

Description

Warm Up / SAQ (10 mins)

Organization:

- Players work in pairs.
- One player (blue) is attacker, One player (white) is defender.
- 2 cones, 4 yards apart (multiple groups set up to create league table).

Instructions:

- Players slap hands to begin game.
- Defender tries to be the attacker's mirror.
- Attacker attempts to step on either cone without the defender being able to do so at the same time.
- If attacker is successful, he receives a point.
- Players slap hands again centrally to start again.
- Players play for 30 second rounds, switch roles, winner moves up, loser moves down.

Coaching Points:

- Quickness of movements (can I get the defender moving quickly to build his momentum)
- When to change directions and / or fake changing direction.
- Use of body shape to fool defender (hips, eyes, etc.).

Progressions:



Unopposed / Semi-Opposed (20 mins)

Organization:

- Same area as previous but players now work across original area.
- Players in groups of 3 or 4.
- Ball per player.

Instructions:

1. Players Messi dribble to middle line where they perform u-turn, on eye contact next player goes and does the same process.
 2. Players now Messi dribble to middle line and perform stop-tap and do u-turn on end line
- Next player goes on eye contact and original players now dribbles back like Ronaldo.

Coaching Points:

1. Messi dribbling - Small touches, pinky toe, head up as much as possible.
2. Ronaldo dribbling - Touch every step, head up after every touch, touch in stride.
3. Technique of stop-start.
4. Use of body to fake the turn.
5. Ball out of feet and head up.

Progressions:



Semi-Opposed (10 mins)

Organization (exact same activity as warm-up just add a ball):

- Players work in pairs.
- Player with the ball (blue) is the attacker, One player (white) is defender.
- 2 cones, 4 yards apart (multiple groups set up to create league table).

Instructions:

- Players slap hands to begin game.
- Defender tries to be the attacker's mirror.
- Attacker attempts to stop the ball on either cone without the defender stepping on the cone at the same time.
- If attacker is successful, he receives a point.
- Players slap hands again centrally to start again.
- Players play for 30 second rounds, switch roles, winner moves up, loser moves down.

Coaching Points:

- Quickness of movements (can I get the defender moving quickly to build his momentum).
- When to turn or use stop-start (space vs. defender).
- Use of body shape to fool defender (hips, eyes, etc.).

Progressions:



1 vs 1 conditioned game (15 mins)

Organization:

- 20x20 area
- 3 players per line

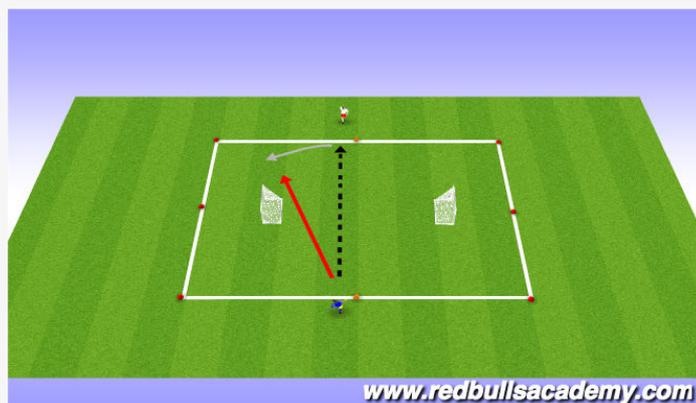
Instructions:

- Player A passes to Player B and defends. Both players are trying to score in either PUG.

Coaching Points:

1. Quality of 1st touch (angle, direction, etc.).
2. Recognition of pressure / space (when do I turn? when do I use stop-start? size of touches, etc).
3. Protecting the ball.

Progressions:



Free play (25 mins)

Organization:

- 3 vs 3 game.

Instructions:

- 4 teams of 3, 2 fields and round robin tournament.

Coaching Points:

1. Recognition of space / defenders.
2. Recognition of when and where to use techniques.

Progressions:

