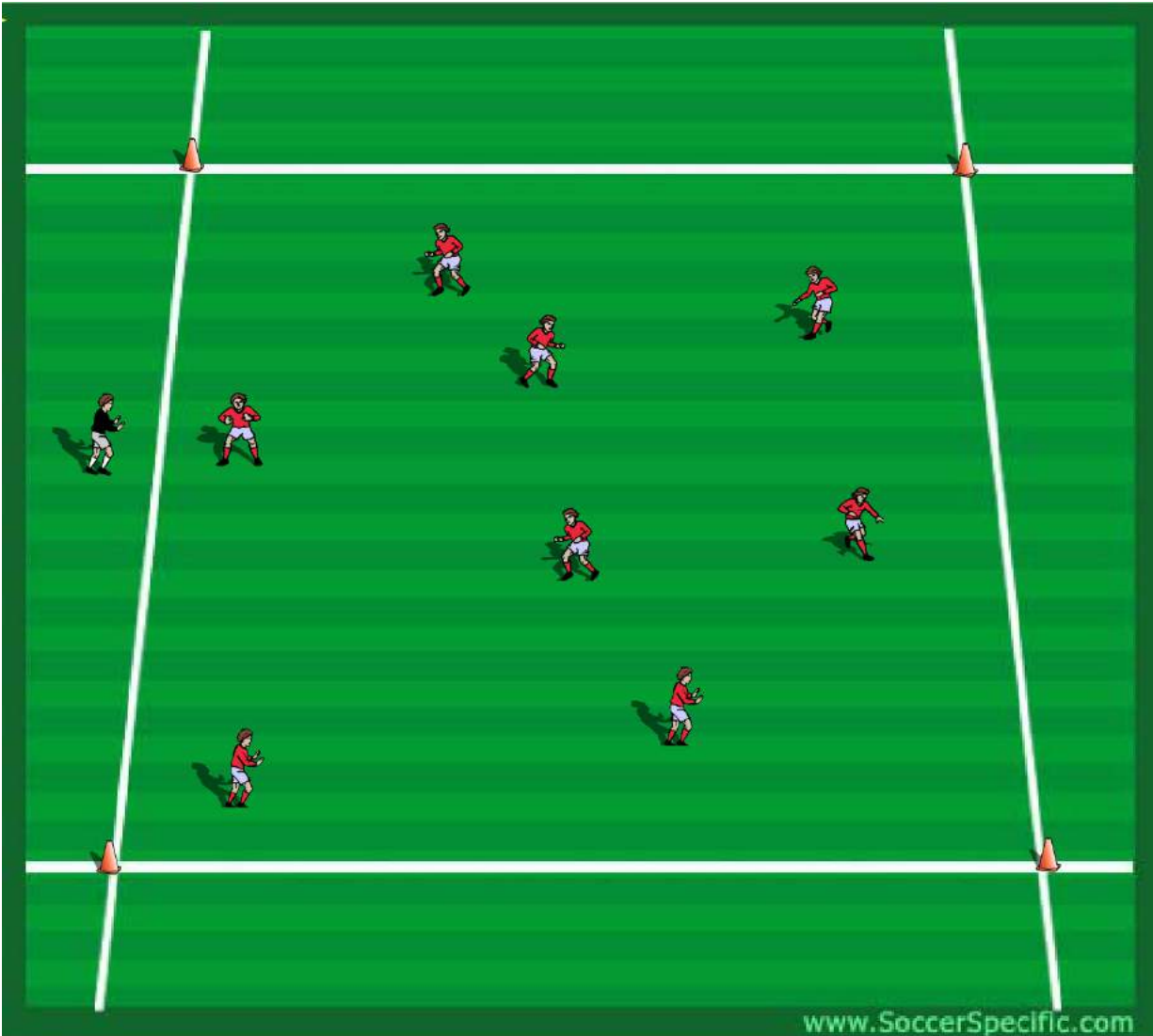


# Warm Up



## 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.

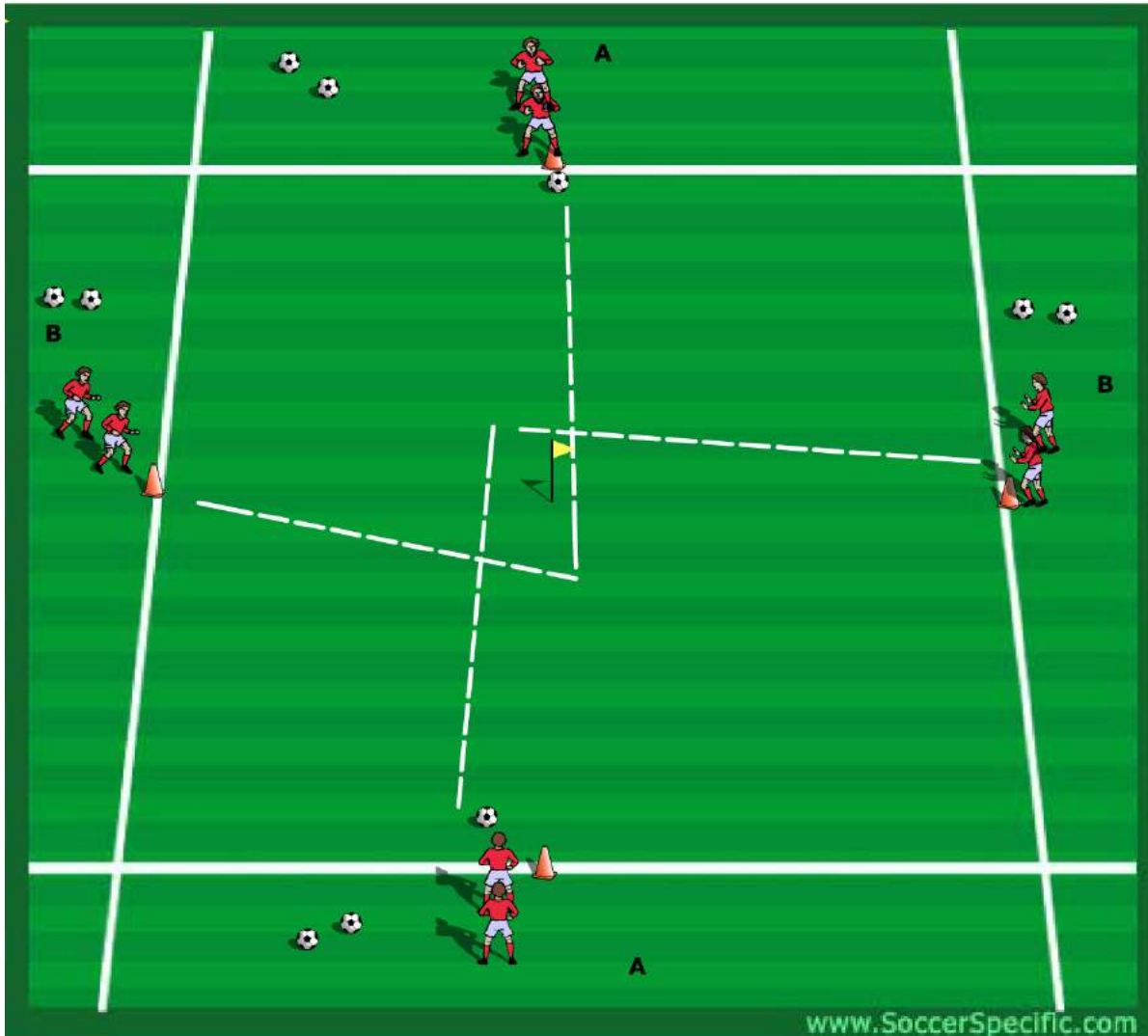
### Progression

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

# Cut the Ball



## Cut the Ball

Purpose- To improve both dribbling and cutting the ball.

Organization- Set up 20x20 grid. Four cones are placed on the perimeter of the grid as shown. A flag is placed in the centre of the grid and players are split into four groups and are positioned at each of the cones. One ball is given per group.

Player (A) from two opposite lines dribble to the right of the flag, perform a cut with the inside of the right foot and take a sharp turn to the left. The player then passes to player B on their left. Player B continues the sequence and Player A joins group B.

Progression-Coaches call out different commands for the players to perform- inside of the foot, outside of foot etc.

### Coaching Points

Good communication.

Push ball out of your feet.

Keep eyes up to scan the field.

Cut the ball and accelerate hard out of the grid.

# Hit the Target Man



## Hit the Target Man

**Purpose-** improve passing into a target player, supporting angles and laying balls off

**Organization-** Set up 4 flags positioned 4 yards apart in the centre of the grid as shown. Players are split into four groups and positioned 12-15 yards from each flag. Four players are designated as target players and are positioned slightly in front of each flag.

The first player in line (A) passes a ball into target player. The target player passes the ball straight back to (A). Player (A) passes the ball again to the target player, immediately after the second pass, player (A) must burst forward at an angle to offer support for the return pass. Player (A) must receive the ball with an open body position (sideways on), before accelerating back to his/her group. Next player begins when player (A) receives the ball from the target player.

**Progression-** Use 1 ball per group. After the player receives the ball from the target player, with play continuous for a set period of time. Target player is changed after designated time.

### Progression

Use 1 ball per group. After the player receives the ball from the target player he/she must pass to the next player in line.

### Coaching Points

Good communication, tell target what side you are going to.

Firm passes in to target.

Burst forward (accelerate) to support at an angle.

# Target Dribbling



## Target Dribbling

Purpose- Small sided activity to improve dribbling skills.

Organization- Set up a 25x25 yard field and split players into two teams to play 4v4. A normal scrimmage is played, to score a goal a player must dribble through an end gate. Play for 12 minutes, winning team is the team with the most goals.

Progression- Dribbling through the gate with your weaker foot, will result in double goals.

Coaching points.

Positive first touch out of your feet when receiving the ball.

Keep your head up to see the space and open gate.

When in 1v1 situations, encourage players to take players on.



# 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.