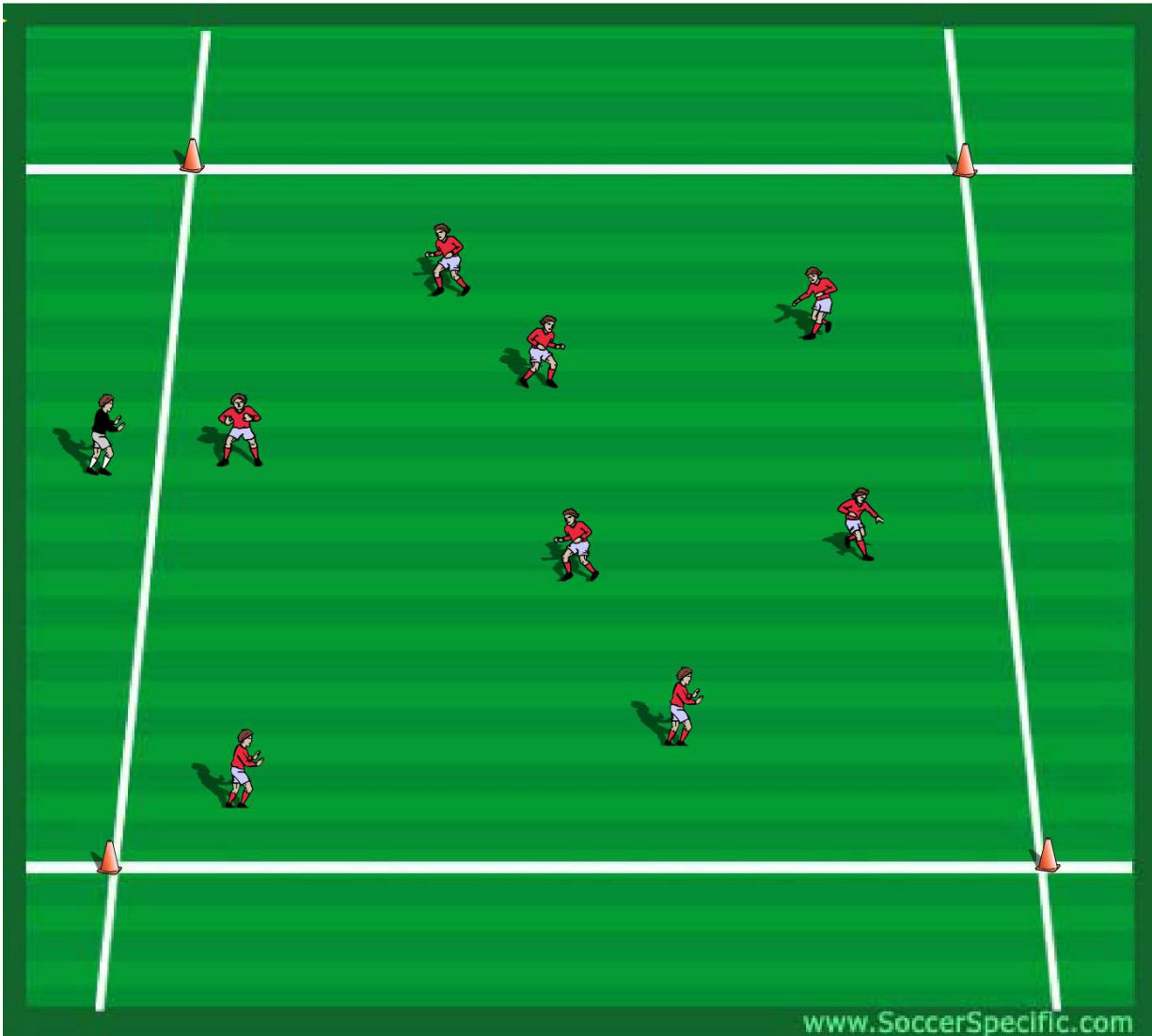


# Warm Up



## 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

# Passing & Receiving Circle



## Passing and Receiving Circle

Purpose- To improve passing and receiving skills.

Organization- On Coaches command, players pass to an open red player, then receive the ball back and run off to pass to another open red player. Play for 90 seconds, then switch yellow and red players.

Progression- Ask players to use their weaker foot only. Increase the tempo of the exercise (can the players play 2 touch only)

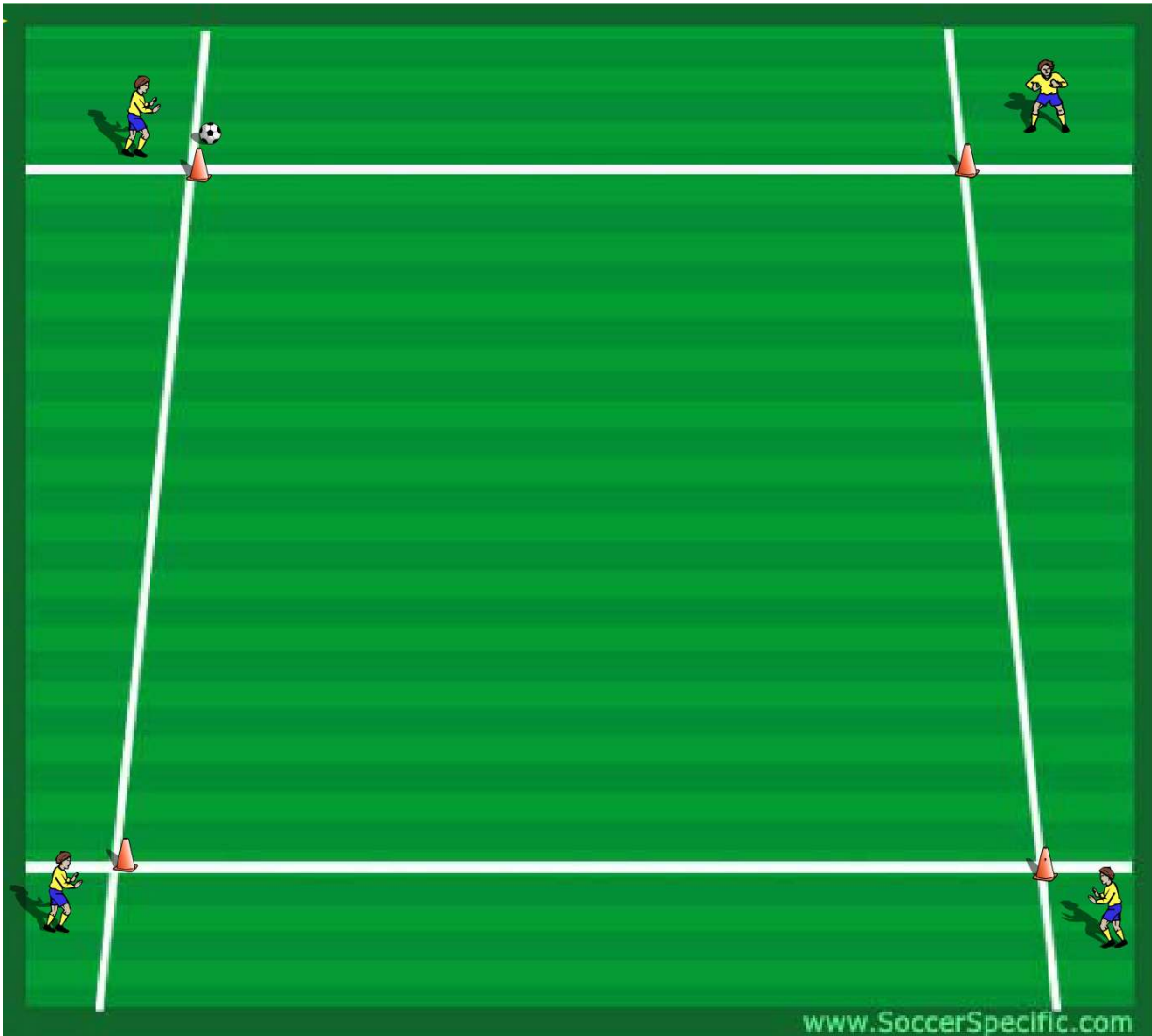
### Coaching Points

Good communication.

When you receive the ball in the middle open your hips, to change direction quickly.

Work on playing good accurate passes, with a good weight of pass.

# Changing the Point of Attack One



Changing the point of attack one

Purpose- To improve players ability to change the point of attack

Organization- Set up a 15x15 yard grid and place the four players on each corner. Ask players to receive the ball across the body and pass to the next player. Progress to players playing combinations.

Progression- Add an extra ball

Coaching Points

Communication

Open hips, body and play the ball

Angles of support

# Changing the Point of Attack Two



## Changing the Point of Attack Two

Purpose- Small sided activity to improve changing the direction of play.

Organization- A small sided game is set up (4v4) to four goals in a 35x25 yard area. Players attempt to score in the goals. Ask players to understand that if a goal is blocked, they need to pass the ball back and switch the play.

Progression- Add Goalkeepers.

### Coaching Points-

Spread the field and look to change the point of attack.

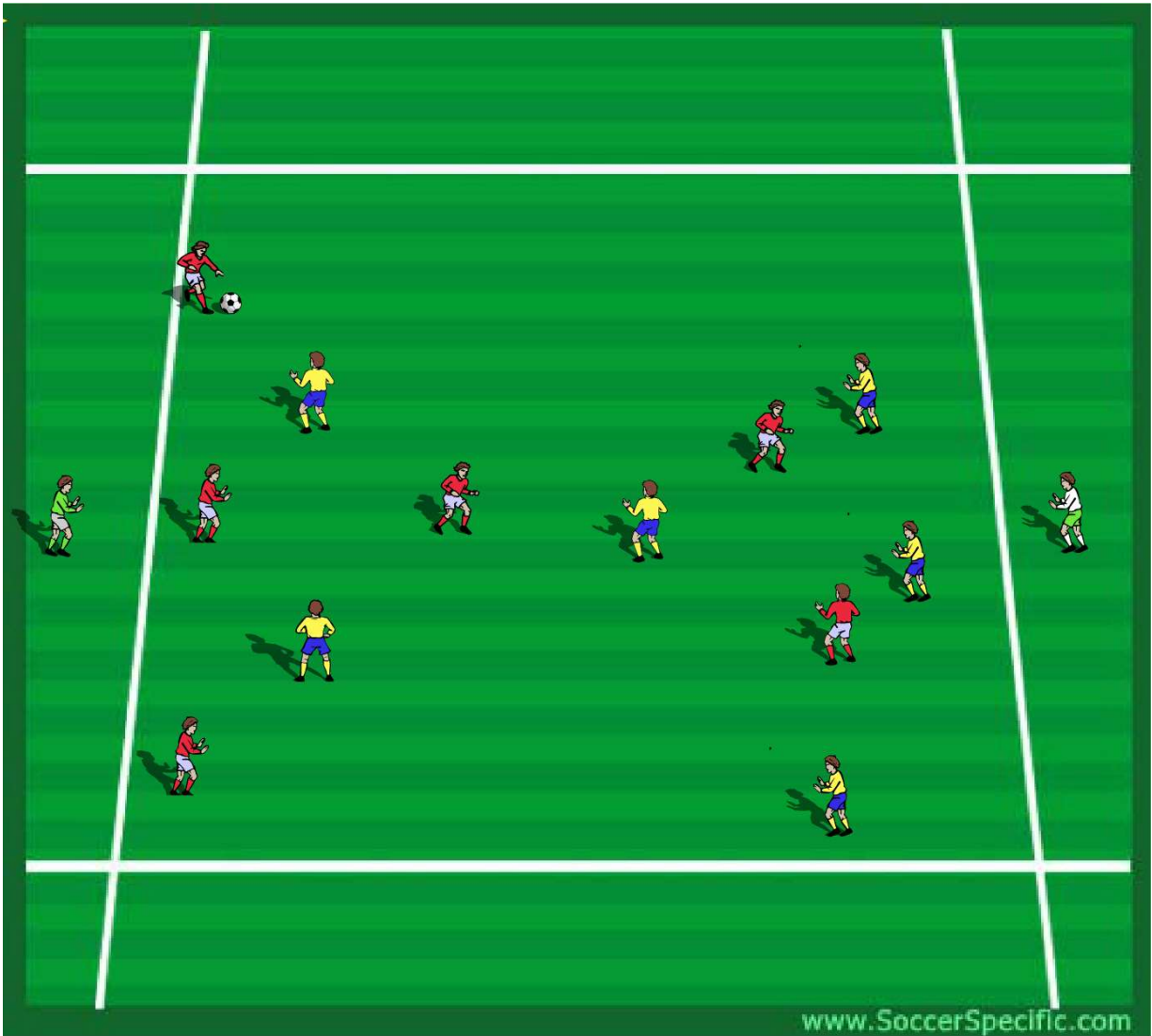
First attacker should pass or dribble.

Second attacker must take up good angles of support and show good movement.

Good communication.

Play with freedom

# 7v7 Scrimmage



7v7 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.