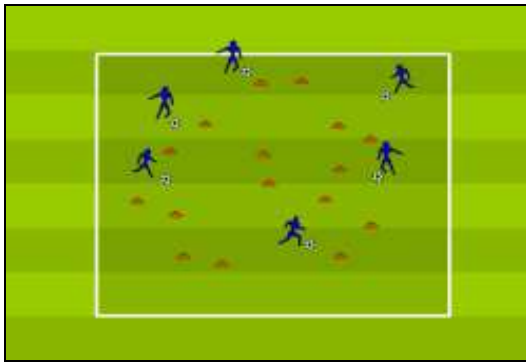


Warm Up: Gates



Coaching Points:

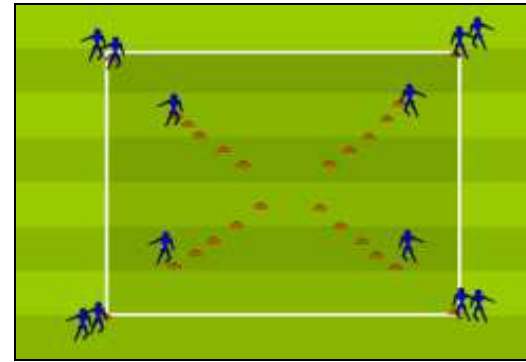
- Use all parts of feet. - Acceleration.
- Keep head up. - Close control on ball.

- Scatter gates around a large square.
- Players dribble their soccer balls through as many gates as possible.

Progressions:

- Players must perform a different soccer movement at each gate i.e. Cryuff turn etc.
- Challenge the players to dribble through a certain amount of gates within a certain time.

Fast Feet:



Coaching Points:

- Be on toes. - Use of arms to generate speed.
- Speed -Low to the ground for balance.

- Split players into 4 groups situated at 4 ends of the square.
- Players will perform fast feet movements & then sprint to the back of their line.
- Each player sets off as soon as the player in front reaches the 4th fast feet cone.

Progressions:

- Player joins line ahead of them after fast feet cones.

Technique: Shooting



Coaching Points:

- First time shot, use laces to generate power.
- Swing hips to generate power.
- Use inside of foot for 2 touch finish.

- Separate players into 4 lines.
- Player next to goal plays a pass into person ahead for them to shoot on goal (first time).
- Player follows pass & joins line.
- Shooter joins line from where he received pass.

Progressions:

- Player makes a touch before shooting with inside of foot. More accurate & aim for corners.

Skill Based Activity: Lightning



Coaching Points:

- Fast play, be aware. - Be vocal throughout!
- Use inside or laces for shot.
- No toes!!!!

- Players still in center behind cone.
- Coach passes a ball in for first player to shoot.
- If you score join back of line, if you miss or gk saves you go in goal & gk goes to the back of the line.
- If you score person in goal is out & next person in line goes in goal.
- Fast paced game to encourage quick shots.
- **End with Scrimmage (5v5).**

