

Warm Up



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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.

Small Sided Exercise 3v3



Small sided Exercise 3v3 to improve penetration through dribbling

Purpose- Dribbling to keep possession and penetration.

Organization

Set up a 15x 20 grid. Six players are positioned inside the grid with one ball. Goals are scored by dribbling through either the oppositions mini goals. Players must dribble through the mini goal in full control of the ball, for a goal to be awarded. If the ball leaves the playing area, players must find the nearest ball and dribble in the grid to continue the game. Play for 10 minutes and then teams change around.

Progression

Two goals are awarded for successfully beating an opponent, prior to dribbling through the mini goal.

Do not allow the players to pass forwards.

Add more goals, make field bigger depending on ability of players.

Coaching Points

Good communication within team.

Encourage players to take chances in 1v1 situations.

Vision- eyes up at all times to scan the playing field.

Be deceptive when attempting to beat an opponent.

Change of pace to beat defenders and burst through mini goals.

Penetrate at earliest opportunity.

Small Sided Game 3v3+2



Small sided game 3v3+2 to goal.

Purpose- To improve possession, crossing, shooting and heading.

Organization- Create a 30x50 yard grid as shown above. Place two regulation goals at both ends, with a goalkeeper and supply of balls by each goal. Divide your teams into three teams of three and identify four flank players. Position two teams in the grid as well as two flank players on either side. The player begins with the goalkeeper who distributes to a field player, then out to a flank player. The flank players cannot be challenged and have two touches before he/she must combine with the team who passed the ball to them. Ask whenever possible for flank players to cross the ball into the box, so the attacking team can attempt to score through shots, volleys or headers. If the defending side win the ball they first must pass to a wide player before they can attempt to score on goal. Finally whenever a goal is scored, the team who concedes leave the field and the waiting team comes on with possession of the ball. Play for 15 minutes, winning team is the team who scores the most goals.

Progression

Add a neutral player to make the team in possession numbers up (4v3).

Coaching Points

Good communication within the team.

Support the flank players by getting in good positions to receive the ball.

Time runs into the box, while asking players to make angled runs to confuse defenders.

Conditioned Games Three Combinations



Conditioned Games Three Combinations

Purpose- To improve various combinations in games.

Organization- Set up a small sided game on a 30x40 yard grid, between two equal teams with no goalkeepers. The team then play normally until you place a restriction on them. For example the coach may say before you can score, the team in possession must play at least one combination with a teammate.

Progression

Players must play a double pass before scoring.

Players must make an overlapping run before scoring.

Players must make five consecutive passes before scoring.

Add Goalkeepers.

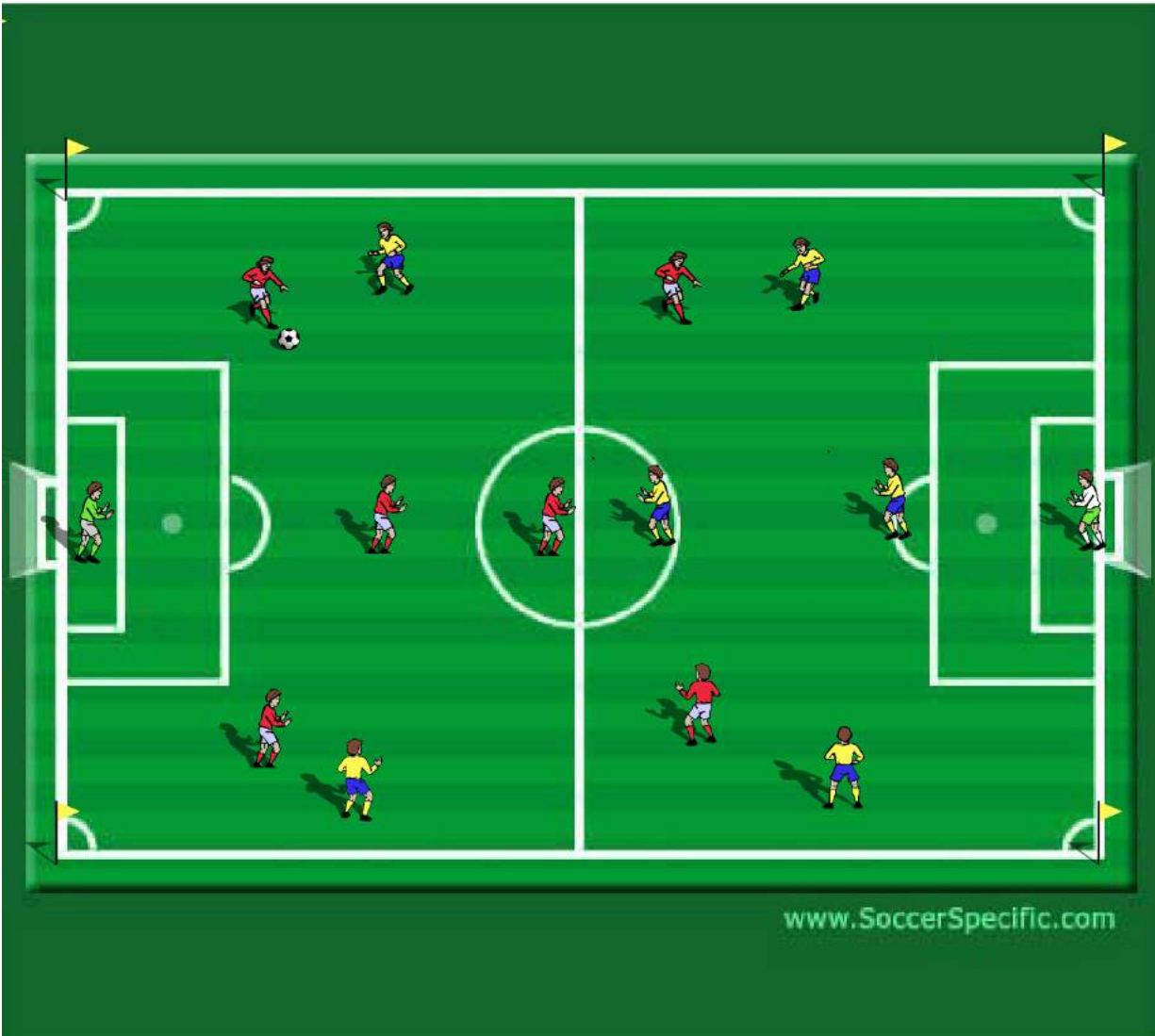
Coaching Points

As soon as you win possession, move the ball quickly to prevent defenders retreating into covering positions.

Good communication within the team.

Use all the different combinations to help break down the last line of defense.

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.