

### Warm-up (10 mins)

#### Set Up:

Players have ball each.  
Teach foundation move and have them on command explode from it into another cone.

#### Aim:

Have them get to one cone produce turning move and go to another cone to stop.  
Scissors – Step over – L turn – Inside cut – Outside cut.  
Improve individual skills. Improve ways to protect ball

#### Coaching Points:

Close control  
Change of speed and direction  
Bend knees Weight  
balanced Sharp turn to protect.



### Technical (10 mins)

#### Set Up:

4 teams of two players or more  
Each team nominate a captain (when the coach calls the captain must race to the centre cone. First player wins a point for their team.)

At the signal change players move clockwise. The first team to get all players gets the goal.

Players moving around their box in and out practicing different ball mastery skills called by the coach.

*Progression: change captains, make boxes smaller, "defender" call one player goes from their box to try and be the first defender to get a touch on an opponent's ball.*

#### Aim:

To practice ball mastery skills  
To move quickly with the ball.

#### Coaching Points:

Small touches  
Practice foundation moves (i.e scissors, boxes, step overs) Quick burst of speed to the next box



### Skill Development (10 mins)

#### Set Up:

All players with a ball except two players with different pinnies on. Players with a pinnie have to steal the ball and dribble it to the triangle. Players who lose the ball can try and stop their ball going in the triangle. If ball goes into the triangle they pick up a pinnie and join that team.

Progression 1) Change defenders

#### Coaching Points:

Head up  
Attack Space  
Close control  
Use different surfaces  
Change speed and direction Decision making  
Protect ball



## Conditioned Game (15 mins)

### Set Up:

4 v 4 into target zones.

A player from each team goes into the end zone with a ball. Once a player dribbles into endzone they swap and the player in the endzone exits, attacking space.

### Aim:

- To encourage scanning before receiving to quicken decision making on ball
- To improve vision to play forward

### Coaching Points:

- Movement to create space
- Rotation of players
- Receive on back foot to play forward



## Small Sided Scrimmages (15 mins)

### Description:

Small sided scrimmages. No more than 4v4. Play without goalkeepers. Introduce the basic rules of the game. Keep them playing for as much time as possible.

### Coaching Points:

- Reiterate all of the above points.
- Keep them enthusiastic and engaged.

