

Ball Mastery (10 mins)

Players begin opposite each other, 20 yds apart.
Drive towards each other, at the right distance, do specified move and accelerate out.

Equal time on R/L foot.

- Fake/take - drop left shoulder take ball without side of right foot
- Scissor
- Rollover - sole of foot moving the ball across your body then touching it in front using other foot

Coaching Points

- controlled touches towards partner
- head up to identify distance/space/pressure
- quick, effective move
- change speed/direction



Face Off (20 mins)

Set Up:

1- In pairs no ball, red fakes out blue in race to either cone and scores by touching cone first, blue stops red by touching the cone first. each time a point is scored, restart from middle of cones. swap roles each 30 seconds

2- red has ball and blue must touch cone with foot to stop red from scoring; small touches, fake out defender, use speed

3- introduce a third cone behind blue worth 3 points - can you off set defender to create a gap to attack and penetrate the space to get to cone behind. Swap roles every 60 seconds

Coaching Points: eye on opponent, watch defender, feel ball, change direction and speed, lateral movement then penetrate with dribble



Speed and Control (20 mins)

Organization:

20 x 20 yard box with at least gates randomly placed inside.
Everyonewith a ball - every player is to move ball withspeed around the area tryingto get as many gates as possible - close control - changes of speed and direction

Progression -

In pairs players will compete to run through as many gates as possible without getting tagged. One player will start slightly in front of the other to give a small advantage. both players have ball
Progression 2 - only the leading player has ball - tagger does not.

Coaching Points:

- Attacking players should be unpredictable and change directions as much as possible.
- Defenders must go through the same gates as the attacker before tagging them.
- Both players must run/dribble with their head up.



1v 1 to end zone (15 mins)

Aim:

- 1v1 to end zone
- player beats attacker and stops ball other end
- swap roles each point scored

Coaching Points:

- Move ball to make it unpredictable for defender**
- get around defender with speed**
- close control**
- attack the space**



Triple Wide Goal (20 mins)

Organisation

Two teams, 3 goals each side.

Teams must score in any one of their opponents goals by dribbling or passing ball through goals, once a team scores, ball goes over.

Coaching Points

Recognise the need to switch play if the goal you're heading to is blocked.

Can attacking team move the ball quickly in order to stretch the defense.

Attack defenders with speed

Identify (head up) where the space is and how to get there with speed

