

ADVANCED SKILLS

Easter island



This week's session is a collection of three Easter-themed games. "Steal the eggs" will improve dribbling and tackling skills. "The bunny run" tests saving and shooting techniques. And "spring into action" focuses on team and individual weaknesses.



What you tell your players the session is about

1. Improving teamwork.
2. Developing a winning mentality.
3. Improving communication to encourage team mates.

Session planner

Warm up 5 mins	Session 10 mins	Developments 15 mins	Game 25 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm-up	Cones, balls	Fun team game to improve heading, from <i>The Ultimate Football Warm-Ups Manual</i> , exercise 52
The session	Cones, balls	The players are dribbling to beat the defenders
Development	Two goals, balls, bibs cones	The players are using their skills to go around the keeper
Game	Two goals, balls, bibs, cones	The players are improving the use of their weak foot
Warm-down	None	Gentle jogging and stretching exercises



Where it fits

Individual skills: Dribbling, passing, shooting, movement off the ball, communication

Team skills: Teamwork, communication, winning mentality

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What to think about

- Running a session full of team games helps to improve team work
- If taken seriously, small-sided games can develop a winning mentality in your players.





Set-up

Use a 30-yard square for “steal the eggs”, a 30 yards long by 20 yards wide area for “the bunny run” and a 40 yards long by 30 yards wide pitch for “spring into action”.



Steal the eggs

Ideally, use five pairs of players. One pair goes into each corner and one pair begins on the pitch as defenders. Players take turns to run to the Easter island (centre circle), steal an egg (ball) and dribble back to their base in the corner.

Teams play at the same time so there will be four players and two defenders in the game at all times. Defenders try to tackle the players and stop them from getting back to their base. If successful, the ball goes back into the circle.

The game continues until all the balls have left the pitch. The team with the most balls at their base wins and becomes defenders for the next game.



The bunny run

Use two teams, each with a ball, at the same time. Goalkeepers roll the ball out to the opposite corner for the first opposition bunny (attacker) to run on to the pitch and dribble towards them.

Goalkeepers must advance to face the attacker in a 1v1 situation. The aim for each attacker is to score a goal quicker than their opponent can do the same to win a point for their team.

The team with the most points is the winner.



Spring into action

Play a small-sided game but with different scoring rules in order to improve the weaknesses of the team and/or players.

Make the rules relevant to the players within their own team. Examples of rules that can be used are:

- To improve individual players – goals count double when the scoring shot is made with the weaker foot.
- To improve team aspects – goals count double when the goal is scored from a cross.

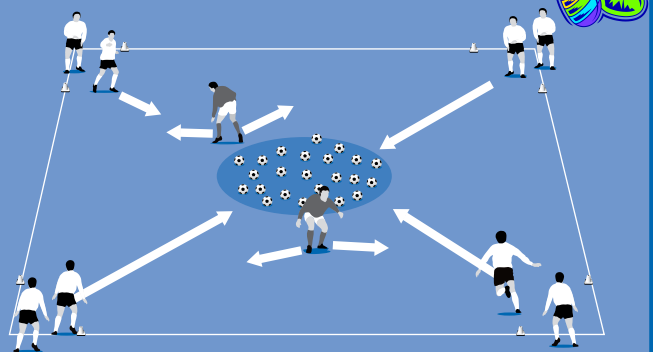
Easter island



direction of run \Rightarrow pass $\square\square\square\Rightarrow$



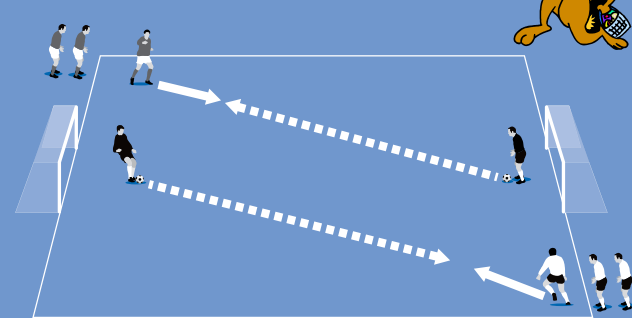
Steal the eggs



Defenders try to stop players stealing the eggs (balls) from Easter island (centre circle). The team which steals the most balls wins the game.



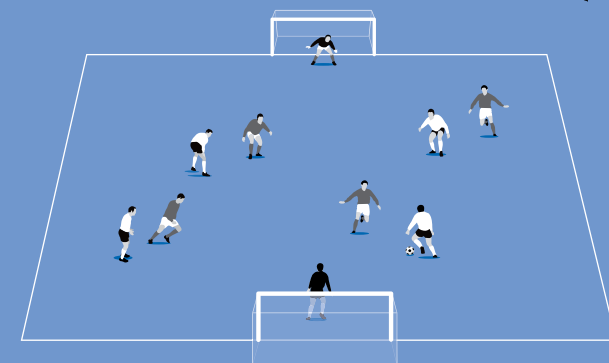
The bunny run



Goalkeepers pass to the opposition attacker who tries to score past that goalkeeper before the opposition attacker scores in the other goal.



Spring into action



In a small-sided game, set rules to improve individual or team weaknesses. E.G. Goals worth double if scored with the weaker foot.

