

The next... Jack Wilshere

Arsenal and England prodigy, Jack Wilshere, is a shining light in Arsene Wenger's first team with his excellent close control and eye for making a deadly pass. This session will help teach your players to play like him.



What you tell your players the session is about

1. Playing like Jack Wilshere.
2. Beating defenders to score.
3. Assisting your team mates.

Session planner

Warm-up 5 mins	Session 15 mins	Development 15 mins	Game situation 20 mins	Warm-down 5 mins
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Activity	Kit	Outcome
Warm-up	Balls	Players learn different balls skills and tricks with Ball Manipulation from <i>The Ultimate Football Warm-Ups Manual</i> , exercise 31
Session	Cones, balls, two goals	The players use their quick feet and skills to go through the cones and shoot at goal
Development	One goal, balls, bibs, cones	The players quickly combine to create a goal scoring opportunity
Game situation	Two goals, balls, bibs, cones	The players dribble or pass to unlock the opponents defence
Warm-down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Passing, receiving, dribbling, shooting

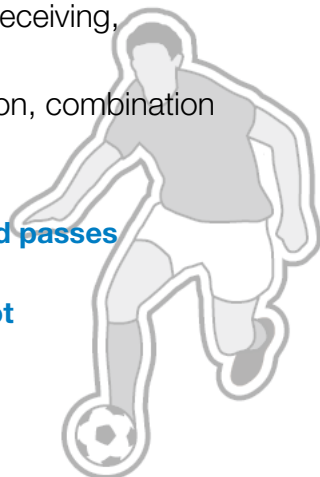
Team skills: Communication, combination play, team work

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What to think about

- The player should always be looking to score a goal.
- When receiving the ball, the first thought should be, can I beat the defender with a skill?
- Secondly, if I cannot beat the defender with a skill, can I beat the defender by making a pass and running into space?





Set-up

Use a 30-yard square with scattered cones for the session.



Session – 15 mins

Players each dribble a ball on to the pitch. They try to use close control and quick footwork to go in and out of the cones then take a shot at their respective goal.



Development – 15 mins

Use an area 40 yards long by 30 yards wide. In one half, mark out a 10-yard square area and have a goal at the opposite end.

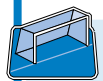
Nominate two defenders, one stands on the halfway line. The other defender goes inside the 10-yard square.

Place two attackers on the halfway line and three attackers inside the 10-yard square.

The practice starts with a 3v1 passing practice in the 10-yard square. The aim is for the attackers to complete four passes. Once the players have achieved this, one of the attackers is allowed to dribble the ball out of the area and towards the halfway line.

The attacker must then make a through pass for one of the attackers to run and score a goal. The defender is only allowed to defend along the halfway line and is not allowed to run back to stop the attackers scoring.

The passing attacker now takes the place of the attacker who runs through to shoot at goal. Swap players regularly so everyone takes on each task.



Game situation – 20 mins

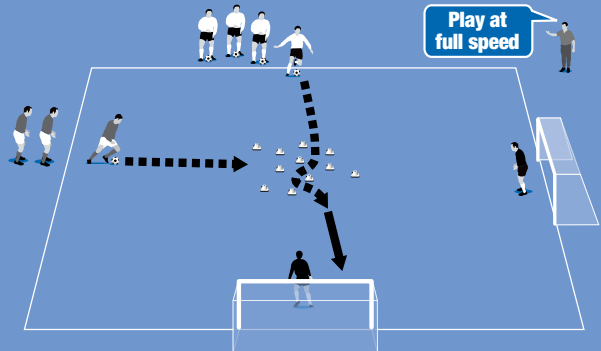
Use an area 60 yards long by 40 yards wide, split into three zones. The end zones are each 15 yards long and the central area is 30 yards long.

The game is played mainly inside the central zone. For the first half, goals must be scored by a player dribbling into the opponent's end zone to go 1v1 against the opposition goalkeeper.

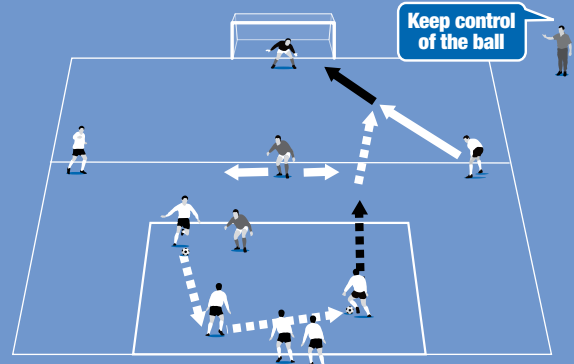
In the second half, goals can only be scored by a player making a through pass for a team mate to run on to in the opponent's end zone and shoot past the goalkeeper.

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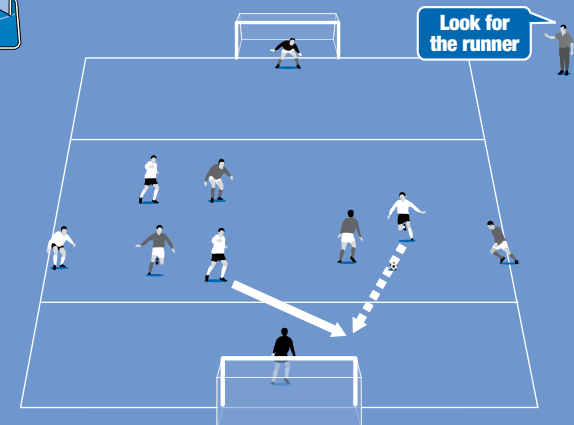
player movement \Rightarrow pass $\square\square\square\Rightarrow$ shot \blackrightarrow
run with ball \dashrightarrow what to call out ---



Both sets of players dribble through the cones and shoot at the goal in front of them.



Once four passes are completed in the small box, one player dribbles upfield to release an attacker for a shot.



The action takes place in the central area. Goals are scored by either a through pass or dribbling into the end zone to shoot.