

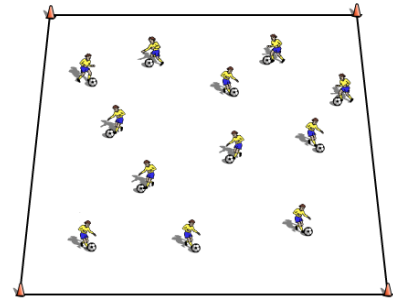
Supplementary Training Program

Upper St. Clair Group Training



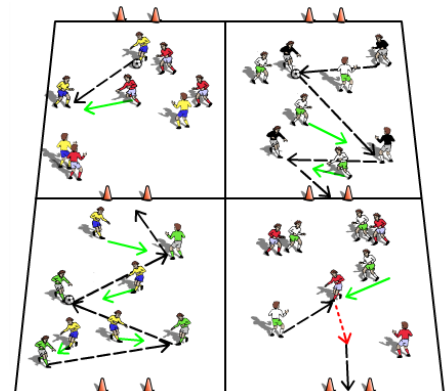
Warm Up: Ball Mastery

Groups conduct their own individual warm ups. Emphasis is placed on ball mastery and getting players comfortable with the ball. Inside a 20x20 yard area, all players should have a ball. Players dribble freely inside the defined playing area. Coach provides instruction on various conditioned movements with the ball as follows. a) inside-inside; b) inside-outside; c) turn-in; d) turn-out; f) change g) toe-taps. Players perform the conditioned activity for a set-time before moving freely again.



Field Layout: Skills Testing (Teamwork)

Using a full field the setup can accommodate 4 games. Each field should be 30x20yards with small goals at either end. Depending on how many players you have, choose to play either 3v3 or 4v4. Print out the appropriate Score Sheet template, give each player a number and fill in the names of the players in the 'Player name' column. There are six matches in the tournament. For each match in the tournament, arrange your players into teams as shown in the 'Teams' column on the Fixtures list. On your whistle, play a three-minute match using the rules below. After each game, record the score in the 'Result' column on the Score Sheet.



Scoring

- All players who have been on a winning team are awarded 10 points
- All players who have been on a drawing team are awarded 5 points
- All players who have been on a losing team are awarded 2 points
- Put the points scores for each player in the appropriate column under 'Games & Points'
- Repeat the sequence until all matches in the tournament have been played
- Add up the points for each player in the 'Points total' column and find out who is the tournament champion!

Rules

- Each match lasts for five minutes
- There are no goalkeepers
- There is no offside
- Players can take as many touches as they like but must score with a one-touch finish
- The ball cannot go above head height. If it does, a direct free kick is awarded against the offending team from where the ball was last touched
- If the ball leaves play, instead of a throw-in players pass back into the area
- Corners apply as normal

Notes

- If there is time at the end, players can be organized in a scrimmage among their teams

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Team _____

Date _____

Venue _____

Field _____

Game Number	Teams	Result
1	1 2 3 4 v 5 6 7 8	-
2	2 3 4 8 v 1 5 6 7	-
3	3 4 7 8 v 1 2 5 6	-
4	4 6 7 8 v 1 2 3 5	-
5	1 3 6 8 v 2 4 5 7	-
6	1 2 7 8 v 3 4 5 6	-

Number	Player Name	1	2	3	4	5	6	Total
1								
2								
3								
4								
5								
6								
7								
8								

Notes	

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Team	_____
Venue	_____

Date	_____
Field	_____

Game Number	Teams	Result
1	1 2 3 v 4 5 6	-
2	2 3 4 v 1 5 6	-
3	3 4 5 v 1 2 6	-
4	1 3 4 v 2 5 6	-
5	2 4 6 v 1 3 5	-
6	2 4 5 v 1 3 6	-

Number	Player Name	1	2	3	4	5	6	Total
1								
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Notes