

Dynamic Flex Warm Up (10 mins)

Set Up:

Two lines of cones 6-10-6 yards apart.

1. Jog to cone 2, Stride to cone 3, jog to cone 4 - Lunges on way back (thigh parallel to ground, knee behind toe, back straight, hold for 3 seconds, two strides repeat)
2. Jog to cone 2, diagonal sprint, players cross to cone 3, jog to cone 4 - Open the gate on way back (raise knee parallel to waist, rotate knee out, maintain balance, two stride repeat)
3. Jog from cone 1 to cone 3, backwards to cone 2, sprint to cone 4 - Calf and hamstring on way back, (feet together rise onto toes hold for 3 seconds, heels down knees locked reach as far down as you can, to stride repeat)
4. Jog to cone 1 Sprint to cone 4 - High kicks on way back (Kick high across body two stride repeat)

Aim:

Perform Dynamic Flex routine to prepare for practice combining movement and stretches.

Coaching Points:

- Physical form when running
- Emphasize muscle groups and physical form when stretching



Technical passing and receiving (20 mins)

Set Up:

Working in 3's- 11 plays into 6 who receives on half turn and plays into 11 on opposite side. As soon as 11 plays pass they find a new space. 7 returns ball to 6 who receives on half turn and plays back into 11 (in new space) 7 finds new space on side.

Progression:

After 11 plays in now follows pass and takes 6 place. 6 receives and plays to 7 before recycling space into a space on outside. 11 becomes 6 and 6 becomes 11. Same rotation continues.

Coaching Points:

- Quality of pass - direction and weight
- Quality of half turn - receive open body and play other foot check shoulders to find next target communication



Switching the play (20 mins)

Set Up: 2- reds and blues, player from each team on the opposite ends of the grid and 2v2/3v3 inside. ball for each team. 20x20.

Aim: Short and sharp passing combinations, working on transferring the ball quickly, race between the two teams to see who can transfer it 5 times. Add stipulations so they have to make x amounts of passes in the middle. Receive the ball in different zones each time.

Progression: teams play against each other with one ball. Point every time they play it out of the square. Swap with the outside player when they pass. Wide players have to receive ball in a different zone each time.

Coaching Points:

- Create Angles.
- Be Direct,
- Correct body shape when receiving the ball, Communication,
- Emphasize that player's don't need to get within 5 yards of wide players.
- Wide players move off the ball.



Wide goals (20 mins)

Set Up:

2 Mini goals/gates on each end line, 1 main goal on one end line with target player on other end line. Both teams setup in a 2-3.

Aim:

Teams score 5 goals if they can play ball into the side goals, 1 point if they can finish on main goal or hit target man. Rotate sides to allow different types of attacking opportunities.

Coaching Points:

- Movement to support & receive
- Quality of pass & first touch
- Body position to receive
- Angles & distances of support
- Recognize when to switch
- Don't force the play
- Width & Depth

