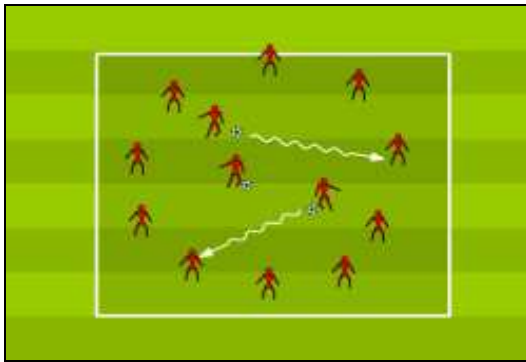


Warm Up: Circle.



Coaching Points:

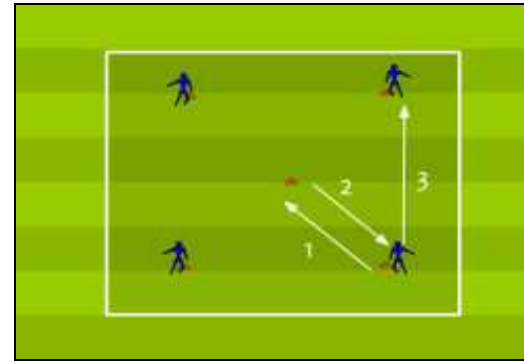
- Use all parts of feet. - Always on toes.
- Keep head up. - Close control on ball.

- Arrange players so that they make a big circle.
- Players will dribble soccer ball toward another outside player & switch positions.
- Players must keep the circle big by spreading out at all times.

Progressions:

- Players now pass ball.
- Players can perform passing combinations i.e. overlap & give and go.

Fast Feet:

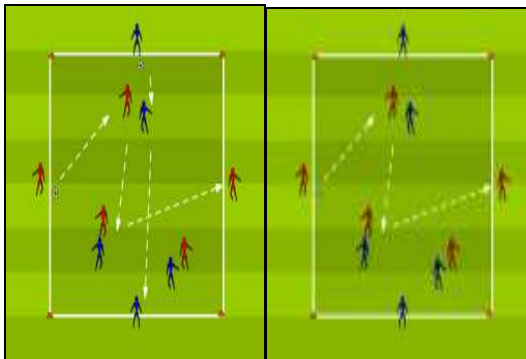


Coaching Points:

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

- Split players into groups of 4 or 8.
- Each player will perform fast feet exercise for 40 seconds. Then rest for 40 more seconds.
- 1. Player moves into middle cone.
- 2. Player moves back to original outside cone.
- 3. Player moves to cone to the right.
- 4. Repeat process at next cone.

Unopposed – Opposed: Passing & Moving.



Coaching Points:

- Quick movement away from ball.
- Firm pass with inside of foot.
- Strike center of ball. - Communication.

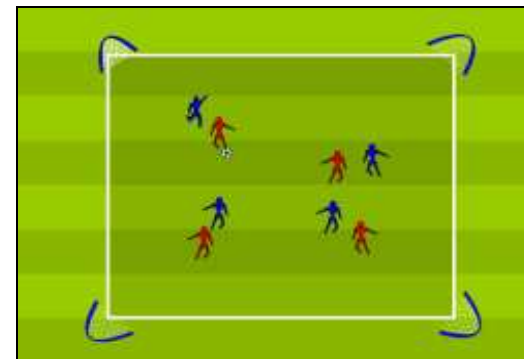
Unopposed:

- 2 teams have a soccer ball each.
- They have to combine passes to get the ball to either end other square.
- Progress so that the player who passed the ball to outside player switches.

Opposed:

- 3v3 in middle, same rules.
- If team loses ball they must try to retrieve it.
- Outside player = no tackles.

Game Related Activity:



Coaching Points:

- Quick passing & moving.
- Communication.
- Passing sequences, give & go, overlap etc.

- 4 goals, 2 teams.
- Players can score in any goal.
- Encourage plenty of passing & moving.
- Coach has spare balls so that the tempo remains high throughout.
- End with Scrimmage (6v6).