

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.

Creating Space One



Creating Space One

Purpose- To create space for player on the ball.

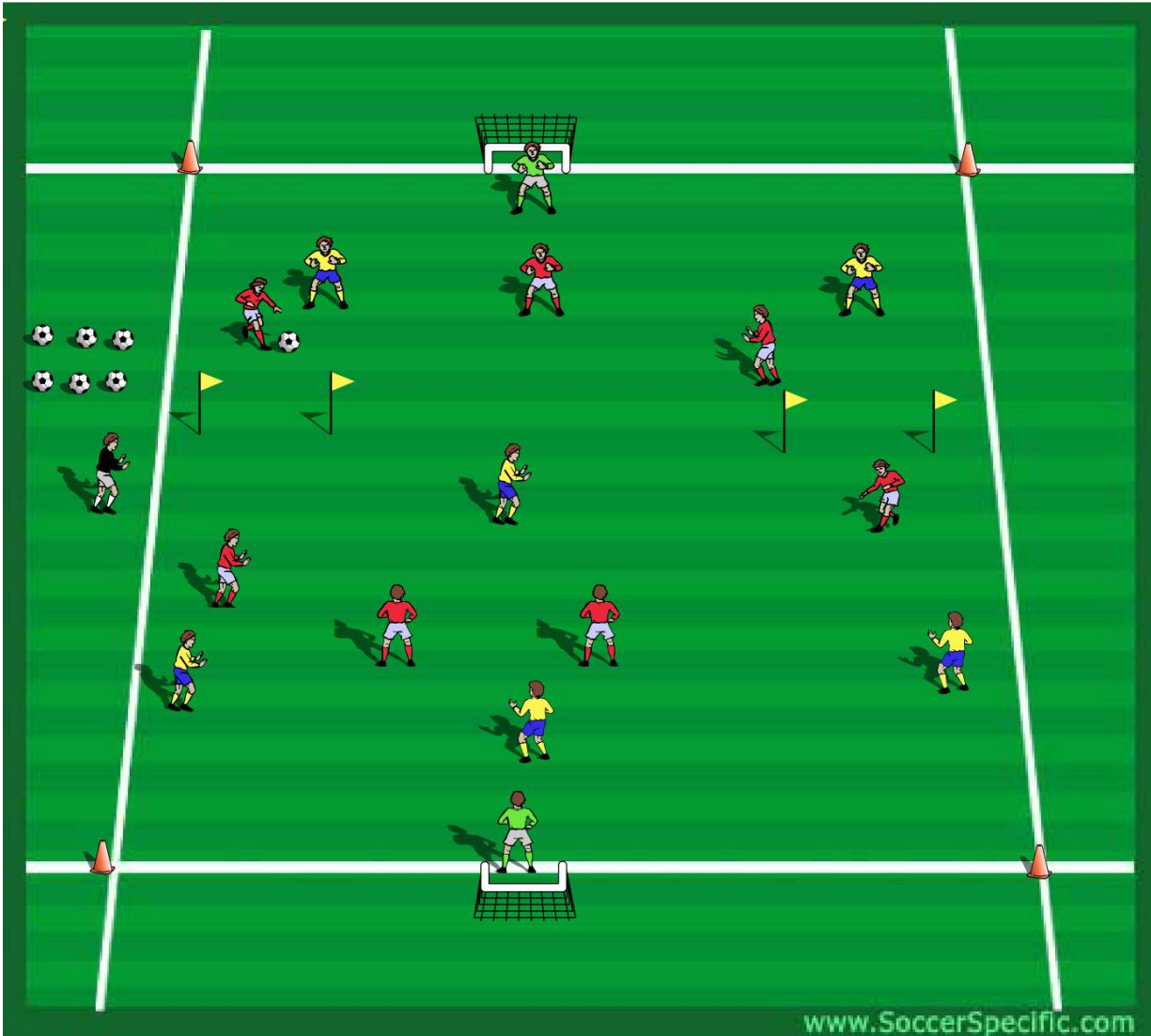
Organization- Set up a 15x15 grid with a triangle of corner flags in the middle. Five players are placed in the grid, four attacking players and one defender. The attacking players attempt to keep the ball and score a point by passing through the triangle in the middle. the defender is not allowed in the middle but can win a point by intercepting or tackling a player on the outside of the grid.

Progression- Play one to two touch only.

Coaching Points

- Maintain balance with the attacking players
- Vision and awareness of ball are important
- Good verbal and visual communication
- Speed of play and decision making

Possession & Transition



Possession and Transition

Purpose- To win the ball and transition to goals as quick as you can.

Organization- Red team can score in either goal. Yellow team need to keep possession and transition through either gate to score. Play for 8 minutes and then switch roles. Encourage players to spread out and create space allowing players to switch the play on the field.

Progression- Ask players to play two touch only.

Coaching Points

Look to create space.

Look for accuracy in both short and long passes.

Be aware of surroundings and different options available.

Decision making- Can you play forward, penetrative passes, helping to split defenses.

Possession & Transition Two



Possession and Transition Two

Purpose- To Improve counter Attacking

Organization- Game is played on a half size field. Teams score 2 points for a goal in the big goals and 1 point if they dribble through the gates.

Progression- Teams play two touch only.

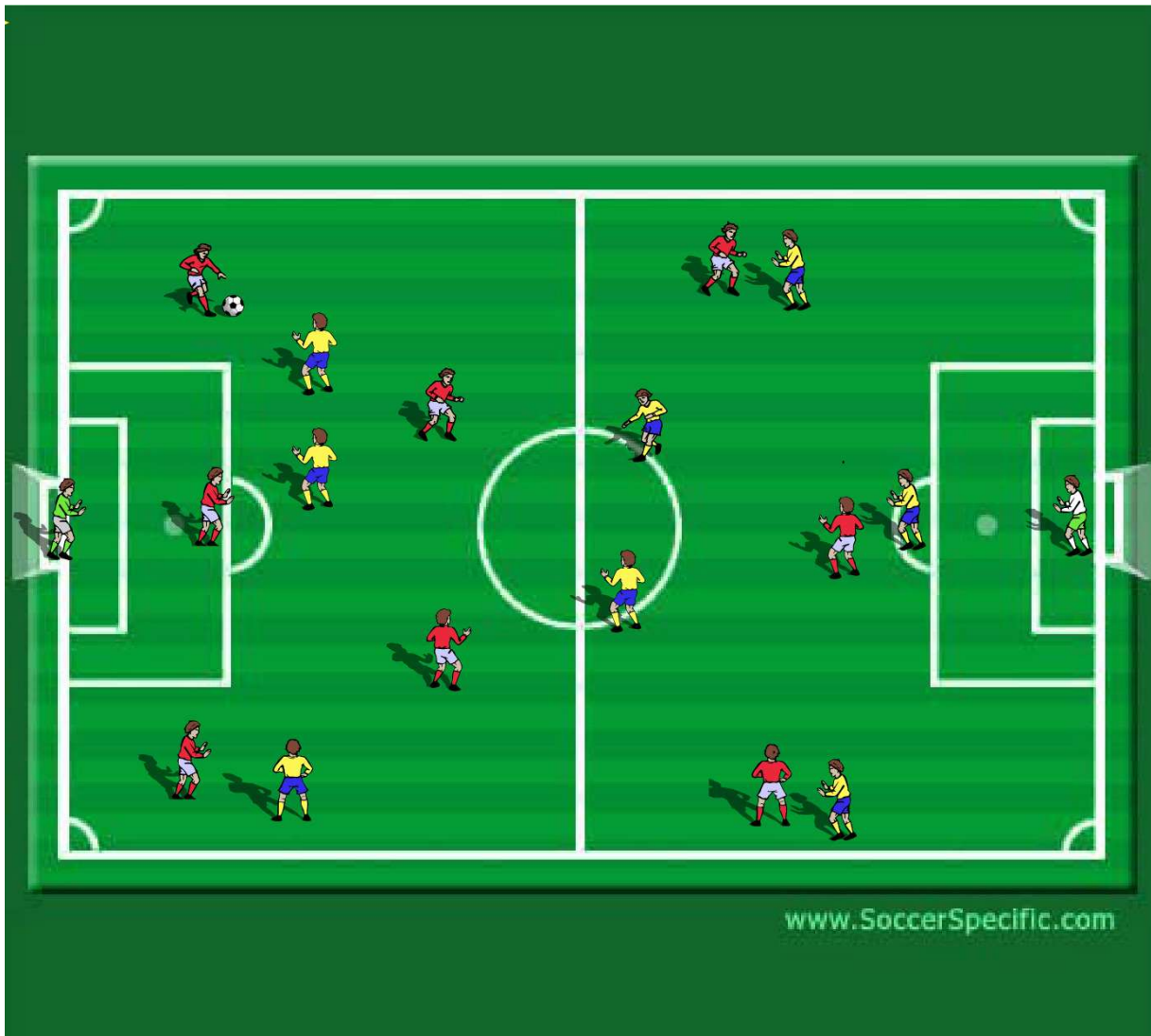
Coaching Points

Good Communication within team.

Keep head up.

Be positive and attack gates and goals early (Be direct)

9v9 Scrimmage



9v9 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.