

Heading Warm up (5 mins)

Team heading warmup(10x10) Grids (5 Mins):

1. Players score a point every time they head the ball in succession

2. Players restart from 0 if ball is dropped

Coaching Points:

1. Lock the neck, close mouth

2. Eyes open

3. Contact Head – forehead above the eyebrow

4. Contact Ball – under for up and out / top for down in

5. Arms and Shoulder movement for strength and positioning

Progressions:

1. After first head, player takes a knee, second head, player takes two knees, third head player gets back up on one knee and fourth head, player get back up to standing position



First touch dribble

Half the players on the outside, half on the inside.

Players on the inside have a ball each.

Players with the ball dribble through the middle square, change their direction and find a player on the outside. Player on the outside receives the ball, takes touch to space and moves into to square.

Progressions

- Player who passes in closes down the receiver as a passive defender, forcing them to make a decision.

- Add a defender into the middle square - as they attack the square

- head up, do not let the defender get the ball

CP's

- Dribble with head up - find someone on outside who is free to receive the ball.

- receiving ball

- On toes ready to receive

- positive first touch into space

- Move with speed to attack the space

Approaching defender - use skills to fake them out then attack the space to get past them with speed.



First touch receiving (20 mins)

Set Up:

Gates spreadout through out the field

Initially in pairs one being feeder in between gate.

Feeder throws the ball (underarm) to red who controls it and passes back to Feeder (focusing on first touch of bouncing ball).

Red then runs to a different feeder and repeats the above.

The first player to visit five gates is the winner. Change roles each progression is made. Each group should be feeder for a minute then work for a minute. The more you work on this the better their first touch will improve.

Progressions:

1) Feeder rolls in and red receives with opening up touch and takes and passes to another feeder.

2) Feeder throws in and player receives in air with opening touch and takes to another feeder.

- Receive with chest or thigh - relaxed - cushion the ball

Coaching Points:

Quick movement towards ball and point of control

Settle yourself before presenting surface (relax)

Body shape on receiving the ball

Call for the ball (communicate)

Control towards 'open' goal/space



Football Tennis

Soccer tennis

Teams get 2 bounces, but unlimited touches to keep the ball alive.
Use all parts of the body to control and move the ball apart from arms/hands and head
Progression - only one bounce



Small Sided games (20 mins)

Small Sided games

Let them play - encourage good first touch
-On throw ins - encourage proper throws and control using different parts of the body

