

# 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.

# Beat the Clock



## Beat the Clock

Purpose- To Improve dribbling skills under pressure.

Organization- Set up a 30x30 grid, with one ball for each player and cones set up around the gate as grids. Players are asked to dribble their ball freely around the grid and go through as many gates as possible within a certain time.

### Progression

Ask players to use weak foot only.

Add a defender to kick player's balls out of the grid and protect the gate.

### Coaching Points

Push the ball out in front of you.

Keep head and eyes up to avoid collisions.

Look for empty gates.

Try to maintain a high speed for the entire work period.

# Team Penetration



## Team Penetration (6v6)

**Purpose-** To improve dribbling skills, which in turn helps possession and penetration in small sided games.

**Organization-** Set up a 30x30 yard grid, twelve players are positioned inside the grid with one ball. Players are divided to create a 6v6 situation. Cones are placed to create four mini goals at each end of the grid as shown. A supply of balls is placed around the perimeter of the grid. Players compete for possession of the ball and goals are scored by dribbling through any of the opposition's mini goals. To score a point players must dribble through a mini goal, in full control. If the ball leaves the playing area, players must find the nearest ball and dribble into the grid to re-start the game. Play is for a designated period of time or a predetermined number of goals.

**Progression-** Two goals are awarded for successfully beating an opponent, prior to dribbling through the gate.

Players are only allowed to pass the ball sideways and backwards.

### Coaching Points

Good communication within team.

Encourage players to take chances in 1v1 situations.

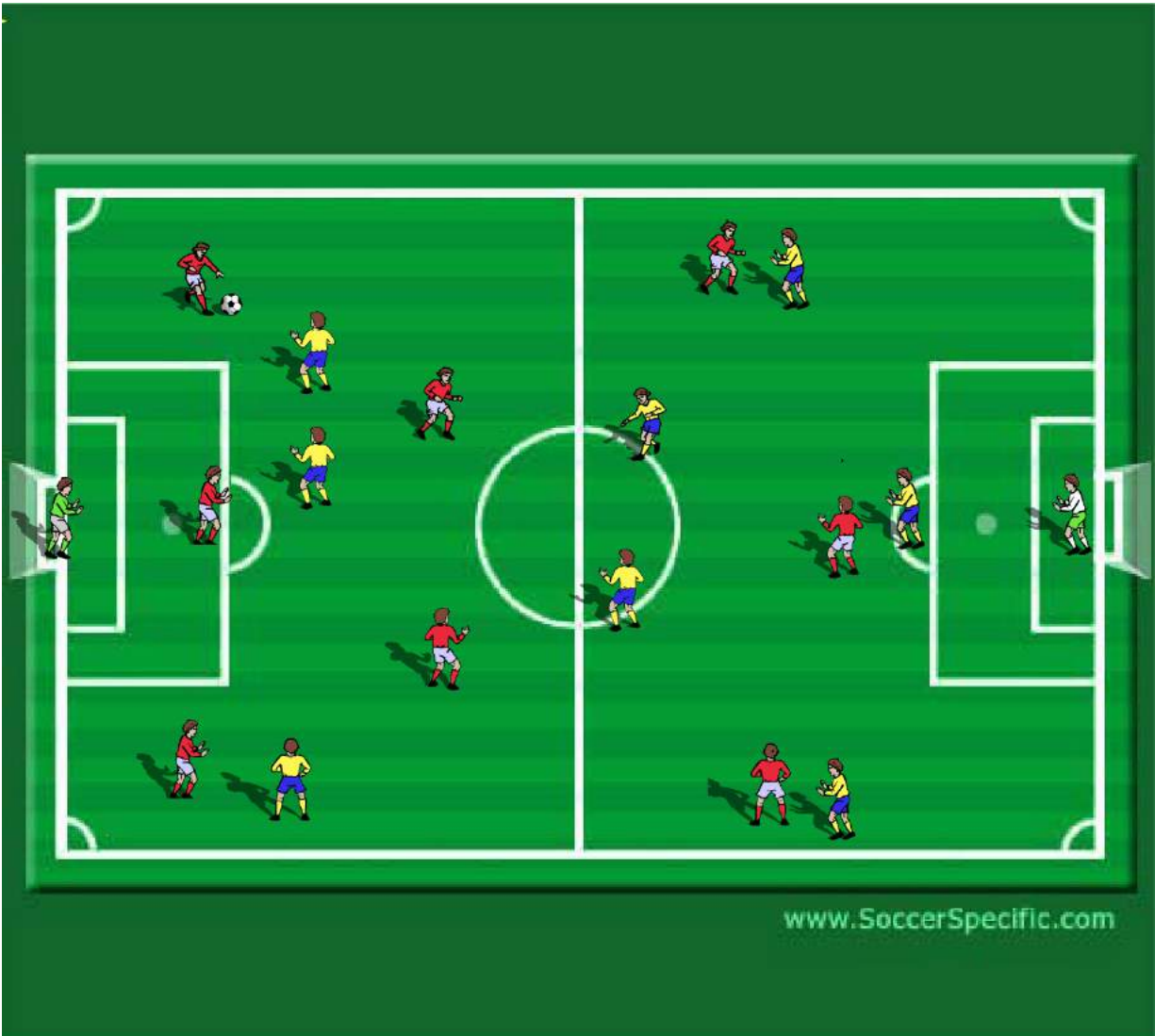
Keep possession of the ball until you have chance to penetrate.

Vision- Keeps eyes and head up to scan the field.

Be deceptive while attempting to beat an opponent.

Attack at speed when beating an opponent or bursting through a mini goal.

# 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.