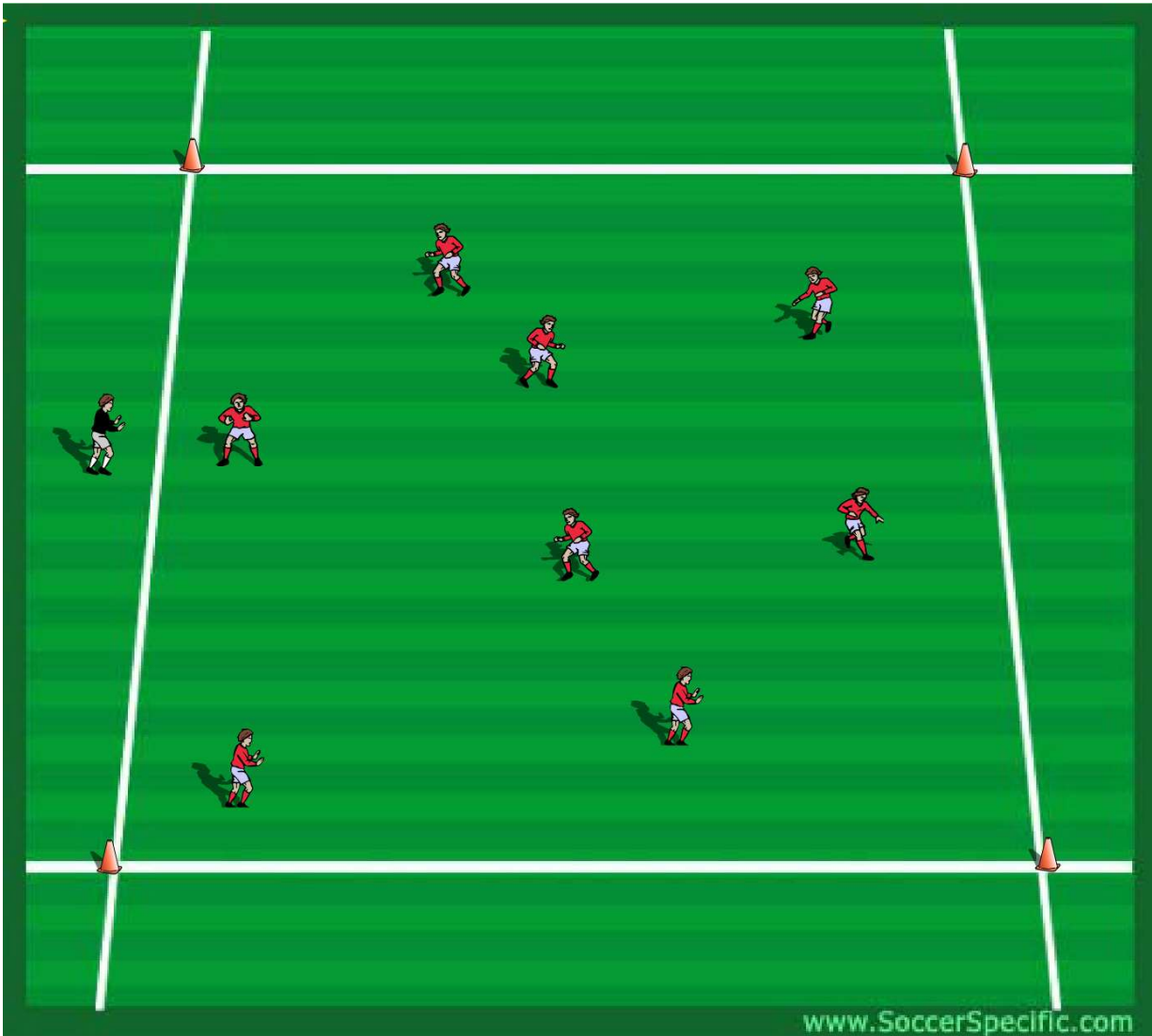


Warm Up



Warm Up

Purpose- To get the blood circulating around the body and muscles warm for exercise.

Organization

Ask players to jog forwards, backwards, sideways, skipping, karaoke

Stop to stretch and also include exercises such as open and closing the gate, lunges and twists.

Progression

Add soccer related movements, sit down, right foot volley, left foot volley, up and head the ball.

Add fun, ask players to make groups of 3 minus 2 etc

Ask players to get in wheelbarrows and piggy backs

Technique & Control



Technique and Control

Purpose- To improve passing, control, volleys, headers.

Organization- Set players 10 yards apart from each other and work on the skills the coach calls. For example begin with passing, volleying, chest, heading and throw ins.

Progression

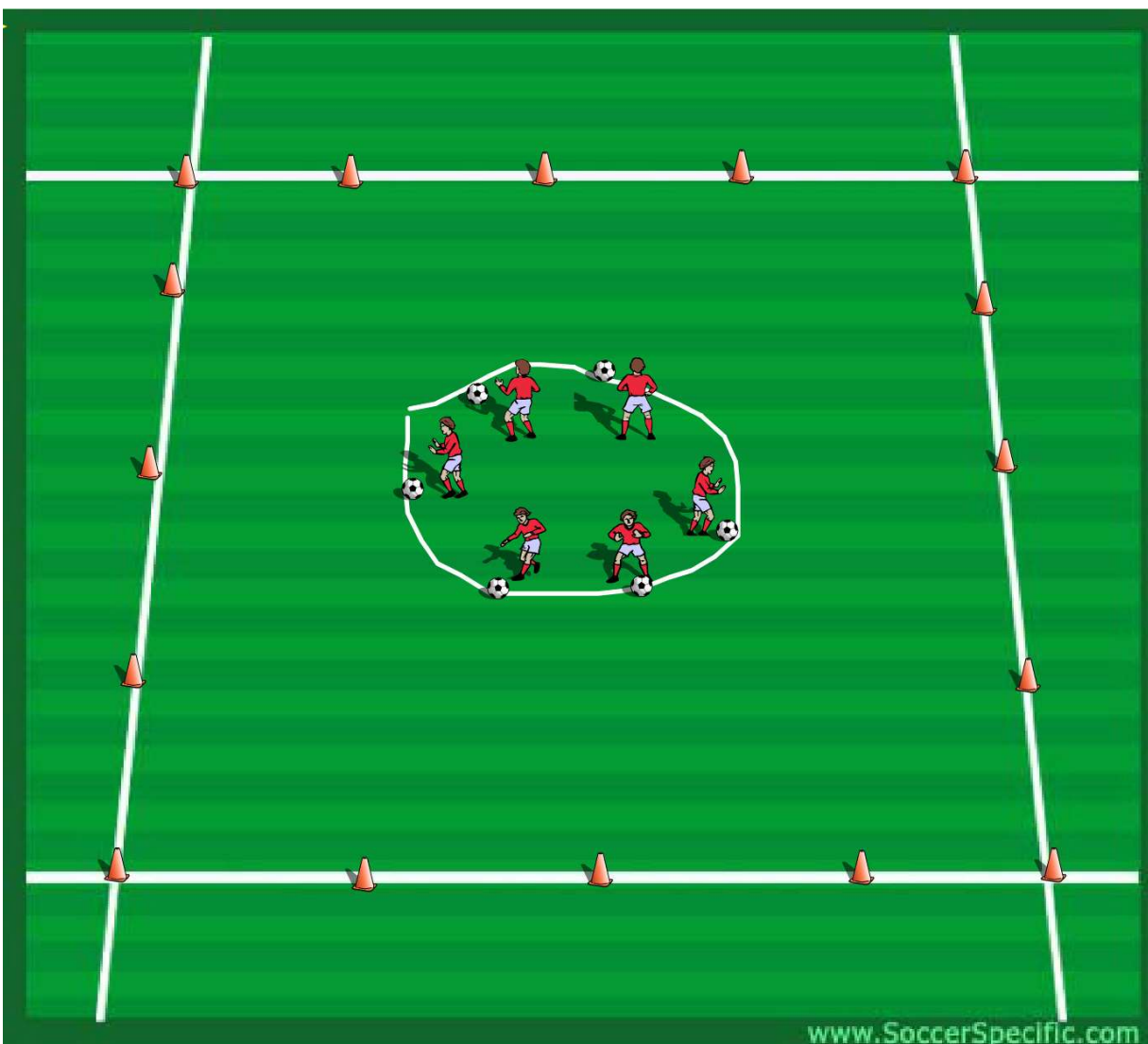
Players in red stay where they are, yellow team performs skill and moves to the next player on the right. When coach calls, change the players in yellow move to the left.

Coaching Points

Good communication both visually and verbally.

Body in line with the ball, ankle locked and follow through to the target.

Turns, Turns, Turns



Turns, Turns, Turns

Purpose- To improve turning with the ball.

Organization- Mark out a 20x20 yard area. Players enter the grid with their soccer ball. The coach asks players to dribble to an outside cone, perform a turn, then dribble back through the middle off to another cone and perform another turn.

Progression- Coach calls out specific turns that the players must do.

Coaching points

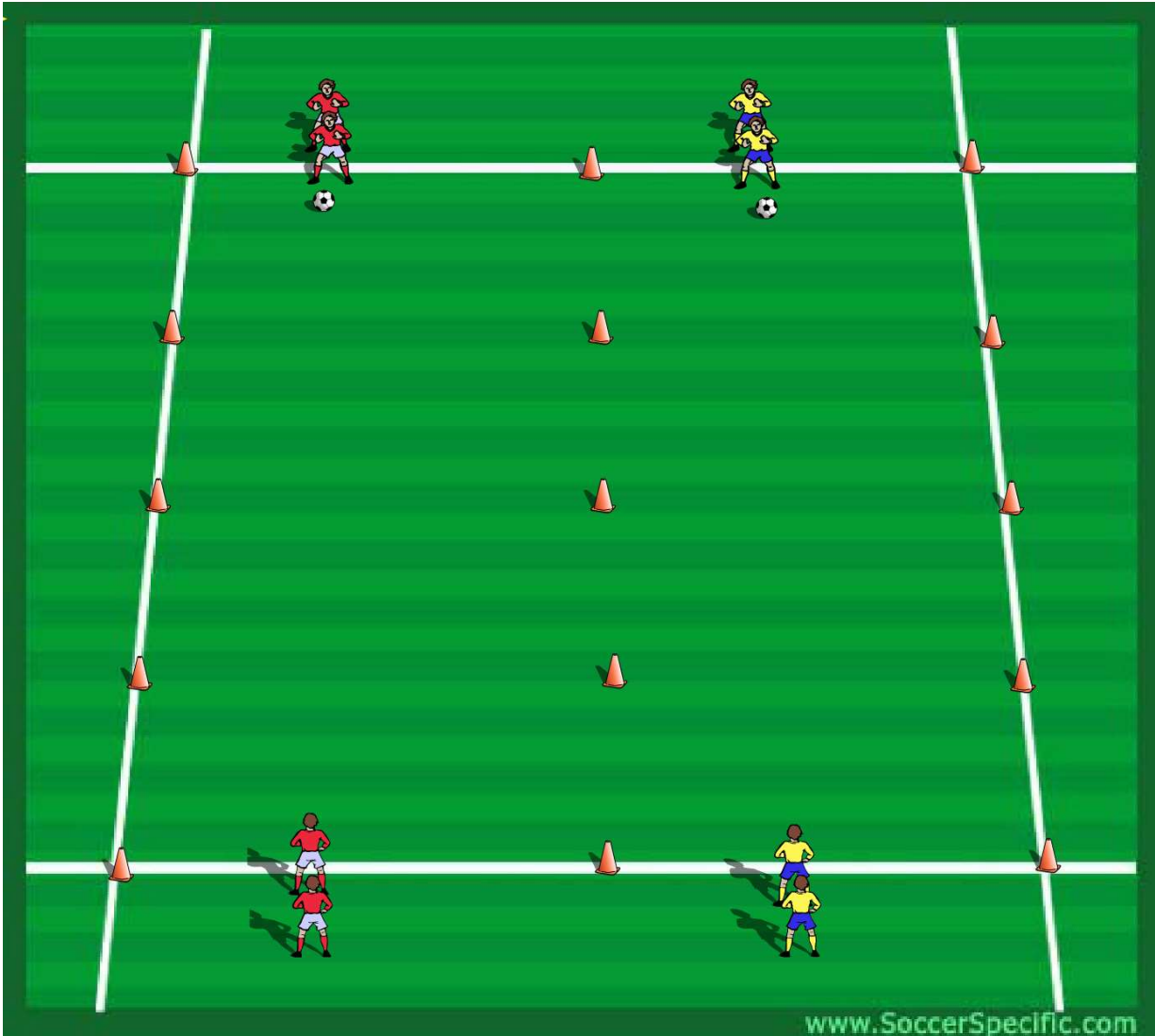
Go into turn slow.

Bend the knee and turn hips.

Cut the ball out of your feet, so you are dribbling the ball away, with the ball in front of you.

Come out fast, like in a game to get away from the defender.

Wacky Racing



Wacky Racing

Purpose- To improve skills under pressure

Organization- Set up grids 10x 20 area with players either side as shown. Ask players to dribble to other side, partner then dribbles back to opposite side. Keep going until players are back to original position. First team back to original positions wins.

Progression- The same race again, only difference players swap balls in the middle.
Race again but ask players to dribble around cones

Coaching Points

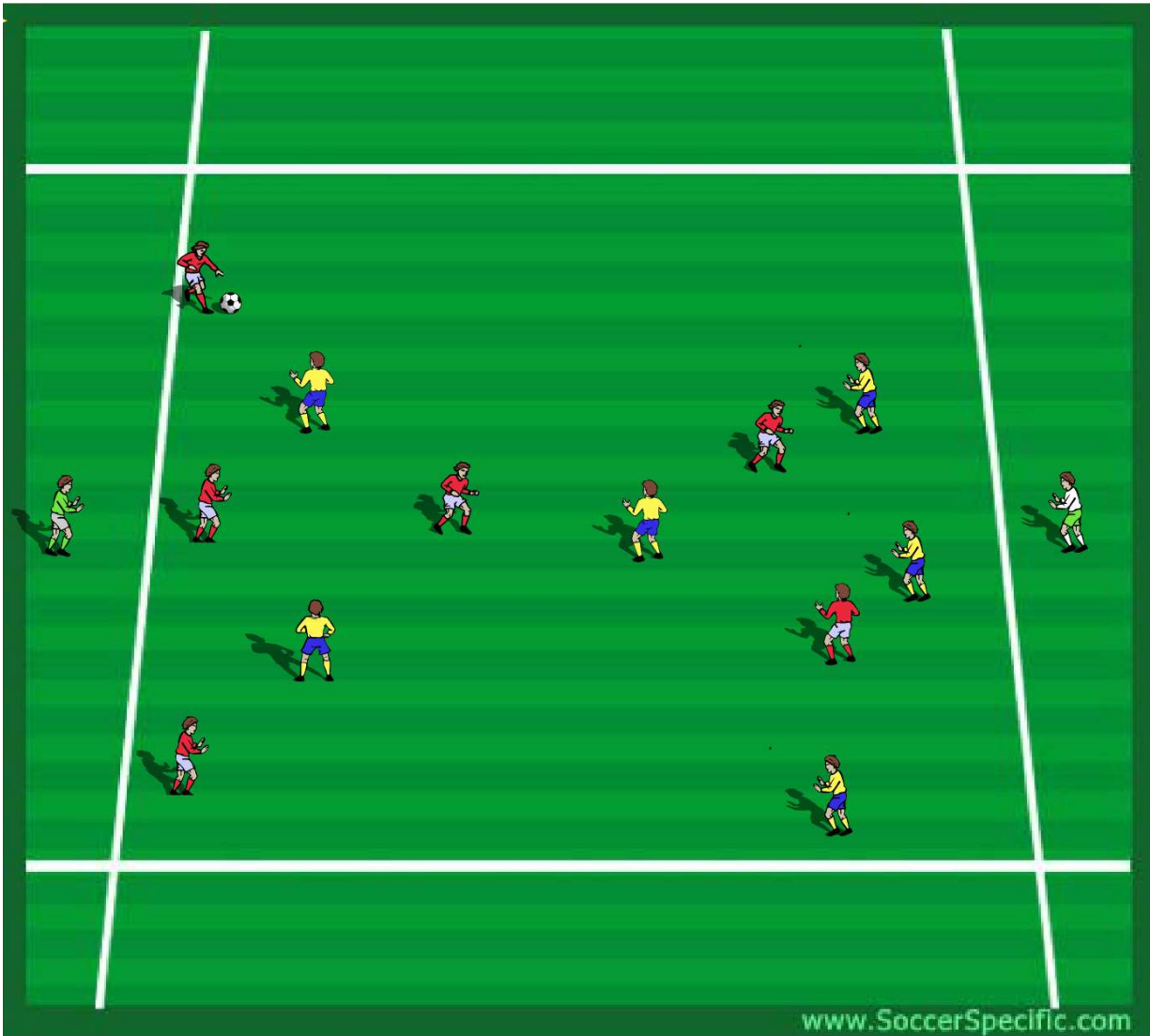
Positive touch out of your feet

Use all surfaces of the foot

Keep head up

Good communication both visually and verbally

7v7 Scrimmage



7v7 Scrimmage Focusing on topic that has been worked on in training.

Purpose- To improve skills in game situations on topics that have been worked on previously.