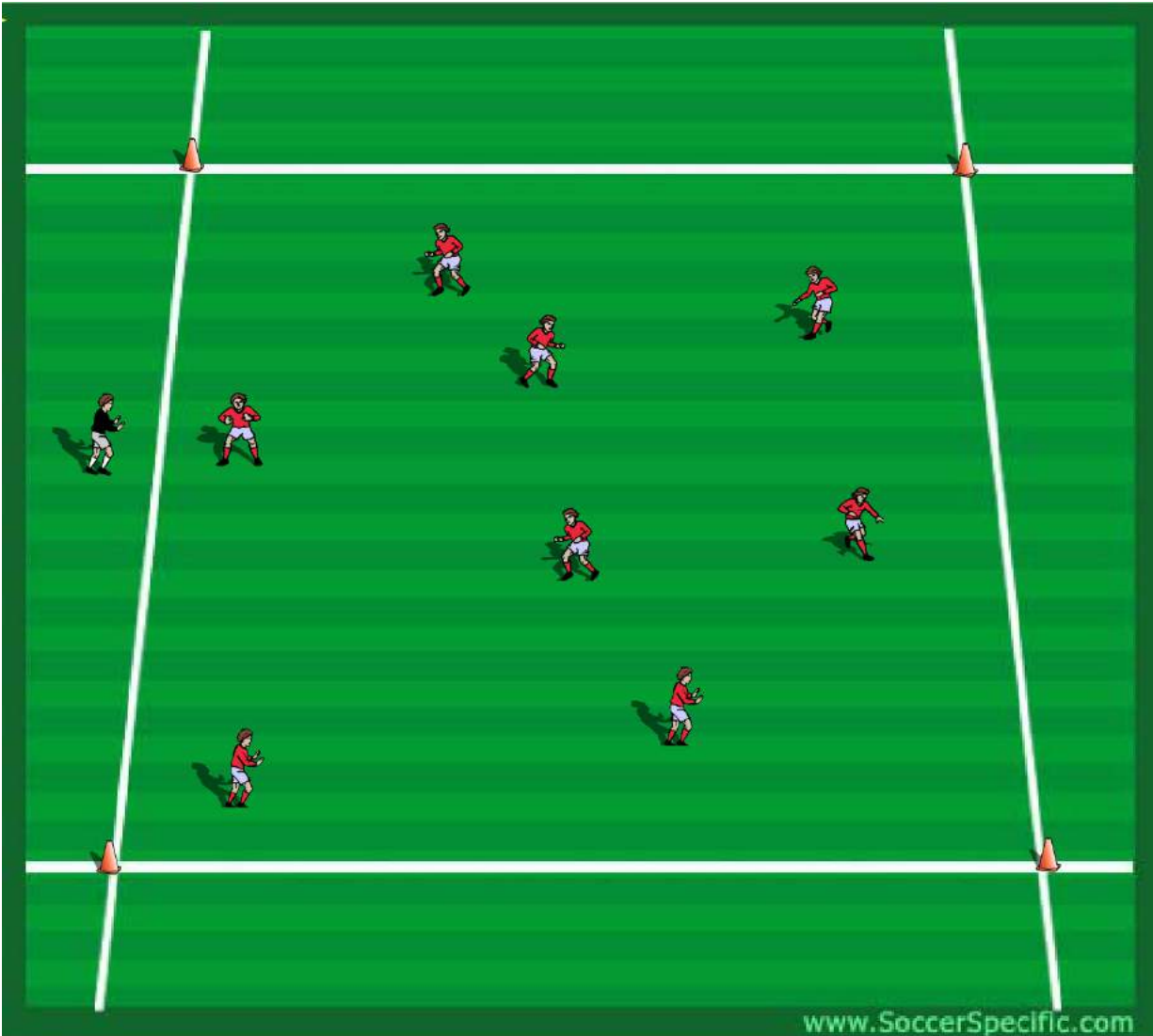


# Warm Up



## 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

# Dribble, Swap, Turn & Shoot



## Dribble, Swap, Turn and Shoot

Purpose- To improve dribbling at speed, turning quickly and good technical finishing.

Organization- Place two goals approx 40 yards apart. Place a goalkeeper in each goal. Split players into two teams and put them on the side of a goal with multiple soccer balls. The first player in each line dribbles towards the goal. Just before the attackers reach the midway point, they lay the ball off for the other person. The attacker must then perform a fake shot, a turn and shoot on the goal they came from. After the shot has been taken, the players go to the back of the goal they just shot on. On the Coaches command, the next two players repeat the same sequence.

### Progression

Ask players to use weaker foot only.

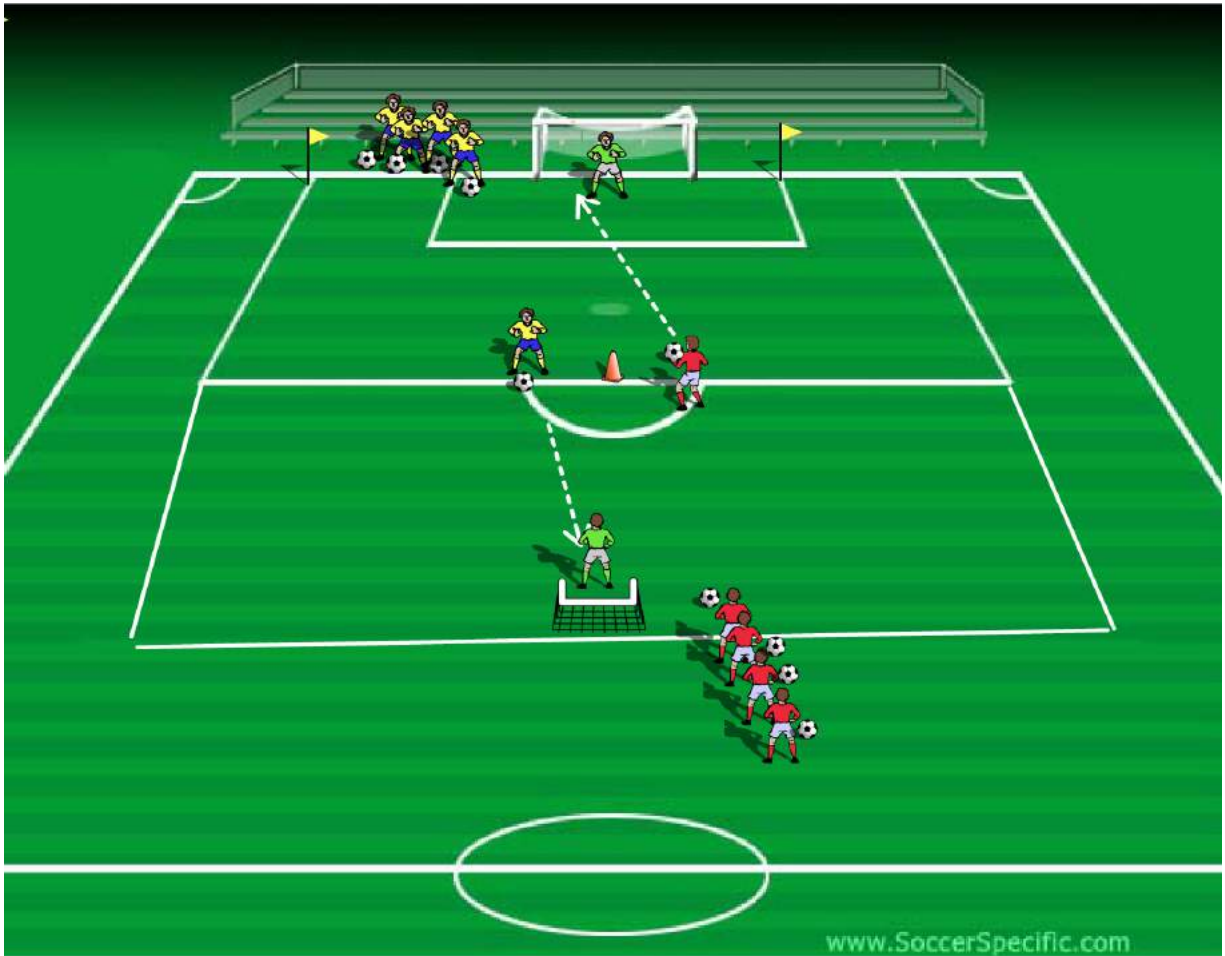
### Coaching Points

Use the inside and outside of the foot to perform turns.

Shooters must have a quick release.

Focus on accuracy over power (hit the target).

# Shoot to Win



## Shoot To win

Purpose- To improve both finishing and dribbling at speed

Organization- Place two goals approx 40 yards apart and place a goalkeeper in each goal. Divide your players in half and put them at the side of the goal. Place one cone in the middle and make sure players have spare balls to the side of them. The first player in each line, dribbles to the right of the cone. After rounding the cone, the shooters have one or two touches to shoot on goal. On the coach's command, the next two players from each line repeat the sequence. The first person to score on goal wins a point for their team. After shooting players return to the back of their original group.

### Progression

The attackers lay the ball off to the other players and they dribble around the cone.  
The attacker must flick the ball up to themselves for a volley.

### Coaching Points

Get the ball out of your feet to dribble at speed.  
Shooters are encouraged to release the shot quickly  
work on accuracy as well as power

# 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.

# 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.