

Warm Up



Warm Up

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

Organization

Ask players to make two lines and jog up and down the cones as shown in the picture. Add soccer related movements on coaches call "sit down, stand up, open the gate, close the gate, foot to opposite hand, skipping, lunges etc.

1v1 to Goal



1v1 to Goal

Purpose- To improve players ability to take defenders on in 1v1 situations.

Organization- Yellow defender plays the ball to red attacker. Red attacker then attempts to take on yellow defender and score in one of the two opposite goals. After finishing players change lines so they all work on both attacking and defending.

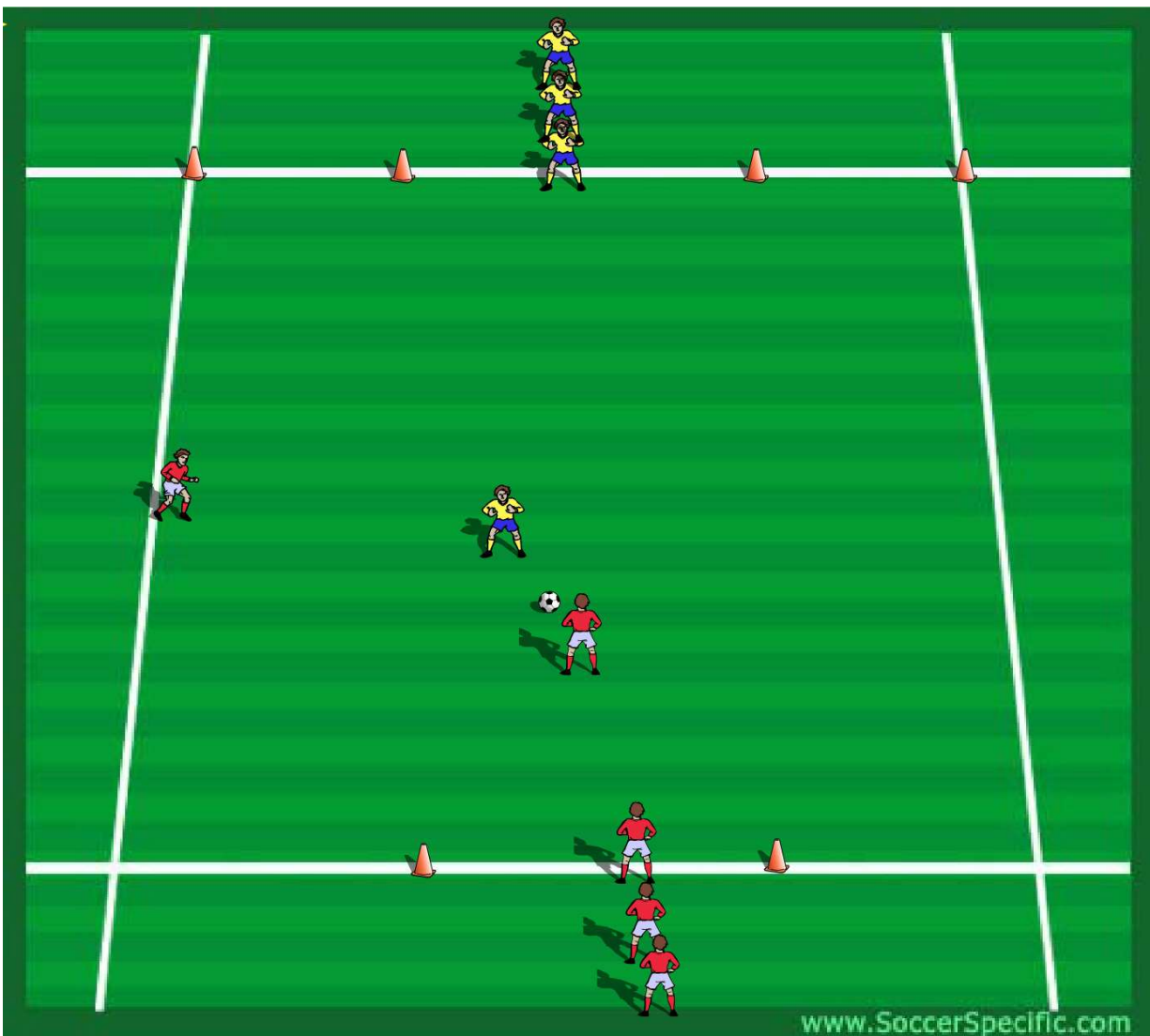
Progression- Ask players to use certain moves before beating player.

Coaching Points

Good first touch out of your feet.

Use moves to get defender off balance and then explode past, cutting back on the defender to make the recovery run longer.

2v1 to Goal



2v1 to Goal

Purpose- To take advantage of a numbers up situation when attacking.

Organization- Defender plays the ball to first attacker and runs out to defend. Two attackers play 2v1 to goal

Progression- Ask players to be creative and beat defender with individual skill, overlaps and diagonal runs.

Coaching Points

Dribble at the middle of first defender, second attacker look to overlap or make diagonal runs.

Good communication both visual and verbal

Timing of runs, timing of passes

Make good supporting angles

3v2 to Goal



3v2 to Goal

Purpose- To take advantage of numbers up situations when attacking.

Organization- Yellow defender plays the ball to the first red attacker and runs out with his partner to defend, while the three red attackers attempt to score in either of the two side goals.

Progression- Ask players to be creative and beat defenders through diagonal runs, overlapping runs or individual skills.

Coaching Points

Good communication within teams, both visual and verbal.

Ask first attacker to run at the middle of the first defender, while supporting players look to make both overlapping and diagonal runs.

Ensure supporting players take up good supporting angles.

4v4 Scrimmage



4v4 Scrimmage Focus on topic that has been worked on in training.

Purpose- To improve skill and first touch in small playing area.

Progression- Add goalkeepers.