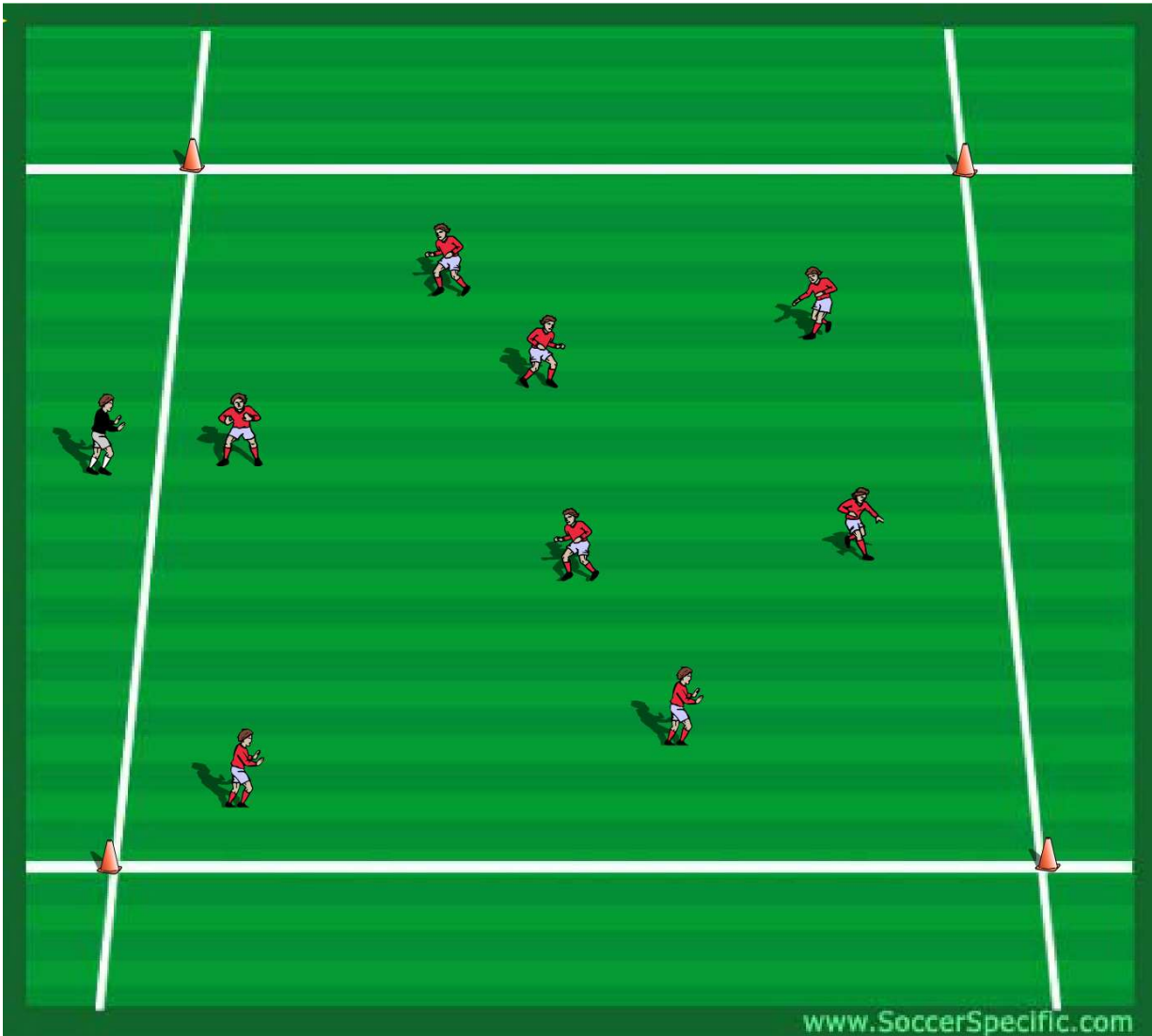


Warm Up



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.

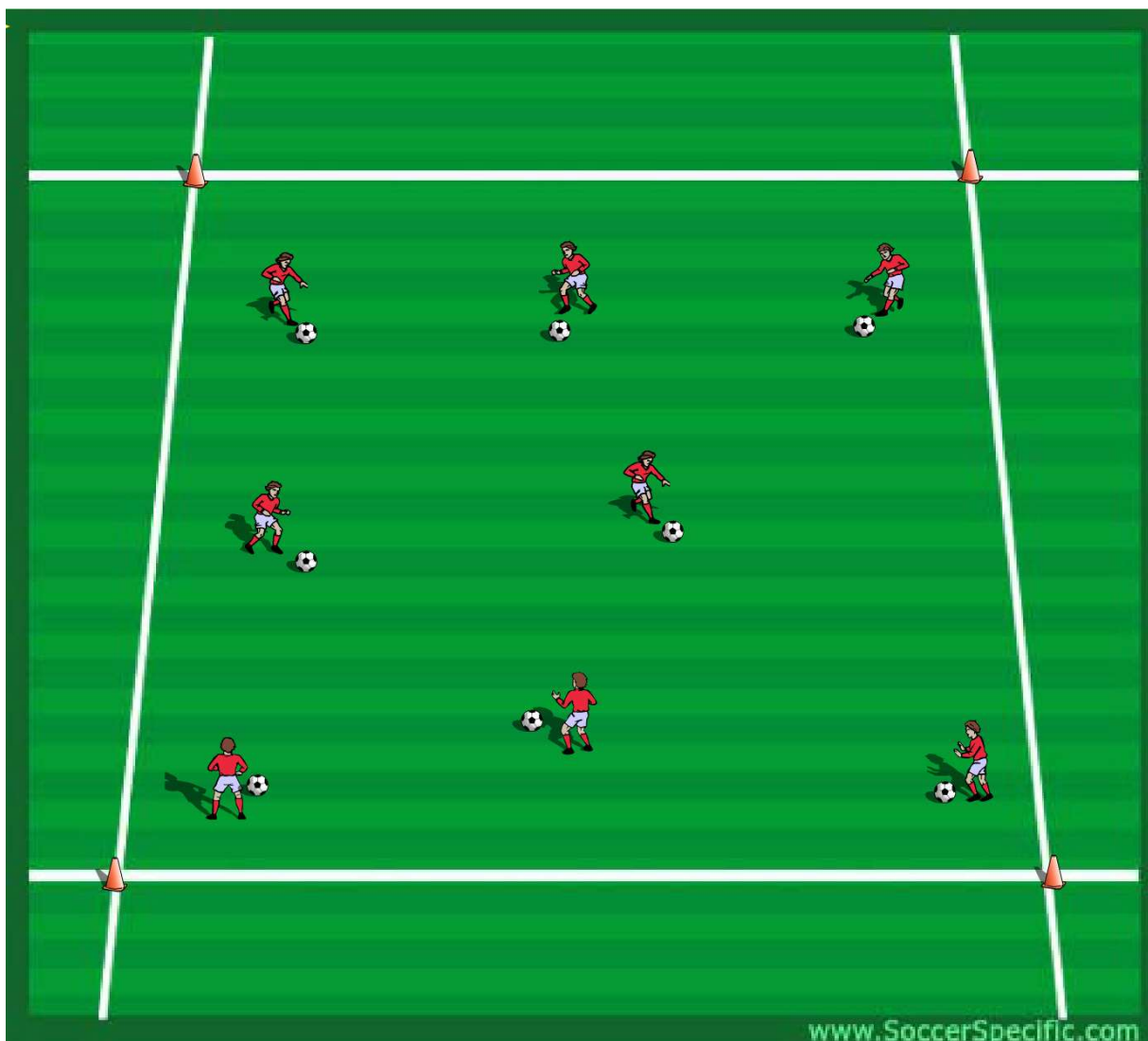
Progression

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

Introduction to Dribbling One



Introduction to Dribbling One

Purpose- To begin development players mastery of the ball

Organization- Set up a 20x20 grid which will allow players to promote ball control and allow successful movement. Ask players to dribble around the grid, players are awarded one point every time they bump into another player or loose control and dribble out of the grid. The players with the least amount of points win.

Progression- Players have to use weaker foot only to dribble.

Coaching Points

Keep head up

Keep ball close in tight situations

Look for space

Introduction to Dribbling Two



Introduction to Dribbling Two

Purpose- To improve dribbling skills

Organization- Set up a 20x20 grid and into three teams. All players have a soccer ball and dribble round, the grid. The red and yellow team dribble round the grid, while the white team attempt to dribble or pass their ball to hit a red or yellow player's ball. Every time a white player hits a red or yellow players ball, they pick up a point. Each team plays in the middle for two minutes and the players with the least amount of points win.

Progression- Players are asked to use weaker foot only.

Coaching points

Keep the head up.

Keep the ball close.

Use soft touches to control the ball.

Introduction to Dribbling Three



Introduction to Dribbling Three

Purpose- Small sided exercise to improve dribbling skills.

Organization- Set up a 20x25 field for 10 players, with two goals and four gates set up around the field. Players should dribble through small gates as often as they can when the opportunity arise take shots on goal. Teams are awarded 2 pts for dribbling through the gates and 1pt for scoring through the big goals. Play for 12 minutes and the team who scores the most goals win.

Progression- Award double points if players dribble through the gates with weaker foot. Add goalkeepers into the goals, making it harder for teams to score points.

Coaching Points

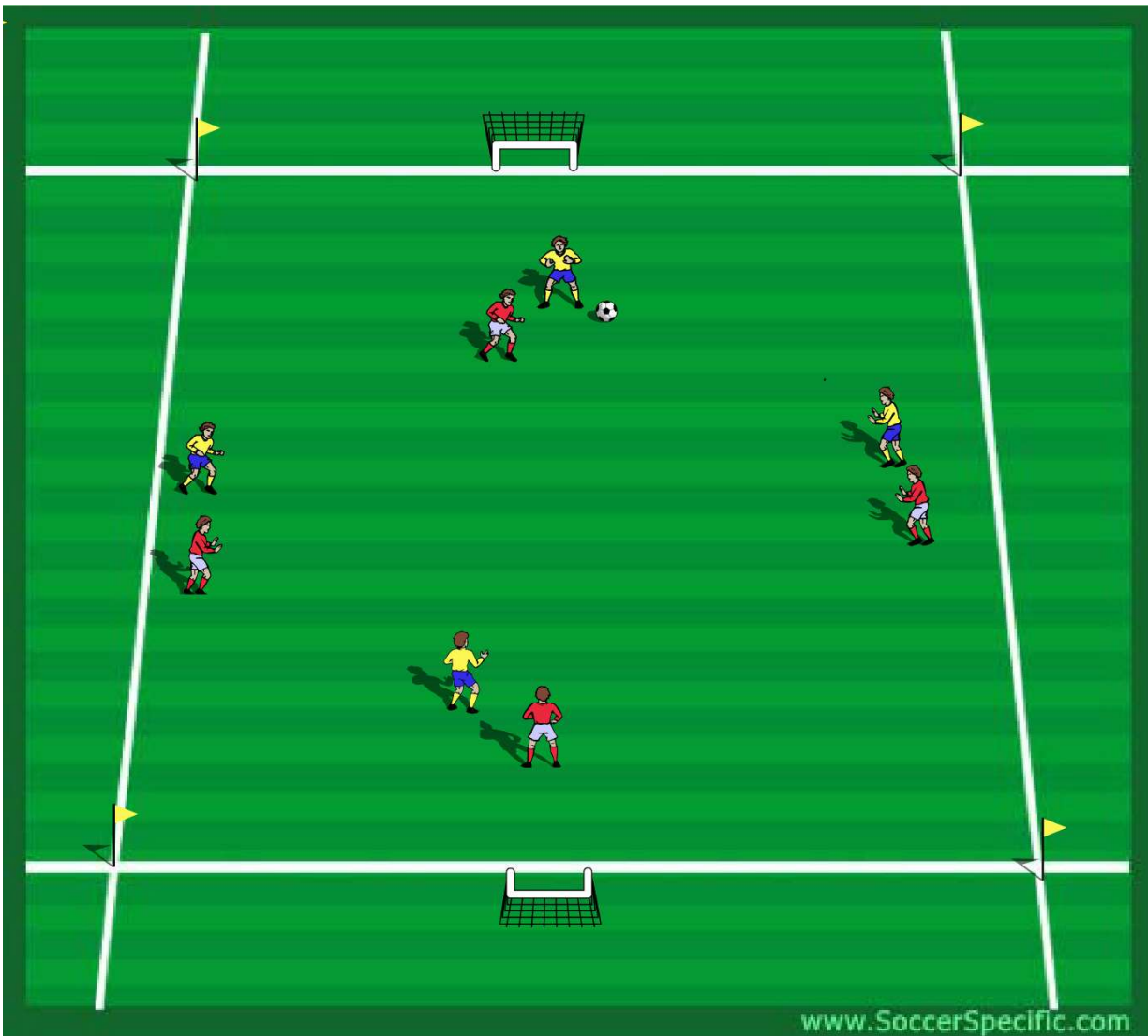
Keep head up.

Soft touches to control ball.

Be aware of where the open teammates and gates are.

Be positive and aggressive to score points.

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.