

Warm Up



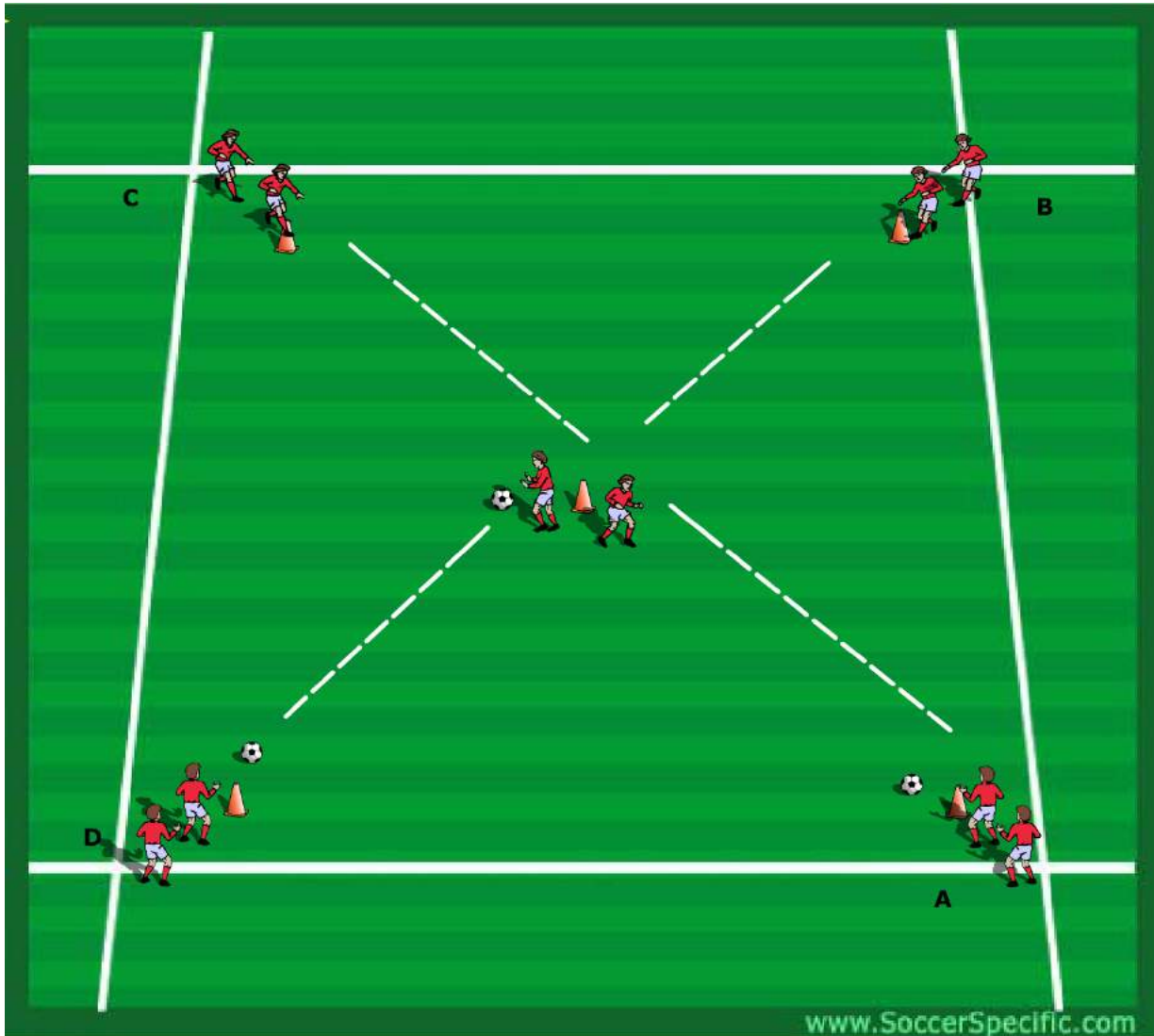
Warm Up

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.

Receiving & Combination Play One



Receiving and Combination play one

Purpose- To improve both receiving and passing.

Organization- Five cones are set up as shown in the diagram above. Two players are set up at each cone and one player on the middle cone. Team A plays the ball to the middle player, who turns and plays the ball to Team C. After passing the ball, the player must follow their pass. The same happens on the opposite side with D and B.

Progression- Perimeter Players have to shout "man on" and "turn" as they would do in game situations.

Coaching Points

Communication.

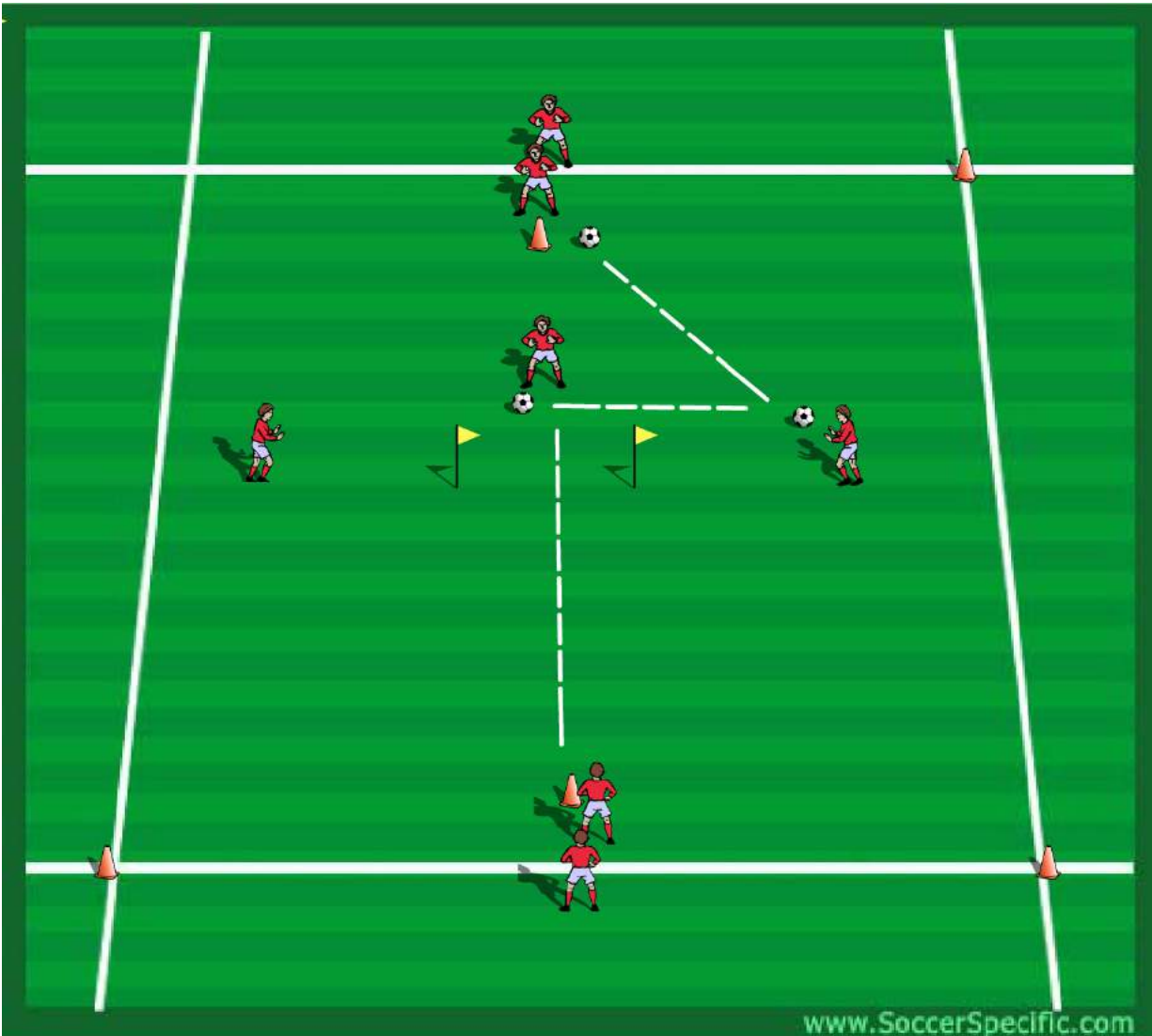
Weight of pass.

Angle taken to receive ball.

Check shoulder and open hips.

Good first touch, quality lay offs.

Receiving & Combination Play Two



Receiving and Combination Two

Purpose- To improve combination play.

Organization- Players are positioned as shown above with a central gate. The ball is played to the middle central player, who passes the ball back for the player to dribble through the gate and then play to opposite end. The process starts again from the opposite end and the combination is played using the opposite wide middle player.

Progression- Players can only play one or two touch only.

Coaching Points

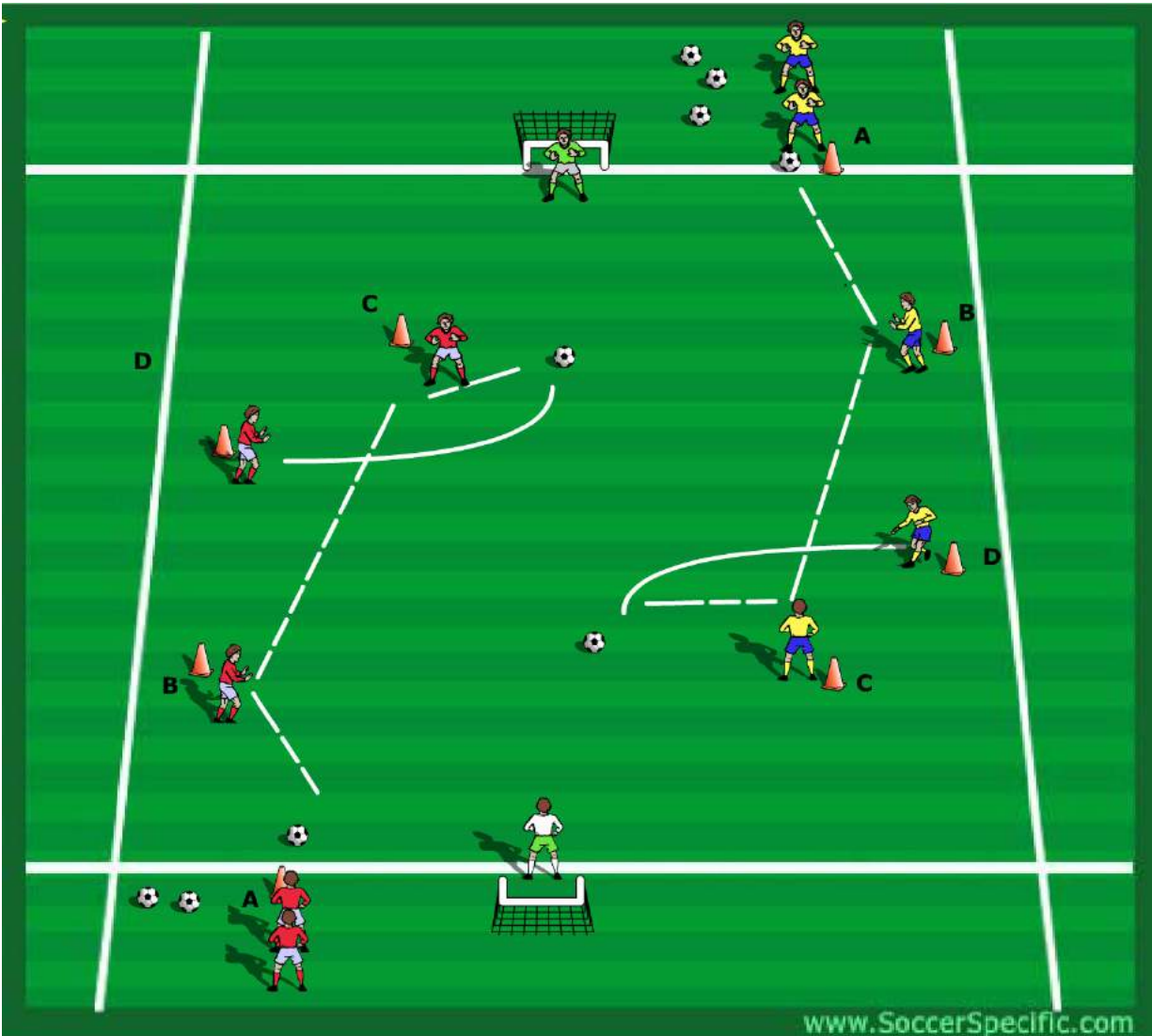
Sharp accurate passing.

Timing of run.

Angles and weight of pass.

Quality first touch.

Receiving & Combination Play Three



Receiving and Combination Three

Purpose- Passing patterns to improve receiving and combinations.

Organization-Set up the field as shown above and the players work on a passing pattern combination to goal.

Player A passes to player B, who receives the ball sideways on.

Player B passes to C through Player D.

Player D runs into support of the ball and receives a lay off for a shot on goal.

Player C then follows up for the rebound.

Play is continuous with each player advancing to the next cone.

The same sequence is repeated on the opposite side.

Coaching Points

Weight and angle of pass.

Receive the ball in a half turned position.

Timing of runs for player D and C.

Hit the target with all shots- accurate and powerful.

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.