



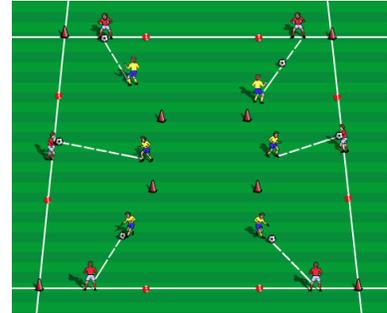
Forward Play

Players can often win the ball near to the opponent's goal and create chances to quickly shoot. This session is designed to make strikers must be positive and single minded when in front of goal.

Warm Up

Setup 30x30yard box with 10x10yard box inside
Players in two teams, two balls in play

Description Split group into two teams. One team should be on the perimeter with a ball, the other team will be working in the middle. The box in the centre will cause confusion and congested 'traffic' for players.



Speed Agility & Quickness (Inc. Dynamic Stretching)

Setup Markers 30yards apart, with 6 hurdles and 5 markers in-between as shown on right.

Description Start at one end of the Speed Hurdles in an athletic stance with feet shoulder-width apart. Stay on the power pads of your feet and run over each hurdle. Both feet should hit the ground.



Drill

Setup 40x30yard area. Players positioned on perimeter with a ball each. One working player in centre.

Description To start, you call the name of the outside player who must pass to the forward in the centre. The forward must take one quick touch when receiving the ball and then immediately turn and shoot with 1st touch.



Development

Setup Extend playing area by creating a 5yard end zone. Create a 2v3 defending overload.

Description The defenders receive a pass from the goalkeeper and attempt to pass to a team mate in the end zone. The two forwards must put pressure on the defenders and regain possession in order to shoot.

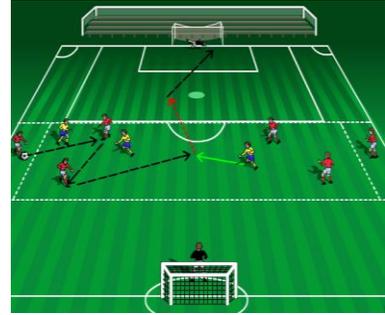




Game Related Practice

Setup Half Pitch with goals and goalkeepers

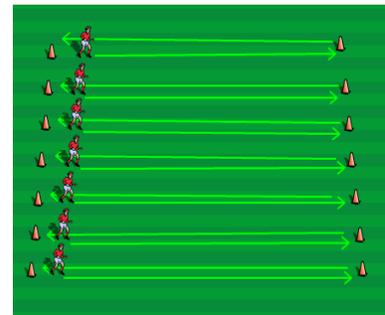
Description The Red team is keeping possession in a central zone by trying to pass to their outside target at each side of the pitch. The Yellow attackers pressure the Red's into giving the ball away. If they win the ball, they must shoot at one of the goals as quickly as possible.



Cool Down

Setup Two markers, 20yards apart

Description Players lightly jog performing slow dynamic stretches such as lunges, squats etc. This can be progressed into static stretches. It is important to lower the heart rate gradually and stretch all of the major muscle groups to aid recovery.



Notes