



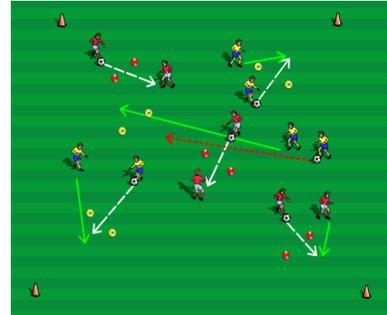
Forward Play

A team that is positive and takes on shooting opportunities gives itself more chances to score a goal and ultimately win the game. This means spending time developing various finishing techniques.

Warm Up

Setup 20x20yard box with several gates inside
Players in pairs, one ball between two

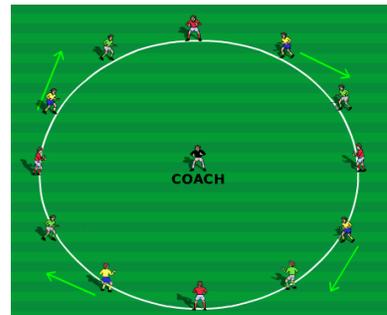
Description Players pass through the empty gates and pass to each other as they move into space. Players can be told to perform various moves whilst dribbling such as step over, scissors, sole drag back and turn etc.



Speed Agility & Quickness (Inc. Dynamic Stretching)

Setup 20yard diameter circle with players organized by colour or numbers

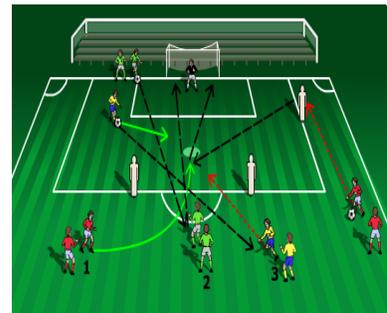
Description Coach should be central and lead the group through a series of dynamic stretches. As the intensity of the activity builds, players run trying to catch the player in front of them. Numbers/Colours run on instruction.



Drill

Setup 40x30yard area
Goals with Goalkeeper (possibly two to avoid fatigue)

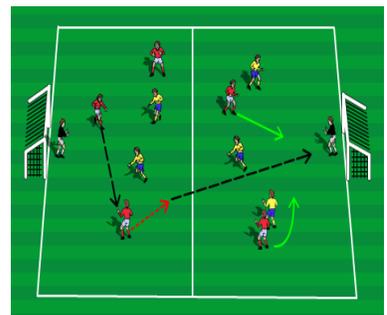
Description (1) Red starts by dribbling past mannequin and crossing for team-mate to finish. (2) Green sends a long diagonal ball for team-mate to volley. (3) Yellow passes and comes in to create a 1v1 situation.



Development

Setup 30x40yard area
Players in two teams with goalkeepers

Description Players in the defensive half combine in a 3v2 overload to create a shooting opportunity from that half. The two players in the opposition half can be used for passes or for rebounds.

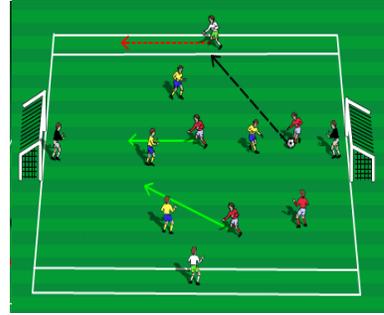




Game Related Practice

Setup 40x30yard pitch with wide zones

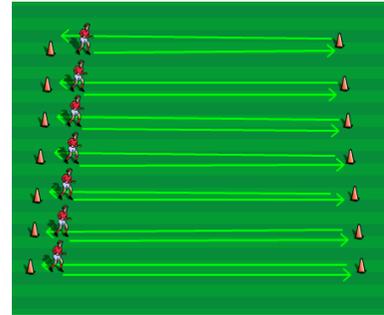
Description Each team has four players on the pitch and one player in the right channel. Teams try to score by building up play through the middle of the pitch or by switching play out to the right winger who is free to dribble upfield and cross the ball into the box.



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