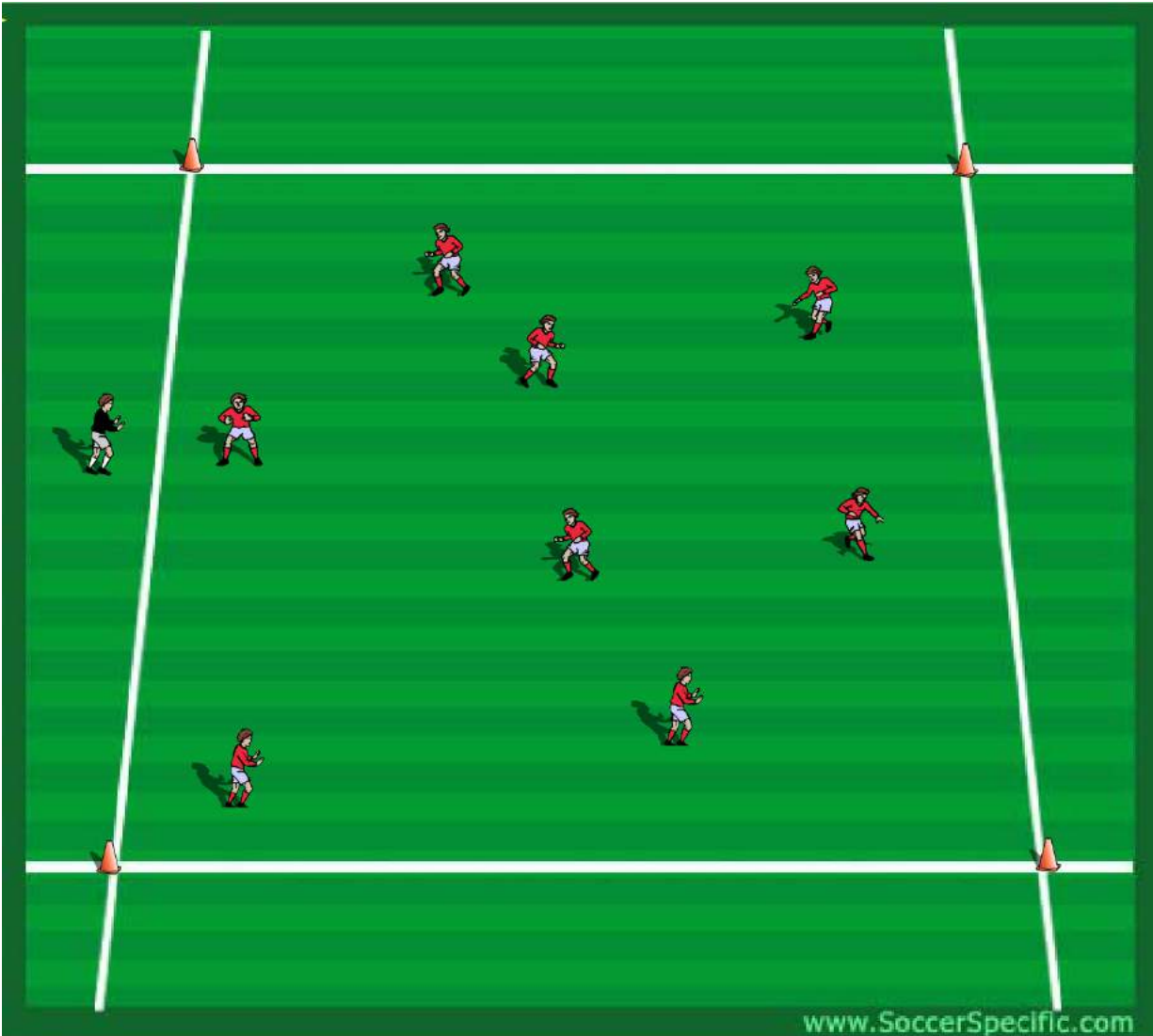


Warm Up



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.

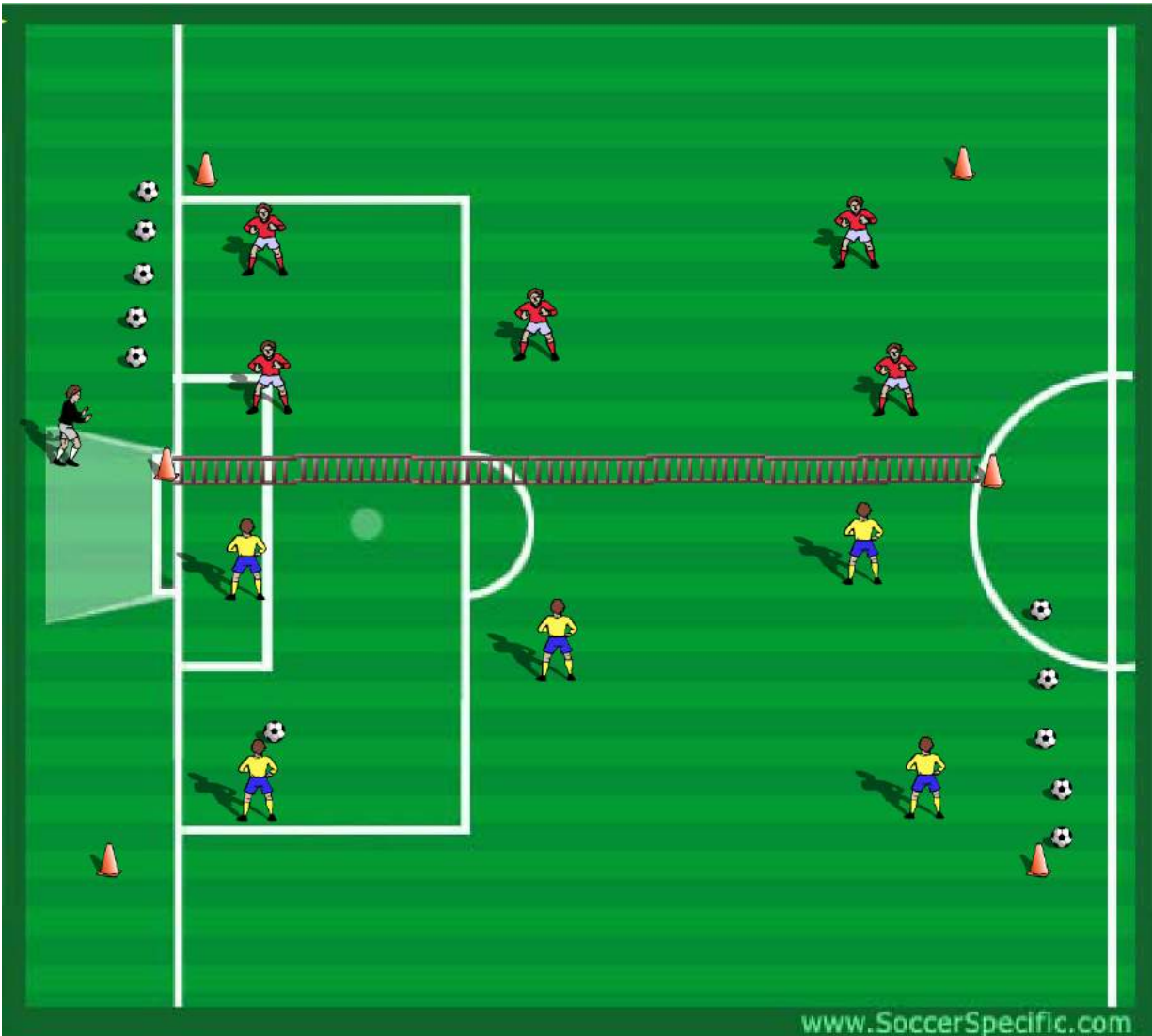
Progression

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

Soccer Tennis



Soccer Tennis

Purpose- To improve passing, volleying and control.

Organization- Set up a small soccer tennis court 25x25 and place players inside the grid. The player begins by the server punting the ball over the net and into opponent's half. The receiving team has three touches and one bounce to return the ball back to the other side. A point is scored by players taking more than three touches or hitting the ball into net. First team to 21 points win. You can adjust the size of the field depending on ability and number of players

Progression

The team is only allowed to head the ball over the net.

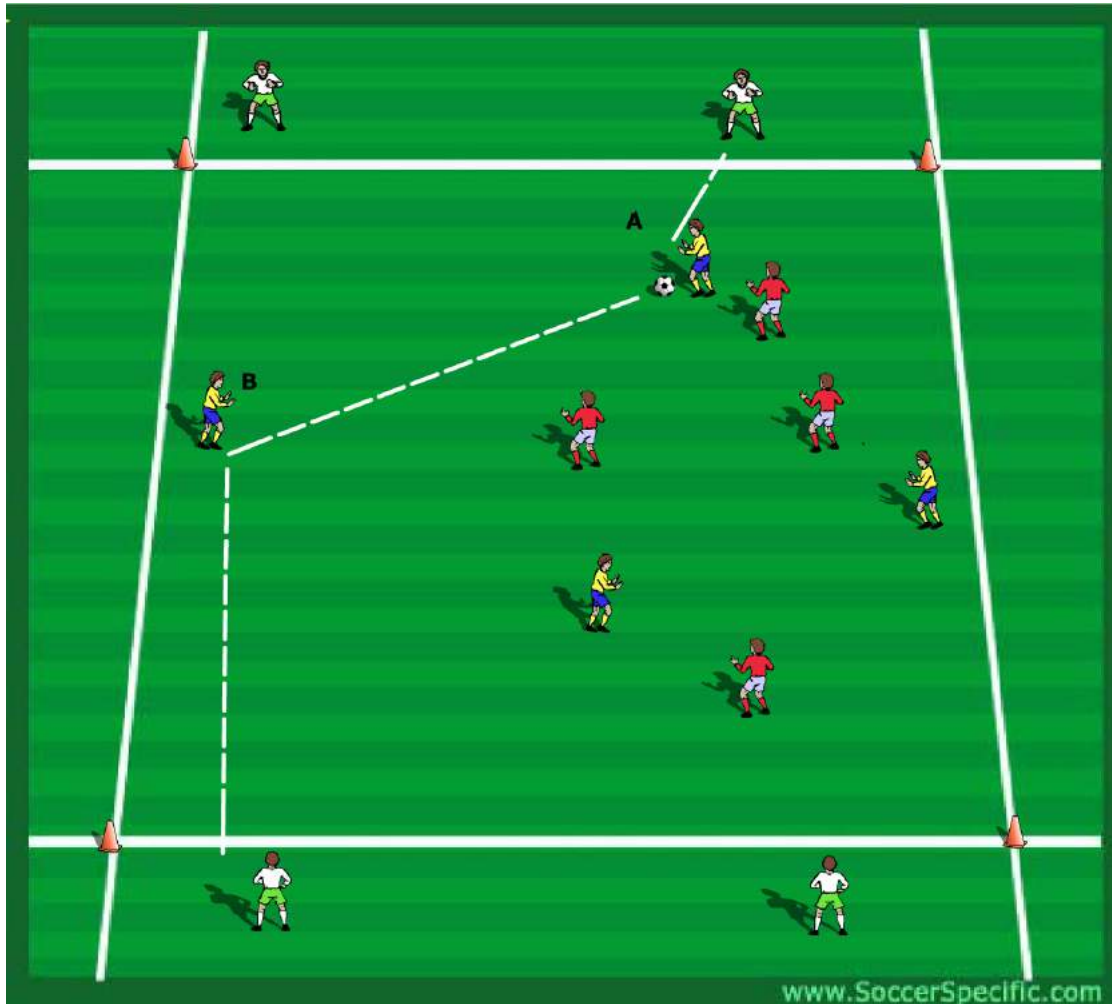
The players may only take two touches.

Coaching Points

Good communication with team.

Move body into position early, soft touches and be positive with return.

Play Forward 4v4



Play Forward 4v4

Purpose- Finding the penetrating forward pass.

Organization- Set up a 20x20 grid and place twelve players in the grid with one ball. Two target players are positioned at each end of the grid as shown. Eight players are positioned inside the playing area, creating a 4v4 situation. Play begins with a pass from one of the target players. The team in possession must attempt to turn and play a pass to the target's feet, at the opposite end of the grid. In the picture above Player (A) has received a pass from the target player, who in turn passes to player (B) who scores a point by playing to opposite target player. Play is continuous in both directions for a designated period of time. Points are awarded for each successful pass to a target player. Players cannot score at the same side twice in a row. Back passes can be made to the target players, to retain possession. Rotate teams.

Progression

Reduce the size of the playing area.

Add a neutral player so when attacking a team you will always have numbers up.

Coaching Points

Good communication within team.

Passing must be sharp and accurate- keep ball moving.

Players must attempt whenever possible to receive the ball in a half-turned position.

Play penetrating balls early to target players, always be looking to find their feet.

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.