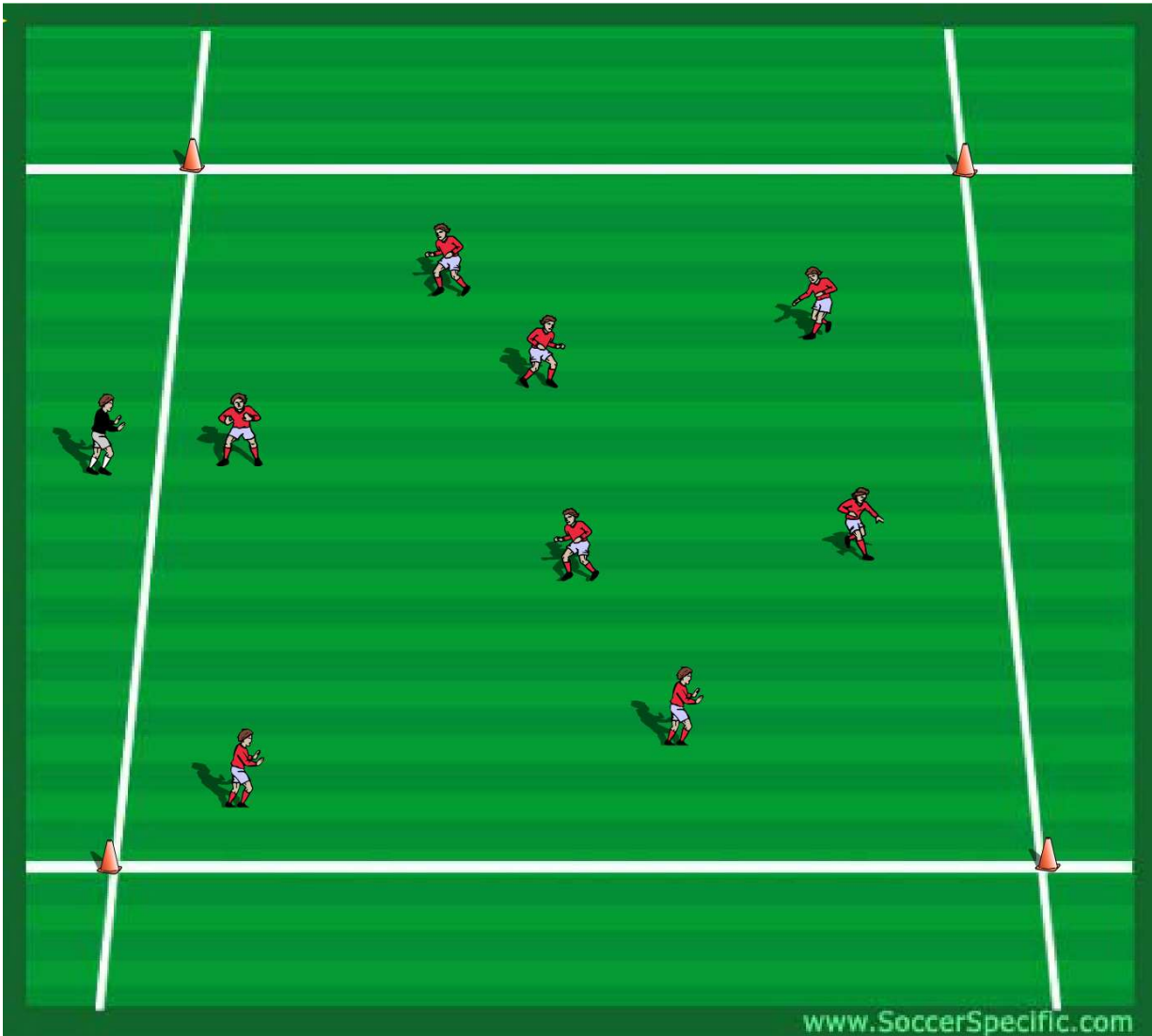


Warm Up



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.

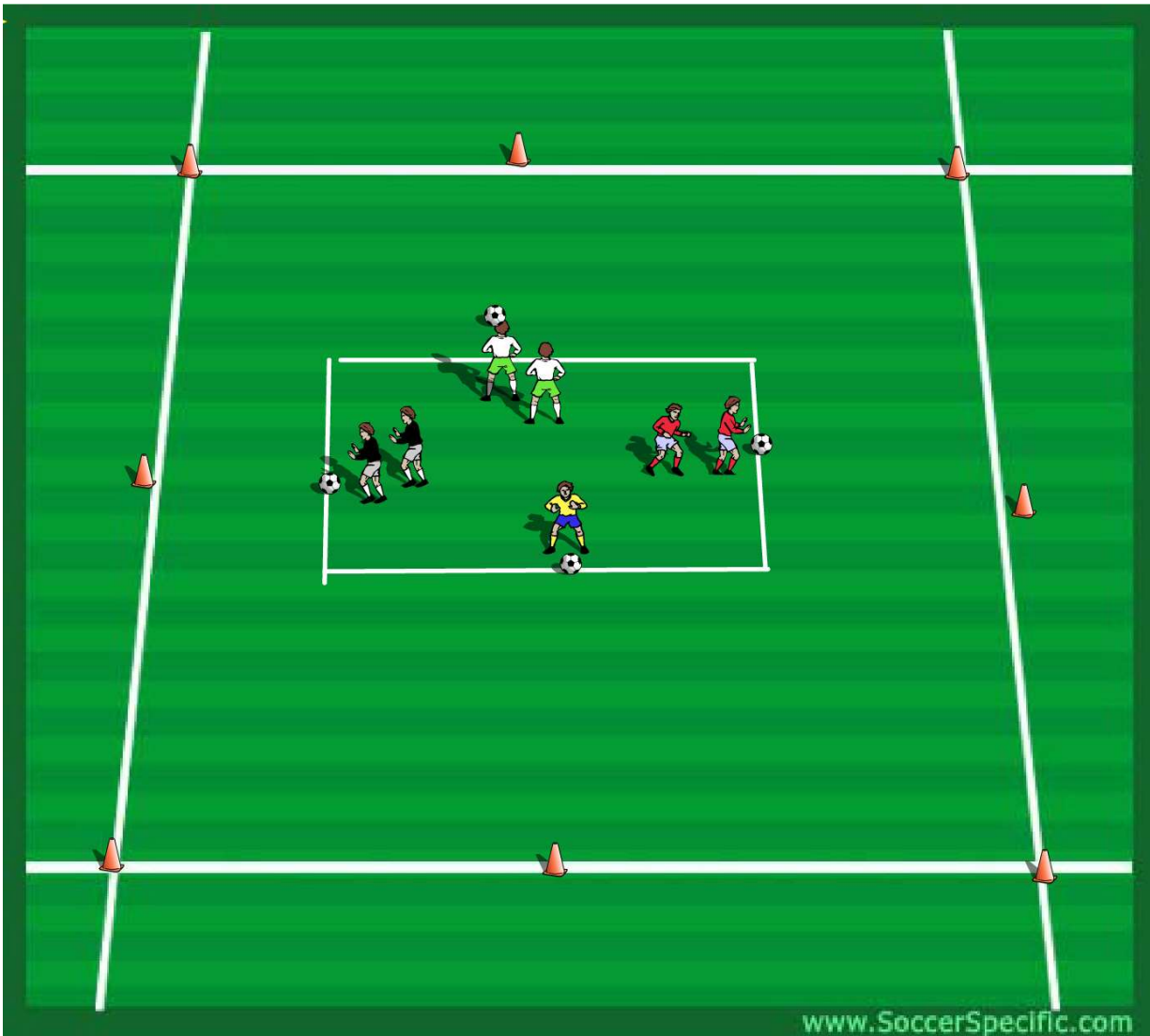
Progression

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

Speed Dribbling



Speed Dribbling

Purpose- To improve players dribbling at speed.

Organization- Divide the players into four groups. Assign each group a number (1,2,3,4) Create a confined area with cones. Around the area 15-20 yards away, set out about 10 cones. Begin play, all four groups are playing tag inside the area. When the coach calls a number, that team leaves the area and dribbles around a cone as quickly as possible.

Progression- Change the distance of the cone, or restrict the number of touches a player may use to get around the cone and back.

Coaching Points

The first touch to break out from the confined space should be longer.

The player should be using the instep or the outside of the foot.

In between make sure players get their head up.

1v1 Attacking



One v One Attacking

Purpose- To improve attacking play 1v1

Organization- Set up a 20x20 grid and two goals at either end, as shown above. The yellow player passes to a red player, who becomes the attacker. The red attacker attempts to beat the yellow player and score in one of the two goals. Play for 7 minutes, then change roles. Winning team, is the team who scores the most goals.

Progression- Players are given a time limit of 10 seconds to score.

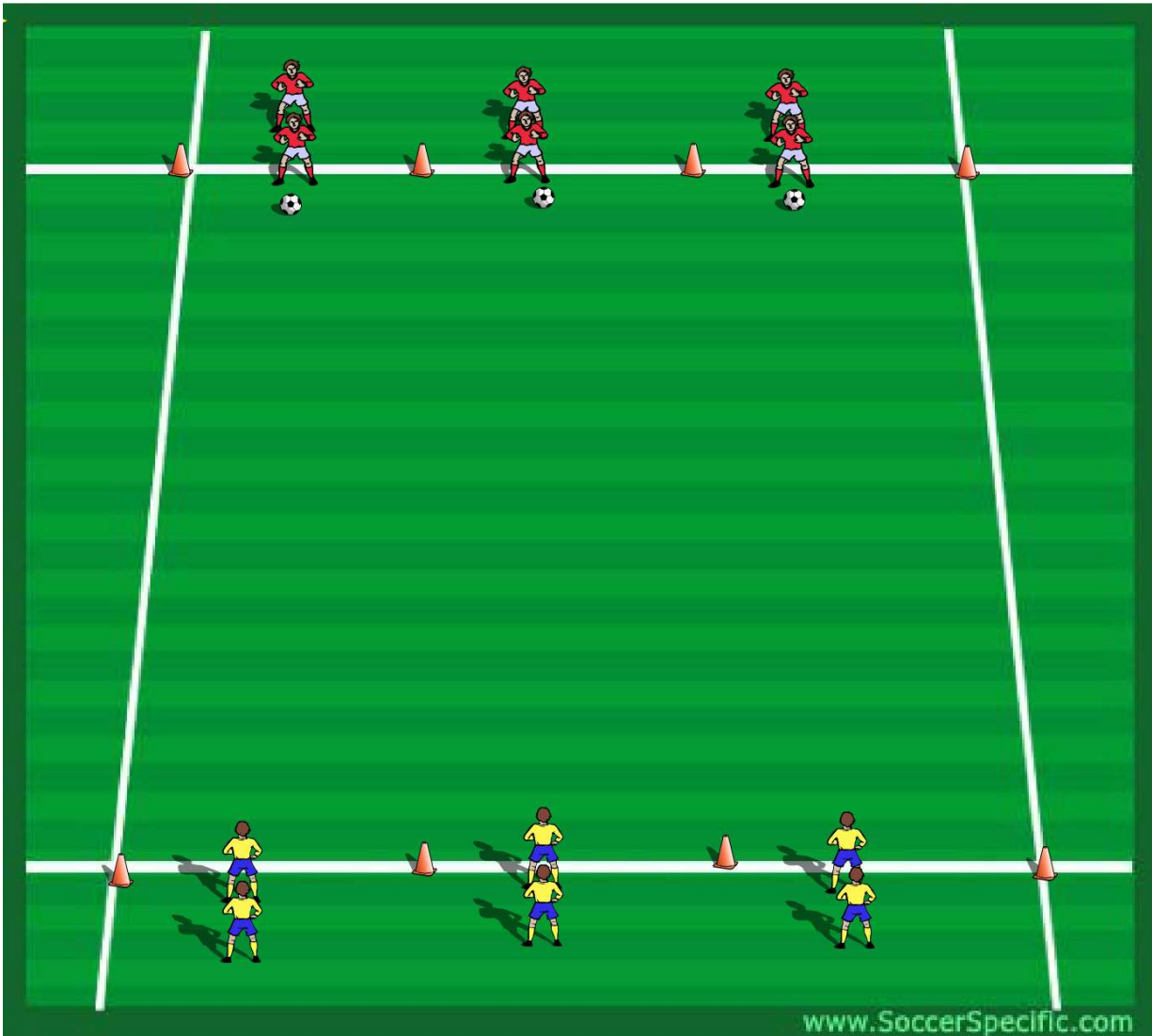
Coaching Points

Attack at speed.

Be Positive.

Use a move to get player off balance, then explode past the defender, cutting back in front of him/her to make the defender have a longer recovery run

On Guard



On Guard

Purpose- To Improve dribbling in 1v1 situations.

Organization- Player with ball, passes the ball to opposite player and play 1v1. To score a goal, a player must beat their opponent and dribble through the gates. Players swap sides and the exercise continues.

Progression- Ask players to play 2v2.

Coaching Points

Play at game speed.

Use moves to get defender off balance.

Explode past defender, then cut off recovery run.

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.