass and must use different footwork patterns like backpedal, and crossover.
4. Players must execute a turn before they can pass.



## Technical Coaching Points

- **Passing**

Ensure players are executing correct techniques like striking the centre of the ball and knees bent. Encourage players to be creative using their inside/outside and laces to pass the ball to their teammates.

- **Agility**

Players should be light on their feet moving in zig-zags, enabling them to move in different directions quickly.

- **Ball Mastery**

Players must ensure they take tight touches and keep their heads up so they have the ball under control and can identify the next pass.

## Progressions

1. Add a defender(s) who must tag either with hands or throw a bib below the attacker's waist.

# Pass or Dribble Skill Practice

Written by NJ Surf

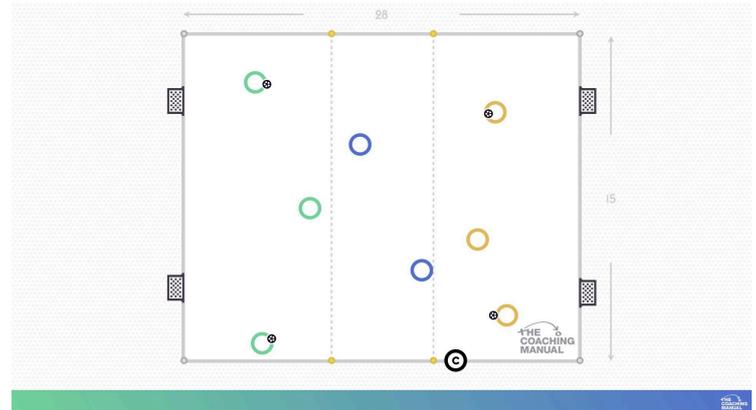
## Set Up

 20 mins    8 players    8 balls    8 bibs    8 cones    28 x 15 area

Setup the practice as seen in the image above.

Two teams of 3 will be split into two grids with 2 defenders in the central channel.

Each Team has 2 balls, and between the 3 players, they have to get those 2 balls across into the opposite grid. If any of the 2 defenders win it they can score in either of the four goals. Defenders will be in for 3 Minutes and then rotate where everyone has an opportunity to defend.



## Technical Coaching Points

- **Passing**  
Encourage players to be creative using their inside/outside and laces to pass the ball to their teammates.
- **Ball Mastery**  
Players must ensure they take tight touches and keep their heads up so they have the ball under control and can identify if to pass or dribble.
- **Dribbling**  
Players should be light on their feet moving in zig-zags, enabling them to move in different directions quickly.

## Progression

1. 7 balls per team, whoever has the most ball in their own goals loses. The teams can attack with 1 to 3 balls at a time and try to score. Only the blue defenders can stop them and tackle them. Once they score they just get over to the other side without being tagged before they can get another ball from their box.

## Passing Combinations Technical Practice

Written by NJ Surf

### Set Up



12 players



4 balls



25x30 area

### Key Coaching Points

- **Movement**

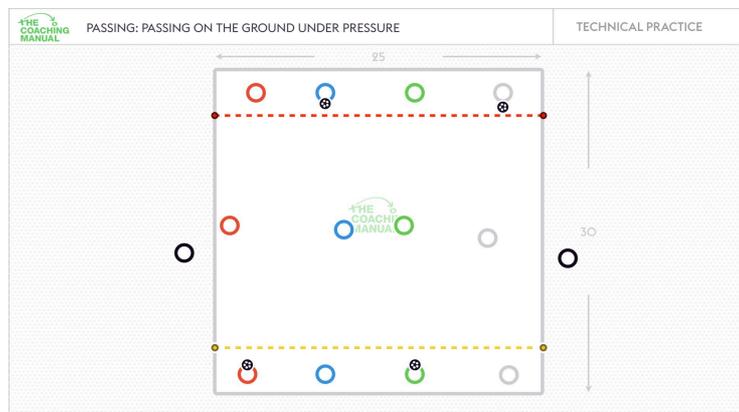
In both the end zone and middle zone, players must look to use creative movement to find passing lines (end zones) and also find and exploit spaces to move forward (central zone).

- **Receiving skills**

In order to receive the ball, players need to concentrate on receiving the ball on the back foot or front foot depending on the type of pass and the space they have.

- **Body shape**

To receive, players must hold a side on position whilst communicating verbally and non-verbally.



### Set Up

Players work in groups of 3 with 1 x player in each end zone 1 x player in middle zone. Player in end zone with the ball passes to teammate in middle zone. Receiving player receives, turns n; passes to opposite player in end zone. Practice is repeated in the opposite direction. Rotate roles of players.

### Make it easier:

1. Make the space bigger

### Make it more challenging:

1. Introduce defenders who can intercept passes
2. Players in end zone can move anywhere within their end zone
3. Can inside/outside players combine

## Finishing Game

Written by NJ Surf

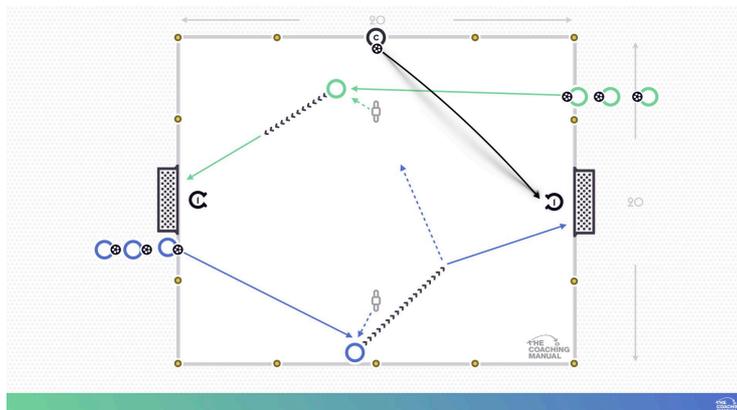
### Set Up

🕒 15 mins    👤 10 players    ⚽ 8 balls    👕 8 bibs    🚧 14 cones    📏 20x20 area

Set up the area as seen above. The Green team have a mannequin at the halfway point and the ball starts directly in front of the mannequin. The Blue team are next to the goal, with the Blue player starting at the mannequin slightly off the line of the Blue's starting position.

At the same time, the server passes the ball to their teammate who looks to finish on the goal, Green going to the left and the Blues shooting to the right.

Once both teams have scored or had a shot, the coach throws the ball to any Goalkeeper, who catches and plays to the nearest player to them. The player then has to score in the opposite goal, which creates a 1v1 practice. If the Defender takes the ball, they must score in the goal they haven't scored in.



Rotate the teams as well as the side the players are shooting from to give [repetition and relevance \(https://surf.thecoachingmanual.com/Content/71314\)](https://surf.thecoachingmanual.com/Content/71314).

## Technical Coaching Points

### Receiving Skills

Both players need to receive the ball on the move, moving away from the mannequins in different ways using double movements. For the Blue player, it may be moving wide, for the Green player it may be moving backwards to give space.

### Finishing

As both players are at an angle, they must now look to finish in the corners.

### Awareness and Decision Making

Players need to have a good awareness of the Defender and where they might be, knowing where to dribble and finish from.

### Ball Mastery Moves

The Attacker needs ball mastery moves to shift the ball away from the Defender to create space to either dribble by them or find space to shoot.

### Finishing

Once they have found space to shoot or beaten their Defender, the Attacker should look to finish on the goal.

## Defending 1v1 Skill Practice

Written by NJ Surf

### Set Up



15 mins



4 players



2 balls



4 bibs



16 cones



20x20 area

### Key Coaching Points

#### Pressure the attacker quickly

Defenders need to close down the attacker quickly and be ready for any feints or changes of direction by slowing down the last few yards and be within touching distance

#### Body shape and positioning to defend

Side on, knees bent and angled body position to be ready to defend. Use arms for balance and to block

#### Predict the play and force attacker one way

An angled approach and side on body position will force the attacker in a specific direction (weaker foot) so that the defender can make play predictable and attempt to regain the ball

### Setup

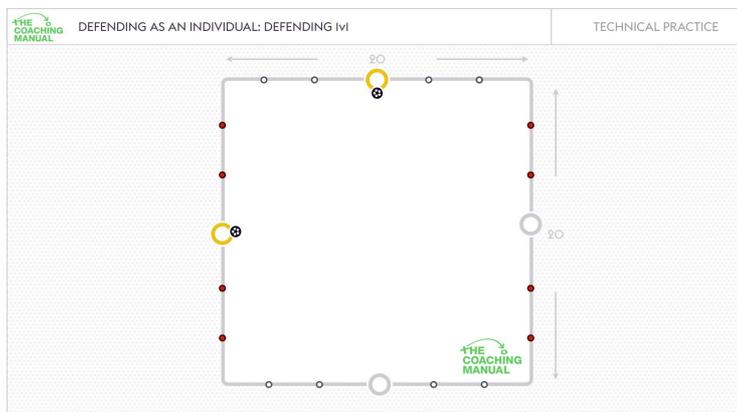
Defender (orange) passes the ball to Attacker (white). The attacker attempts to score by dribbling through any of the gates on the Defenders line. Defending player attempts to win possession of the ball to score by dribbling through the gates on the Attackers line. Players swap roles after 5 attempts.

### Make it easier:

Attackers only have 1 x goal to attack, therefore making play more predictable.

### Make it more challenging:

The attacker starts with the ball and attacks the defender with speed.



## Finishing and Shooting - 1v1 Continuous action

Written by NJ Surf

### Set Up

 18 mins    8 players    8 balls    1 bib    4 cones    20 x 15 area

Setup the practice as seen above.

Create 2 groups to the side of each goal. One team starts with the ball and attacks the opposite goal. As soon as a goal has been scored, or the ball goes dead, the other team enters with the ball to attack the opposite end. So each player will attack once and defend once in their rotation. Play for 4-6mins.

### Key Coaching Points

#### Creating Space

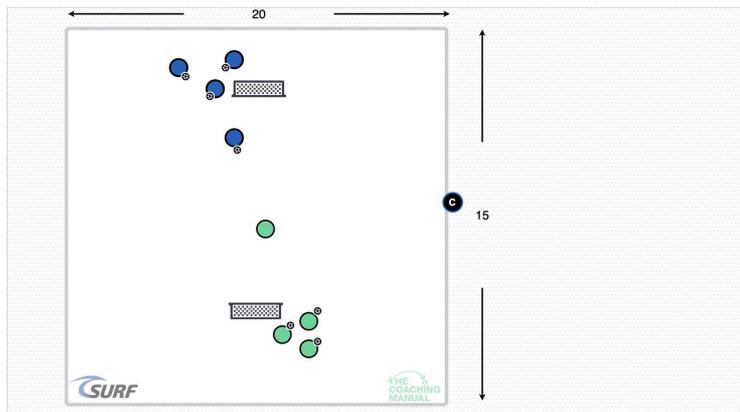
In 1v1, create space by changing direction and speed and get shot off quickly

#### Decision Making

Be quick in movement and thought. Shoot early if possible. Look for far post - with GK in net observe their position to enable suitable decision and execution.

#### Ambidextrous

Use both feet - identify best surface for shot - inside, laces,



### Progression

1. Add a GK to each goal.
2. Must be in the opposite half to score.
3. Increase to 2v2.

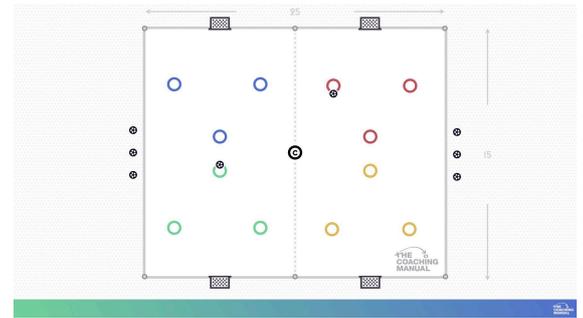
## Arrival Game 3v3

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15 mins    12 players    2 balls    6 bibs    10 cones  
25x15 area

### Technical Coaching Points

**Just Play!**



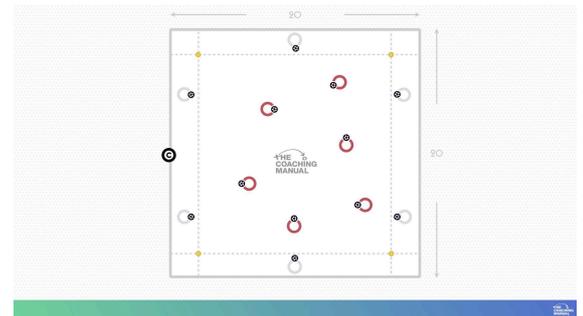
## Ball Mastery, Dribbling and Running with the Ball

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### Technical Coaching Points

- Awareness and Decision Making
- Use Both Feet
- Close Control
- Move Away into Space at Speed



## World Cup Tournament

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20 mins    16 players    10 balls    16 bibs  
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**TCM World Cup**

Teams


Game 1    Game 2    Game 3

Third Place    Final

Winners

League

Team	PL	W	D	L	F	A	Pts

