

Warm Up



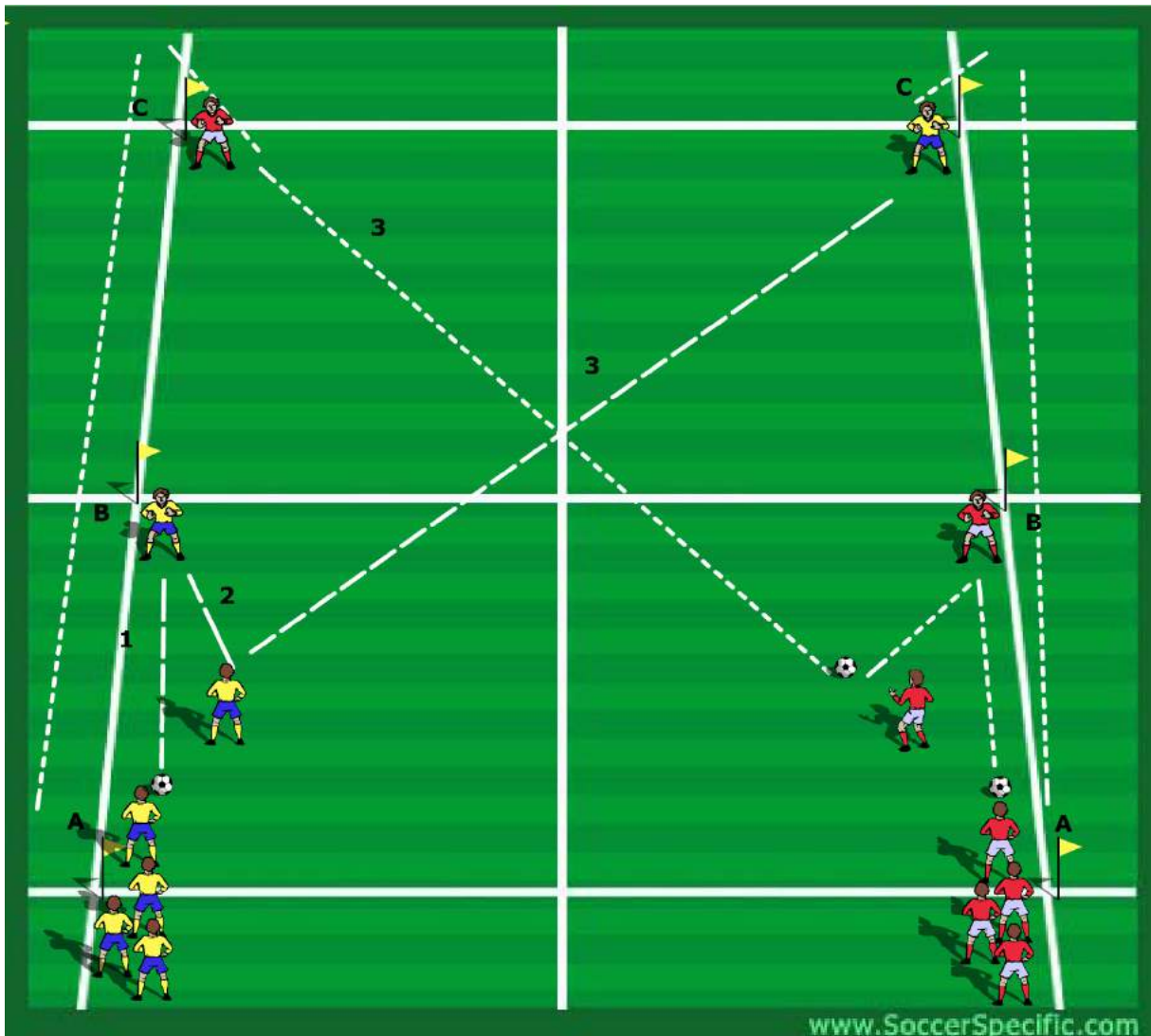
Warm Up

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.

Passing & Moving in Grids



Passing and Moving in Grids

Purpose- Sharp touches, laying balls off, make good angles of support, good communication.

Organization- Play begins with a pass from (A) to (B). (B) lays the ball back to (A). (A) then passes a diagonal ball to (C). (C) checks towards the ball, then lays the ball back to (B). (C) spins around the corner flag and receives a return pass from (B). (C), then dribbles back to the end line. Each player advances one cone after each pass. Play is continuous with both groups working at the same time.

Progression- After player (C) spins around the corner flag and receives a pass, he /she is asked a long pass to player (A).

Coaching Points

Attempt to find a rhythm with the sequence- Sharp lay offs and encourage players to check then move forward.

Play with speed and accuracy, good first touches. Can you play first time?

Good communication at all times.

Four Goal Game



Four Goal Game

Purpose- small sided game to promote playing under pressure, keeping possession, switching fields and scoring goals.

Organization- Two teams play in a 40x 40 grid (6v6+ 2 neutrals, with two goals either end). Players keep possession, work the ball around the field and attempt to score in one of the two goals they are attacking.

Progression- Make the goals bigger or add goalkeepers.

Coaching Points

Check shoulder, Open hips and attempt to receive the ball sideways on, whenever possible.

Good communication.

Don't force the pass, keep possession and start again.

Positioning of supportive players- encourage to keep shape, diamond, triangle in their play.

Four Corner Target Player



Four Corner Target Players

Purpose- A small sided game to improve passing with purpose.

Organization- A 30x30 grid is set up with four corners. In the four corners, two players are placed from opposite teams. The teams in the middle of the grid play possession soccer, looking to play a ball into a teammates corner as shown in the picture. To score a point a player must pass the ball into a corner player, follow their pass into the corner and then become the corner player. The corner player then passes the ball to a teammate on the field and joins the field of play.

Progression

Add a neutral player to play numbers up when attacking.

Limit touches on the ball.

Coaching Points

Communicate and move into space early.

Check shoulder, open hips to play quickly and give multiple options on the ball.

Good weight and accurate passing.

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.