

Warm Up: Can You?



Coaching Points:

- Use inside & outside of feet. - Head up.
- Change of direction. - Listening skills.

- Players dribble around area looking to find space.
- Coach will lead the group by setting them a number of challenges by starting the sentence with 'Can You?' i.e. Can you head the ball etc.
- The players will then try to pass the coaches challenge.

Progressions:

- Gradually make the challenges harder.

Technique (Without Ball): What Time Is It?



Coaching Points:

- Be on toes. - Acceleration.
- Controlled speed. - Balance & coordination.

- Coach has a stack of cones near their area. Players will stand in a straight line on far side of area.
- Coach will ask the team "What time is it?" to which the team will reply with a time.
- The coach will fall asleep & wake up when the time is up.
- The players must stand still & not move when coach awakens.

Technique (With Ball): What Time Is It?



Coaching Points:

- Keep head up. - Use inside & outside.
- Control of the soccer ball (keep it close).
- Small touches. - Change of speed.

- Same as before however players dribble soccer balls.
- When coach wakes up players have to stop the soccer ball as well as freeze.

Progressions:

- Can be applied to both techniques (with & without ball). When coach shouts dinner time players must run/dribble back to the start line without been tagged.
- If tagged player must be part of the coach's team.

Scrimmage (3v3 or 4v4)



Coaching Points:

- DO NOT OVER COACH!
- Lots of encouragement.
- Give freedom for player to learn.

- Always end with a game, do not over coach, simply let them play.
- Keep it small 3v3 or 4v4 to maximize touches on the ball.
- 2 teams, 1 soccer ball playing to 2 pug nets.