

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.

Passing One



Passing One

Purpose- Warm up to improve passing.

Organization- Split players into twos and pass the ball back and forth. Every 5th pass, player 1 passes beyond player 2 who turns and retrieves the ball. Change roles and repeat.

Progression- Ask player to pass with weaker foot only.

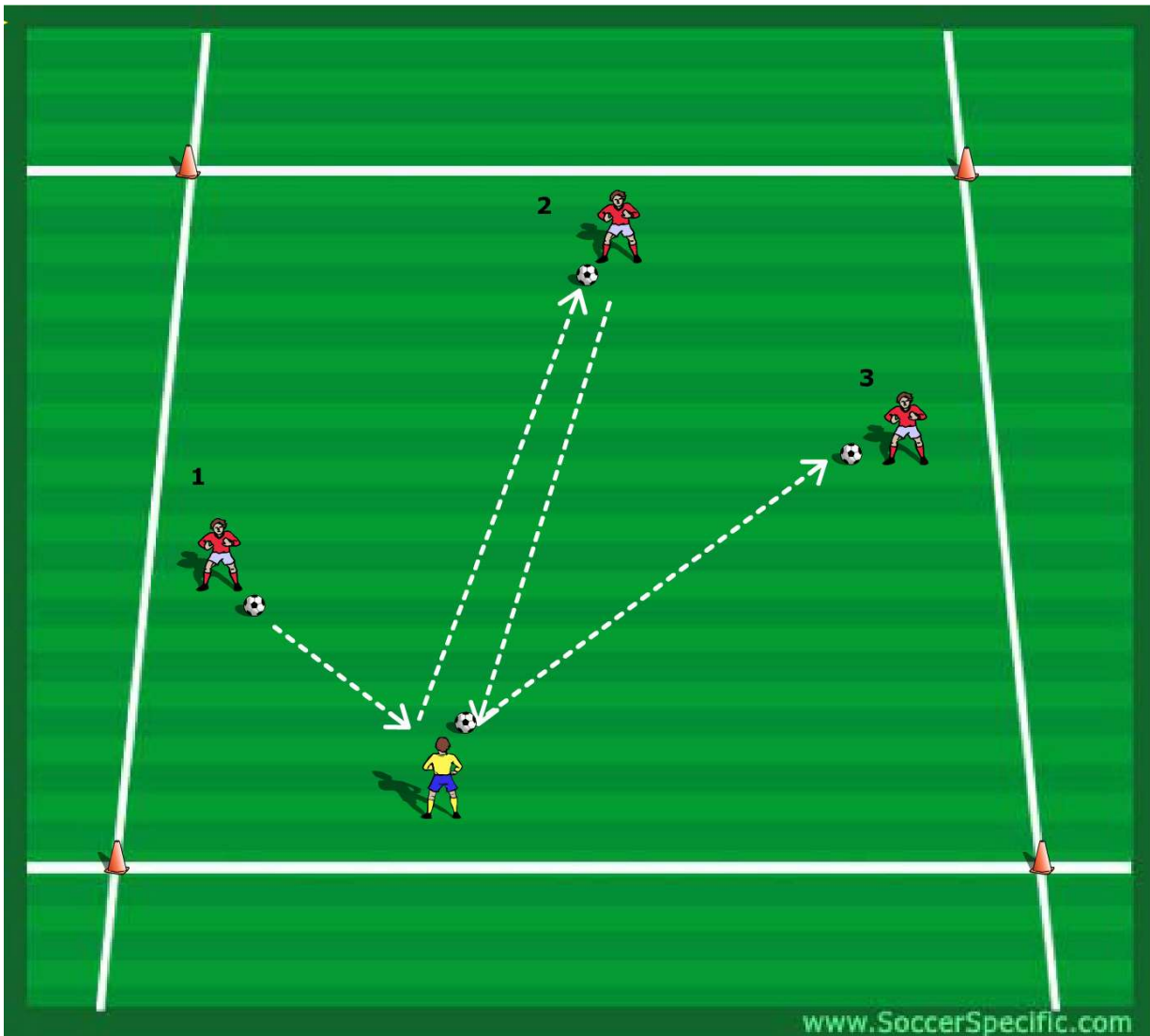
Coaching Points

Body in line with the ball, when receiving the pass.

Identify surface for control early, get the ball out of your feet.

Body over the ball, ankle locked and follow through to the target.

Passing Two



Passing Two

Purpose- To improve passing and moving.

Organization- Organize players into groups of four, with one receiver and three servers. Server one passes the ball to receiver, who passes the ball to server two, who then passes the ball back to the receiver, who in turn passes to server three. This continues for two minutes with players being asked to use both their left and right foot.

Progression- Change receivers every two minutes. Add a second ball and ask players to look for the free server.

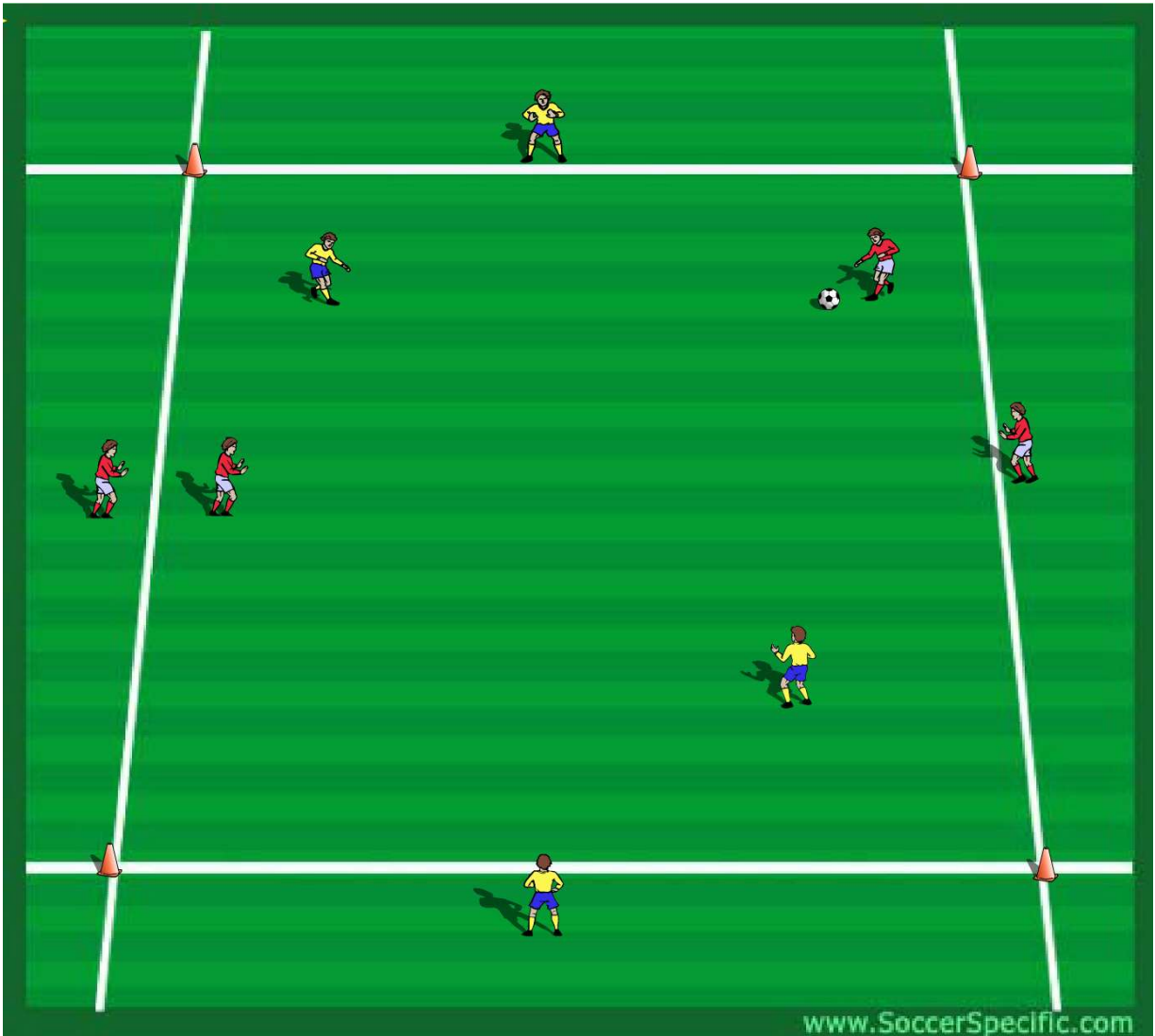
Coaching Points

Good Communication.

Body in line with the ball, to increase options of control.

Always be on your toes, to allow quick movement.

Passing Three



Passing Three

Purpose- To improve passing under pressure.

Organization- Set up in groups of eight. Organize players into two middle players and two outside players. Red players must keep possession, by passing to any red player inside or outside the grid. To score, players in the middle pass to own outside players.

Progression- Limit touches players can have on the ball.

Coaching Points

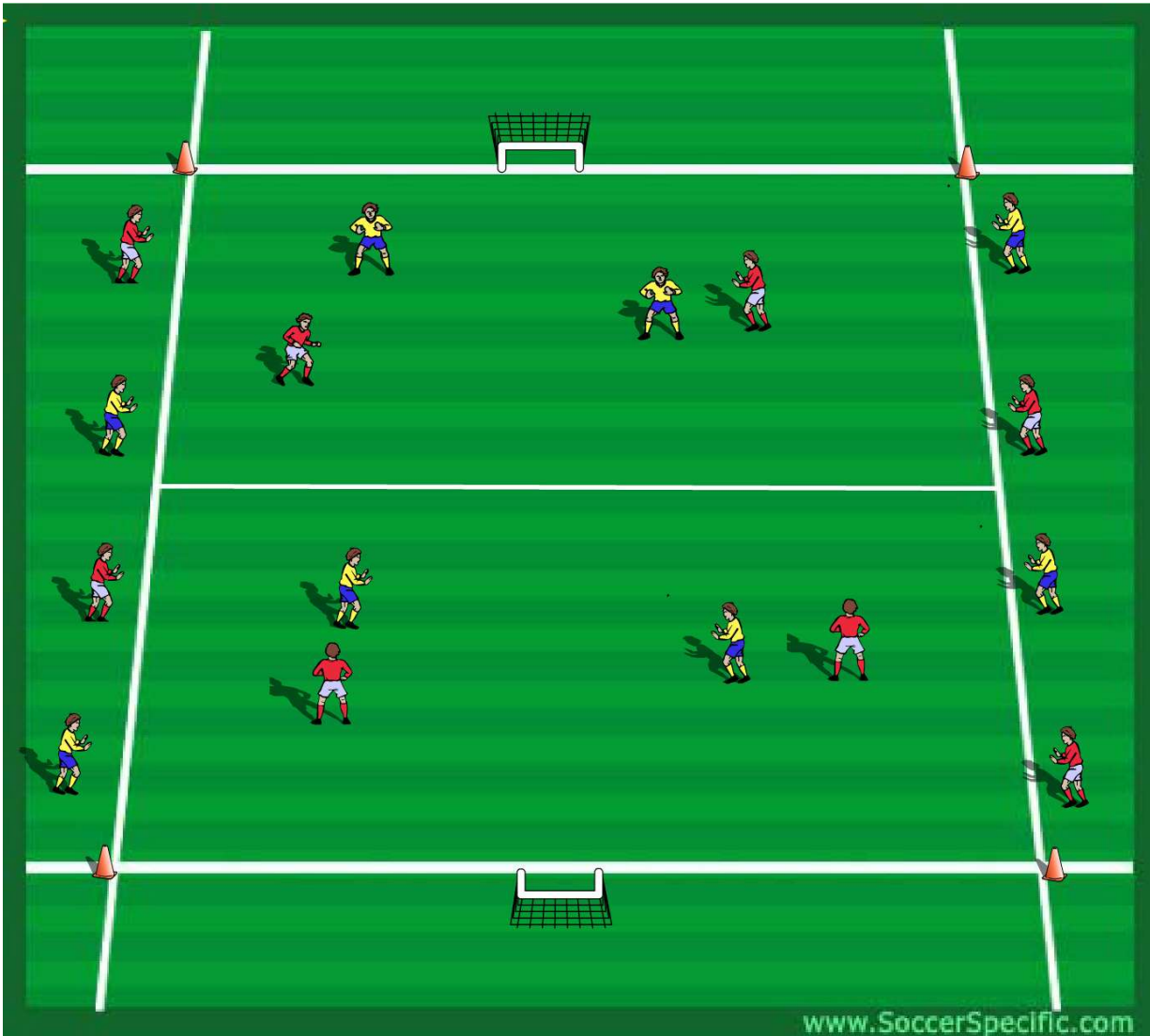
Good communication

Move into open space to receive the ball.

Get body in line with the ball when receiving a pass.

Whenever possible receive the ball sideways on, to give maximum passing options.

Passing Four



Passing Four

Purpose- To improve passing in game situations.

Organization- Using sixteen players, play 4v4 with outside players as extras. Condition game to restrict middle players, to control and pass to own outside players.

Progression- Restrict touches of middle players.

Coaching Points

Good communication.

Receive ball sideways on to give maximum opportunities.

Body in line to receive ball, soft touch out of your feet.