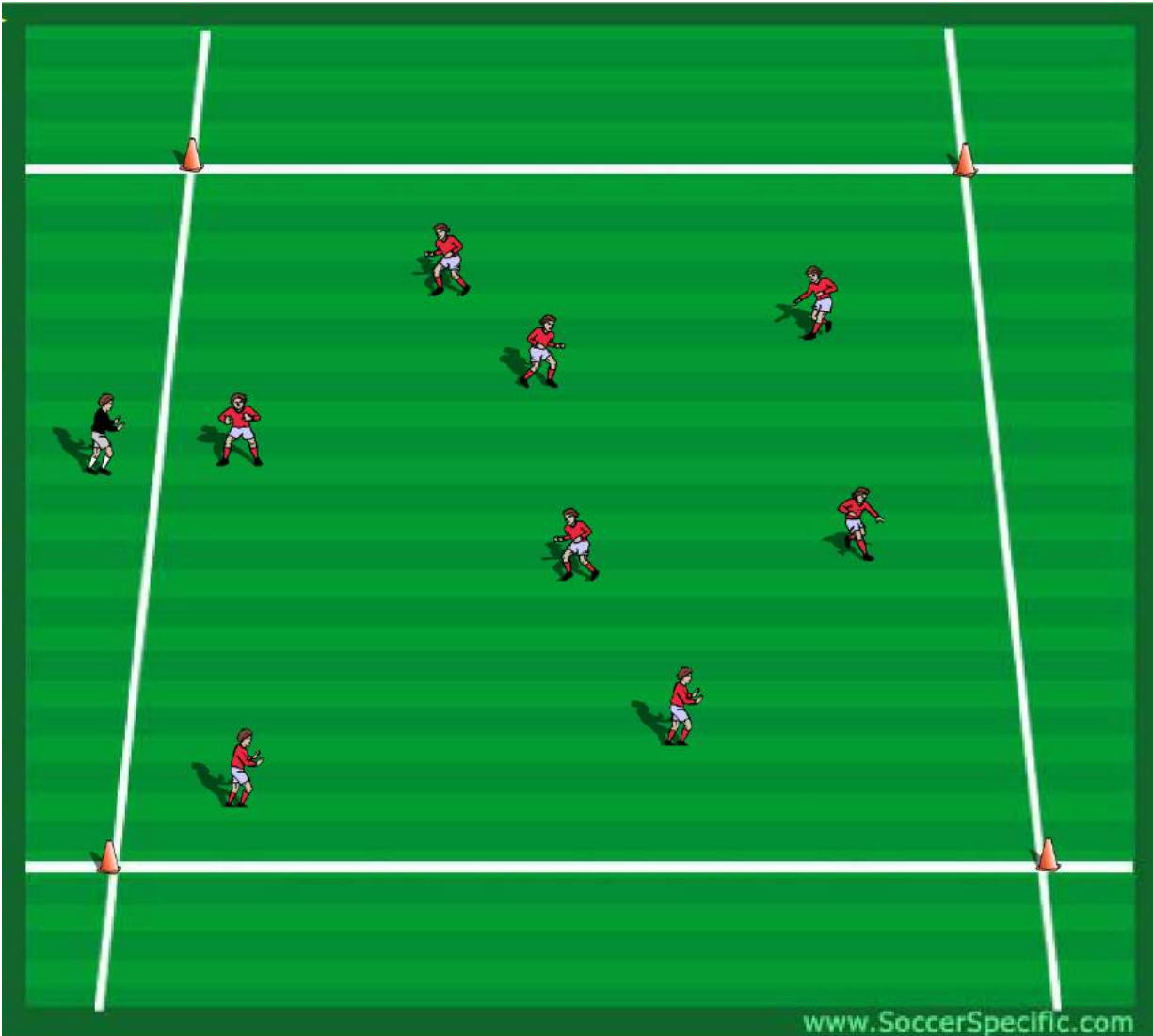


Warm Up



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

Fast Lane Dribbling



Fast Lane Dribbling

Purpose- To improve dribbling at speed

Organization- Set up a 40x30 grid with cones at 10 & 20 yard marks, to create lanes 10 yards wide. Groups of four are formed, with one ball per group. Players are numbered 1-4. On the coach's command, player 1 dribbles to the 20 yard mark and passes to player 2. Player 2 receives the ball, dribbles to the 20 yard line and passes to player 3. This process continues until all the players have finished. Winning team is the first team to get all four players home.

Progression- While dribbling add a move before passing.

Coaching Points

Push the ball out in front of you with your first touch.

Accelerate to the point of first preparation touch.

Try to maintain good speed for the entire work period.

1v1 to Goal



1v1 to Goal

Purpose- To improve players ability to take defenders on in 1v1 situations.

Organization- Yellow defender plays the ball to red attacker. Red attacker then attempts to take on yellow defender and score in one of the two opposite goals. After finishing players change lines so they all work on both attacking and defending.

Progression- Ask players to use certain moves before beating player.

Coaching Points

Good first touch out of your feet.

Use moves to get defender off balance and then explode past, cutting back on the defender to make the recovery run longer.

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

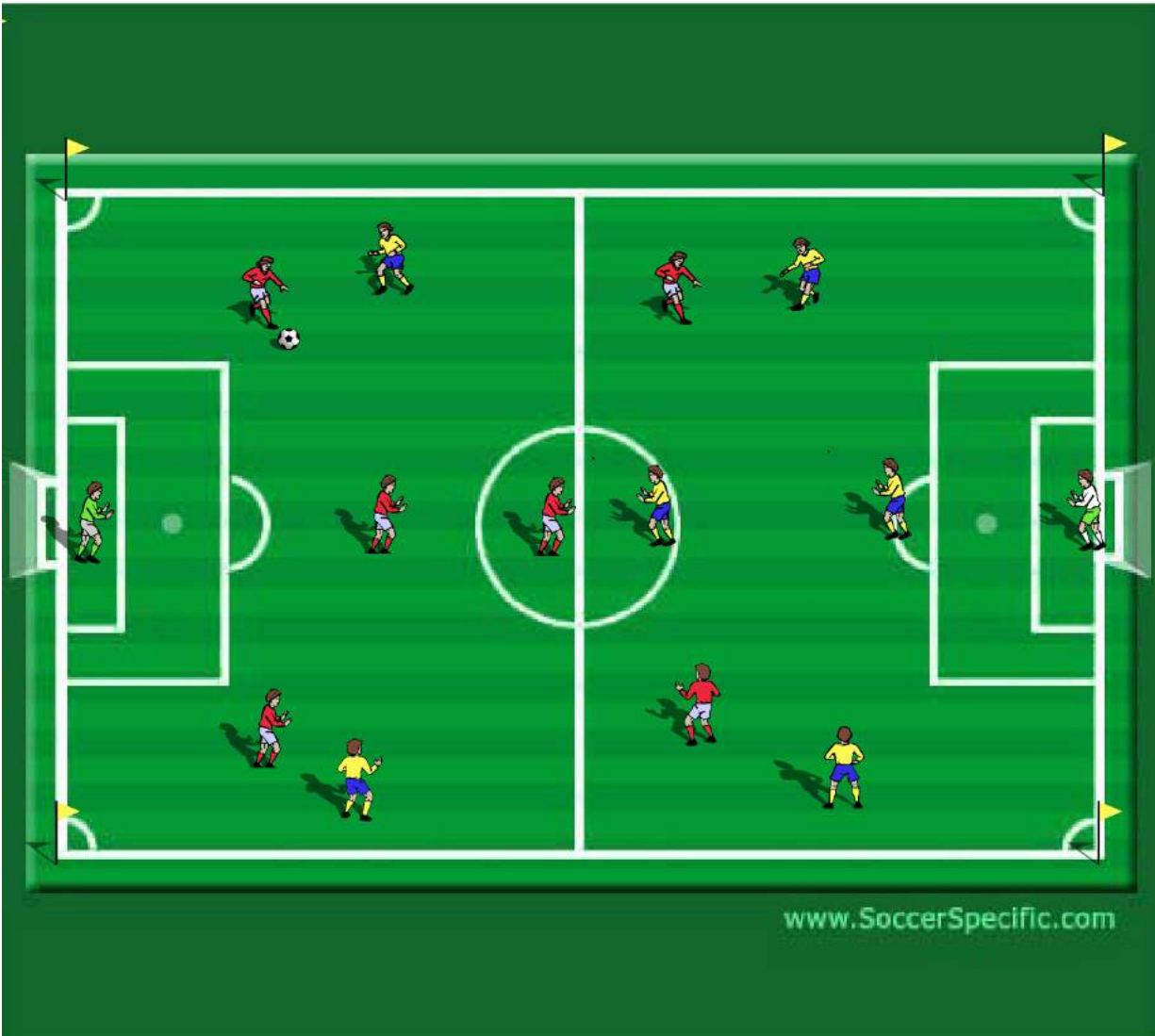
Check shoulder, Open hips and attempt to receive the ball sideways on, whenever possible.

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.

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.