

Showboating

Players should be encouraged to express themselves in practice. This will improve their confidence in matches and they are more likely to try out some skills. You should inspire your players by asking them to play in the “showboating” role of Lionel Messi or Cristiano Ronaldo.



What you tell your players the session is about

1. Showing off your skills.
2. Dribbling at and going past defenders.
3. Scoring great goals.

Session planner

Warm up 10 mins	Session 10 mins	Developments 15 mins	Game 20 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm-up	Balls	Players compete in various ball skills and turns, from <i>The Ultimate Football Warm-Ups Manual</i> , exercise 31
The session	Balls, cones	The players are using different skills to cross the area
Development	Two mini goals, balls, bibs cones	The players are dribbling to beat one passive and two live defenders
Game	Two goals, balls, bibs, cones	Players are beating defenders with skills to score a goal
Warm-down	None	Gentle jogging and stretching exercises



Where it fits

Individual skills: Dribbling, completing skills, changing direction, shooting, communication to receive a pass, movement off the ball to receive a pass

Team skills: Communication, movements off the ball, team attacking play

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What to think about

- Players need to hear encouragement from you to try their skills and dribble at defenders. Your encouragement will give the players confidence in matches.
- When beating a defender, attackers should look to take advantage of their good play by passing to a team mate or shooting at goal.
- Players not in possession need to make runs to create space for the player with the ball.





Set-up

Use an area 30 yards long by 10 yards wide for the session and development, which is split into three 10-yard squares. Use a 50 yards long by 30 yards wide area for the game. This area is split into three zones. The central zone is 30 yards square with two end zones of 10 yards long.



What you get your players to do

Players must complete a different skill, turn or shooting dummy technique in each zone as they run across the area.

Skills could include dropping the shoulder and going the opposite way or a stepover. Turns may include the "Cruyff", where the ball is flicked between and behind the legs and the player turns around. A dummy shot could be when a player sets himself to shoot but takes a soft touch in the other direction rather than striking the ball hard.



What to call out

- "Work at top speed"
- "Be clever and show disguise"
- "Accelerate into the space"



Development

Two defenders are nominated. One defender plays in the middle zone and one in the end zone in front of two mini goals. Inside the first zone a cone or pole represents a passive defender.

Attackers take turns to dribble and complete one skill to beat the passive defender and then use skills on the defenders with the aim of scoring in either of the mini goals.

Defenders only work inside their own zone. If the attacker is tackled, he replaces the defender in the end zone. The defender in the end zone moves to the middle and the defender in this zone joins the queue of attackers.

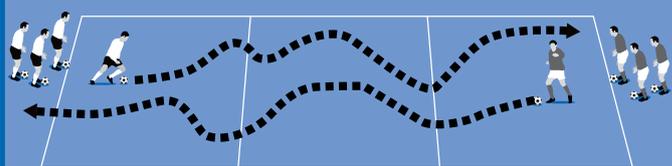


Game situation

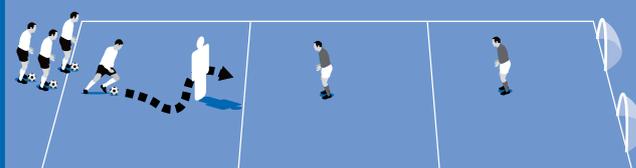
Play a small-sided game in the central zone. The aim for both teams is to release a player into the opponent's end zone in a 1v1 against the goalkeeper. The attacker should "showboat" his skills to fool the goalkeeper and score.

Showboating

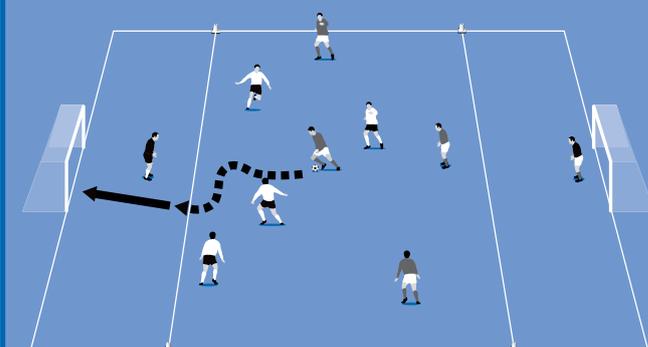
run with ball shot



Players queue at both ends and perform skills, turns and dummies in each zone as they work across it.



Players showboat their skills against a passive defender and two "live" defenders before trying to score a goal.



Play takes place in the central area but individuals run 1v1 against the goalkeeper and use a showboating technique to score a goal.