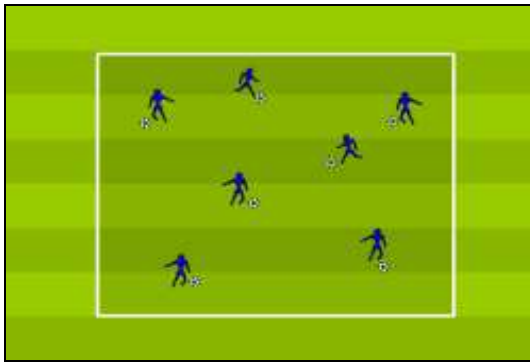


**Warm Up: Skills.**



**Coaching Points:**

- Use laces to run with the ball. – Head up.
- On toes when performing skills.

- Players dribble ball around in area producing different types of skill.
- On coaches command players will perform a particular skill when a number is called.
- Players must understand skill before you move onto the next one.

**Fast Feet:**



**Coaching Points:**

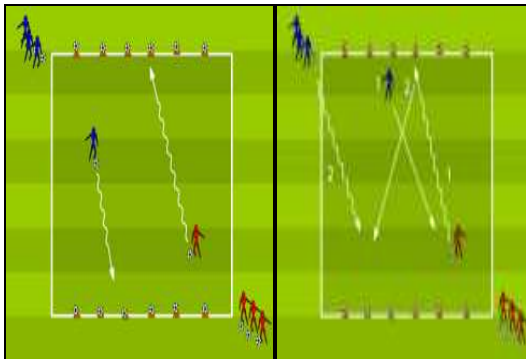
- Be on toes. - Use of arms to generate speed.
- Speed - Quick change of speed.

- 2 lines. Players split up 50/50.
- Players will perform fast feet movements through cones before running to soccer ball where they will perform a touch technique.
- Change movements after every minute.

**Progressions:**

- End with a relay race & make it a competition.

**Unopposed – Opposed: Transition**



**Coaching Points:**

- Transition needs to be quick, immediately go back to defense after been on offense.
- Attacker must run with the ball to accelerate.

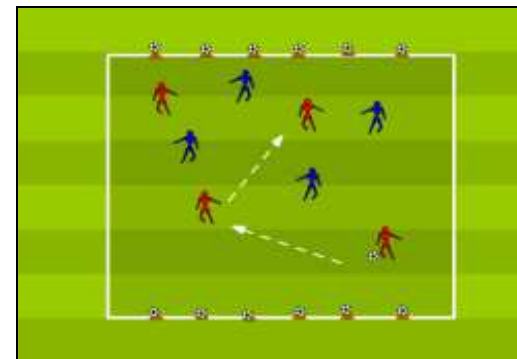
**Unopposed:**

- Split into 2 teams.
- Each player dribbles up to cone & try to hit it with ball.
- Once you make shot dribble back to line.

**Opposed:**

- 1v1, player tries to hit cone but defender tries to steal ball.
- Once on offense become defense! As soon as shot is taken next person in line dribbles meaning attacker must recover to defend.

**Game Related Activity:**



**Coaching Points:**

- Transition needs to be quick & organized.
- Communication. - Spatial awareness.
- Movement, no one should be stood still.

- 2 teams play against each other.
- To score a goal your team must try to knock down a cone or soccer ball on a cone.
- Encourage players to pass & move around area.

**Progression:**

- If team scores they must immediately attack in the opposite direction (both teams have to transition)!
- **End with Scrimmage (6v6).**