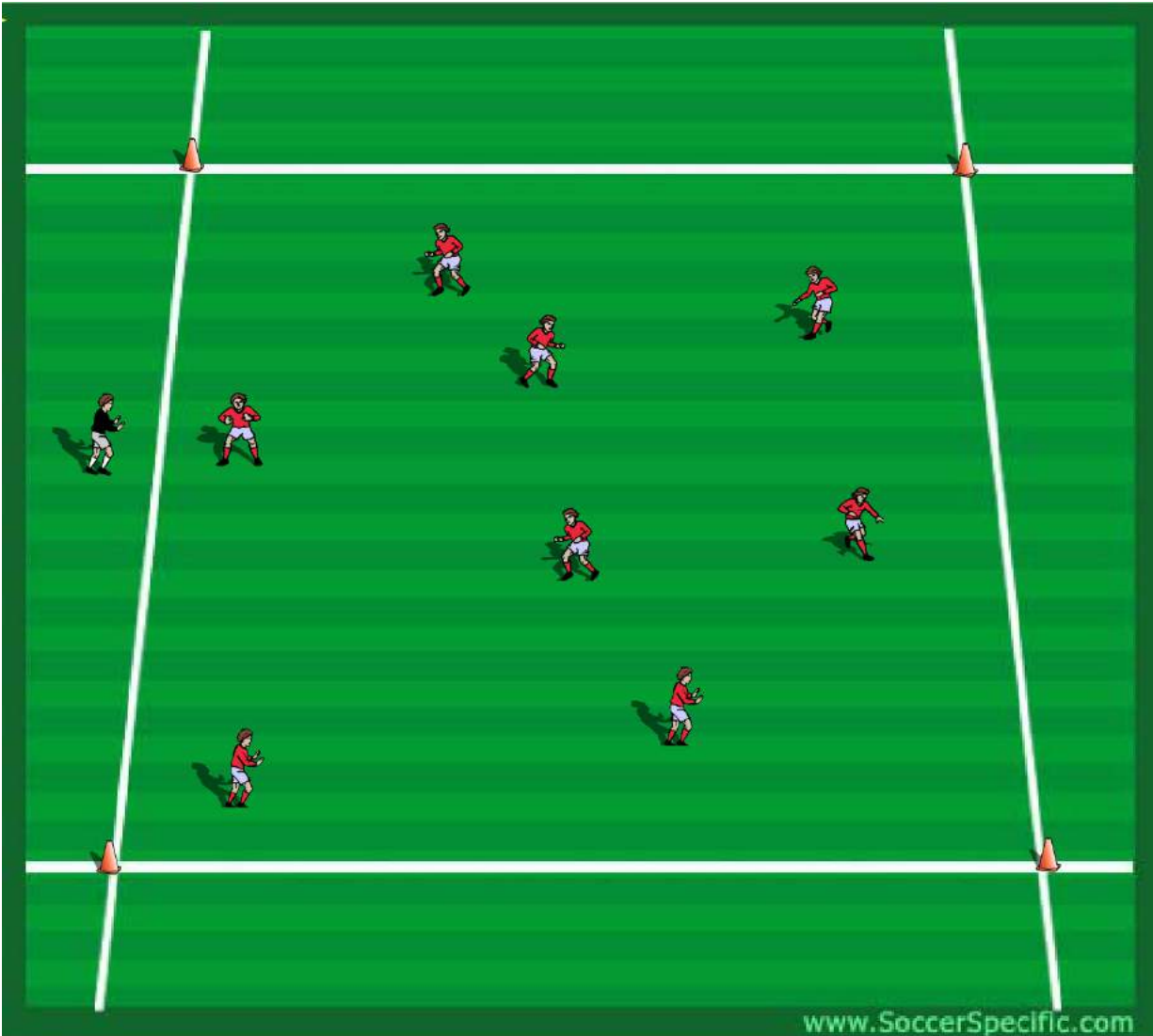


# Warm Up



## 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

# Chain Soccer



## Chain Soccer

Purpose- To improve communication and working together.

Organization- Set up a field 40x40, with one soccer ball. Players link arms or hands and in two's, attempt to pass the ball to teammate's. The game has no goalkeepers and is played for 10 minutes. Winning team is the team who scores most goals.

Progression- Add a second ball or goalkeepers.

### Coaching Points

Good communication

Work together to move the ball down the field and get open to receive a pass

Shoot early and often

# Shielding



## Shielding

Purpose- To improve shielding.

### Organization

Players are split into threes with one player holding the ball, while the other two players stand either side. The player with the ball, throws the ball into the field of play. The other two players then race to the ball. The person who wins the ball, then attempts to shield the ball for 30 seconds. Alternate players throughout the game.

Progression- Make the game a competition for example 1pt for being first to the ball and 3pts for shielding the ball for 30 seconds. First player to 10 pts win.

### Coaching Points

Be quick and aggressive to the ball.

Take a sideways position on to shield the ball, see opposition and field of play.

# Keep Away with Transition (5v2)



## Keep Away with Transition (5v2)

Purpose- To improve quick passing and taking up good angles and distant of support.

Organization- Set up two 10x10 yard grids, set up side by side. Five players are placed in each grid, with one ball placed in one grid. The team in possession of the ball attempts to keep the ball for as long as possible, through sharp passing and constant movement . The team opposite (yellow team), can send over two players to try and win possession of the ball. If yellow team wins the ball they must pass the ball back to their teammates in the opposite grid. The process continues again with the red team attempting to win possession and take the ball back to their grid again. Change defenders, every time a team loses possession.

### Progression

Play as game, every time team wins possession and makes 5 passes they gain 1pt. First team to 10 pts wins.

Ask players to play two touch only.

### Coaching points

Good communication within teams.

Passing must be sharp and accurate- keep ball moving.

Player must offer good angles and distance of support.

Defenders to apply as much pressure as possible to force a high tempo practice.

Players must stay focused during transition.

# 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.