

Warm Up



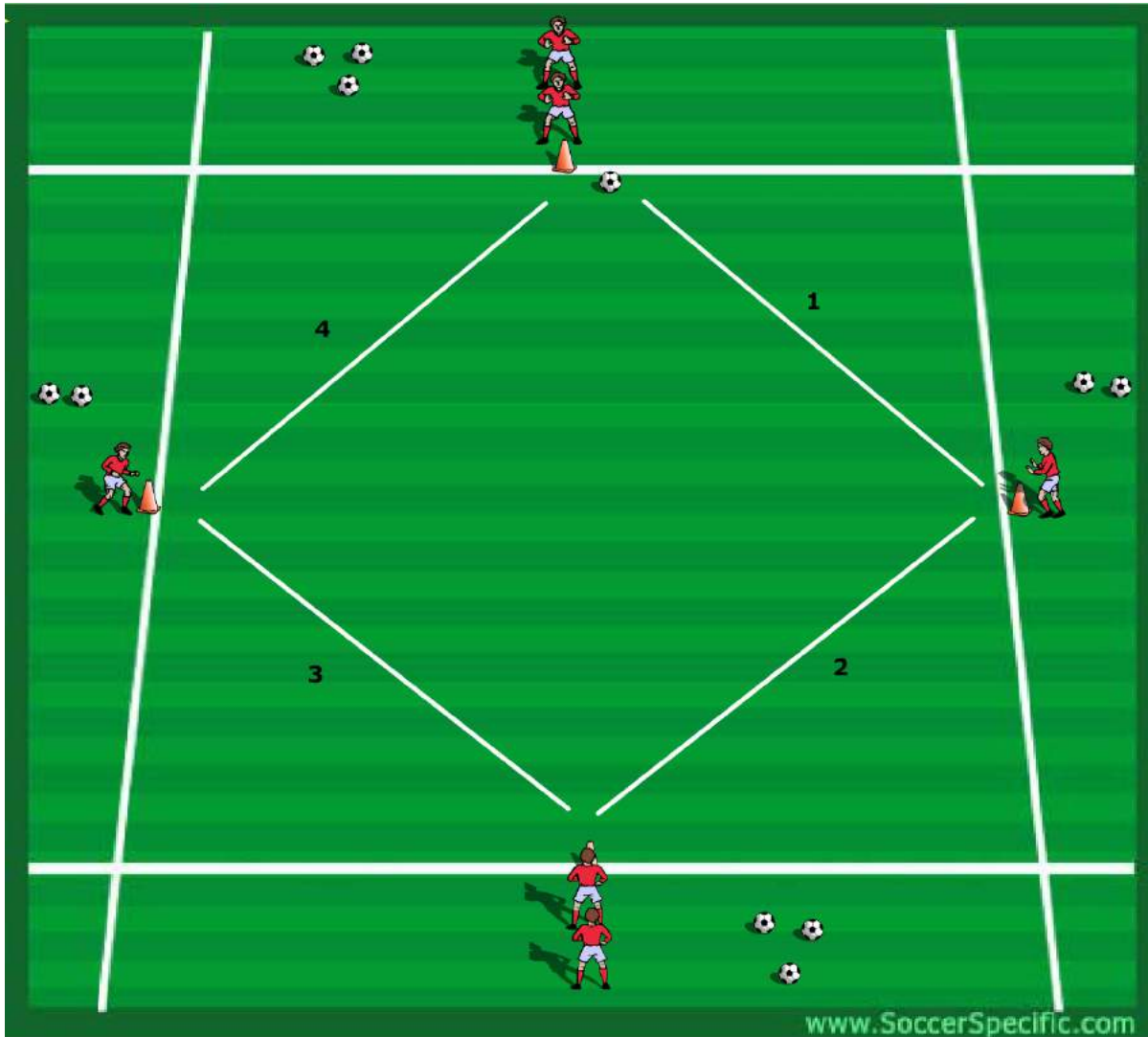
Warm Up

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 Diamond 1



Passing Diamond 1

Purpose- To improve passing and receiving.

Organization

Set up a diamond as shown above, with two players placed on either end and one player on each side. The first player passes the ball to the second, the second to the third and the third to the fourth. When playing the ball, the receiving player must check away and back to the ball. He/she must also receive and play the ball with their far foot. After playing the ball clockwise around the diamond several times, ask players to change direction and play anti clockwise.

Progression- Ask players to use two soccer balls. Start one soccer ball at either end of the diamond.

Coaching Points

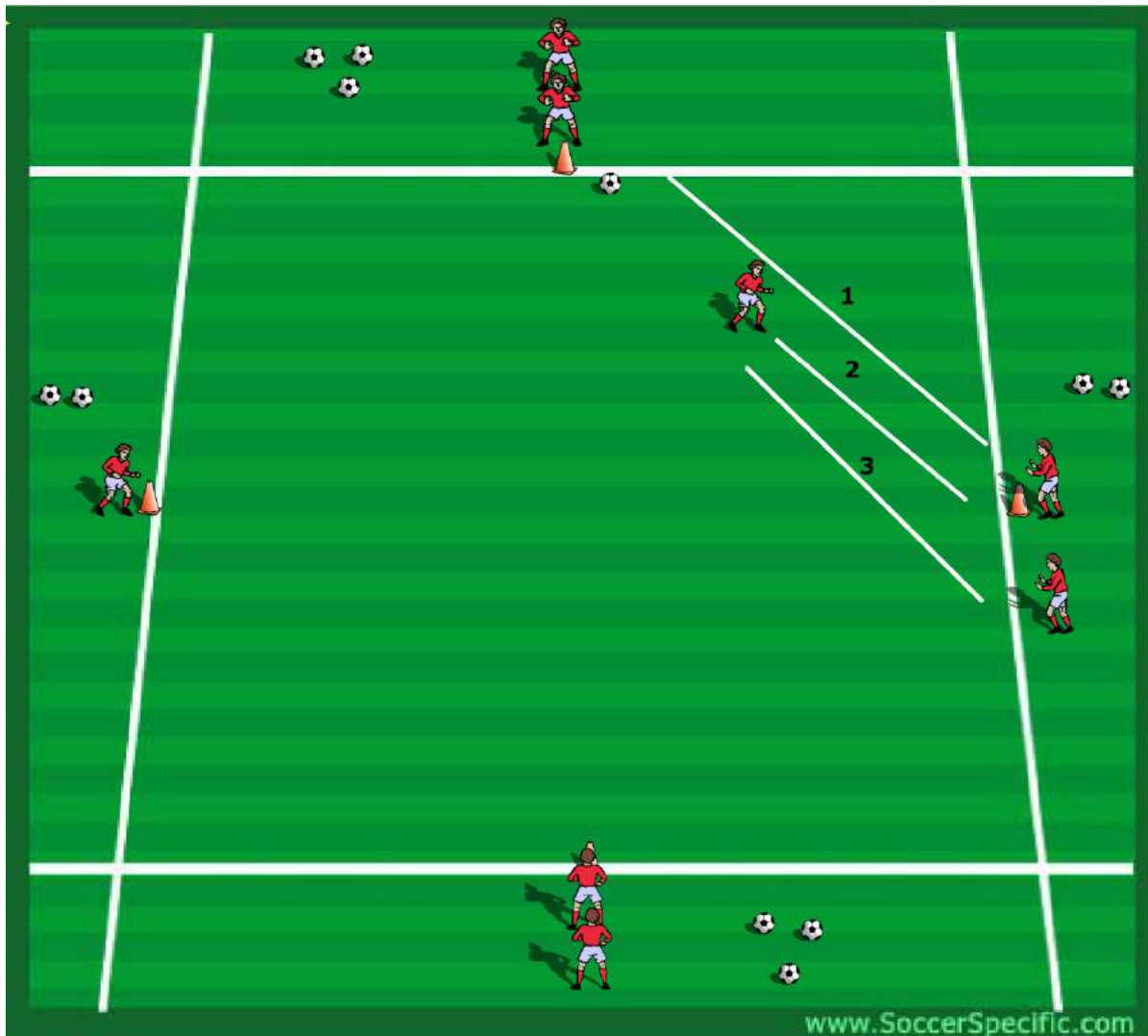
Good weight of pass.

Check away from the ball and then check back to receive the ball.

Open hips to receive the ball.

Receive the ball with and play with the far foot.

Passing Diamond 2



Passing Diamond 2

Purpose- To improve passing and movement.

Organization

Set up a diamond as shown above, with two players placed on either end and one player on each side. The first player passes the ball to the second player, the second player then passes the ball to the first player who has moved forward in the grid. The first player then passes the ball back to the second player who also moves forward, completes the combination and moves off to the next player in the diamond to start the combination sequence again.

Progression- Ask players to use two soccer balls. Start one soccer ball at either end of the diamond.

Coaching Points

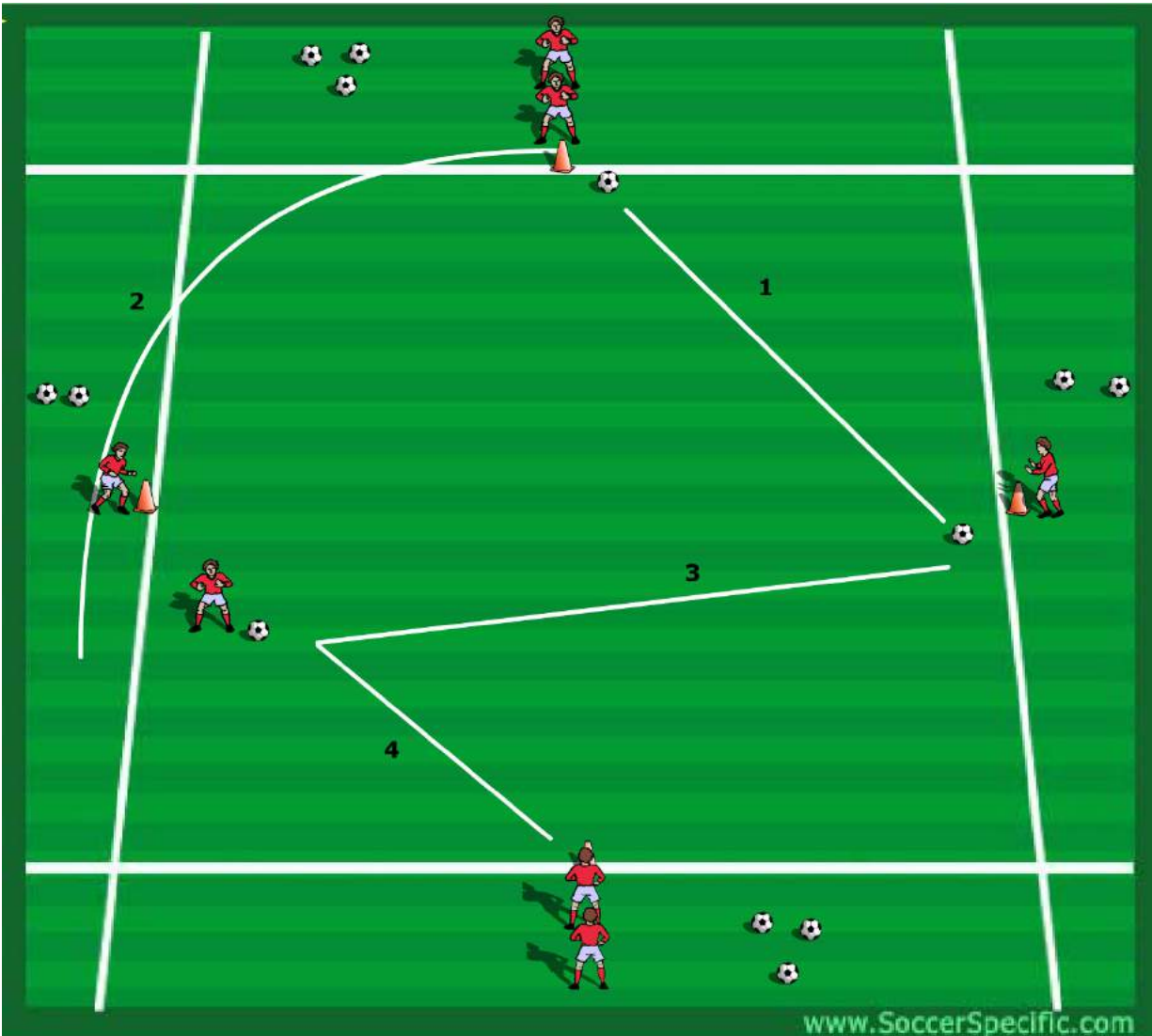
Good weight of pass.

Check away from the ball and then check back to receive the ball.

Open hips to receive the ball.

Receive the ball with and play with the far foot.

Passing Diamond 3



Passing Diamond 3

Purpose- To improve both the timing of the pass and overlapping runs.

Organization

Set up a diamond as shown above. The first player passes to a side player shown as pass one. The end player then makes an overlapping run as shown above. The side player then passes the ball to the player who has made the overlapping run, who plays pass 4 into the end player. The process then starts again but from the other side.

Progression- Ask players to play one touch.

Coaching Points

Good weight and timing of passes.

Timing of runs.

Good communication.

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.

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.