

Ball Mastery (10 minutes)

Set Up: 20 X 20 area.

Equipment: Cones, Balls.

All Players have a soccer ball. Players dribble around the area focusing on keeping control of the ball. Coach calls out a number and players must carry out the skill the number represents.

Each week introduce new numbers and keep the same from last week to test players ability to remember what they previously learned.

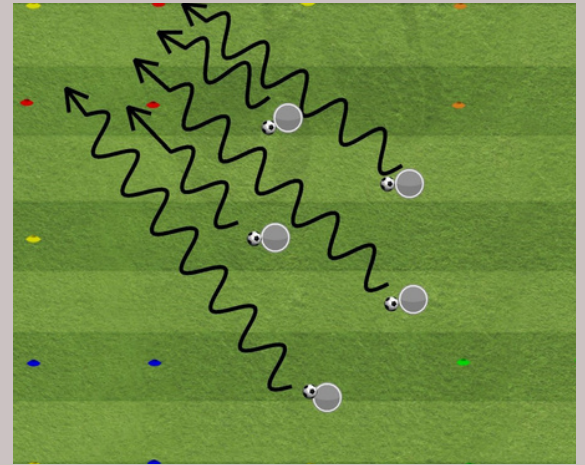
1 - Toe Taps. 2 - TikToks. 3 - Drag Backs.

Warm Up (10 minutes)

Set Up: 20 X 20 area.

Equipment: Cones, Balls.

All Players have a soccer ball. All 4 corners of the grid are marked (either number them 1,2,3,4 or colour code them). Have players dribbling around the area focussing on their touch, if coach calls red, all players must dribble the ball as fast as they can to get inside the red square.



Progressions: If you call a corner, make players go to the opposite corner to challenge them, add a defender, when players go to the corner if they lose their ball they also become a defender - last one left wins.

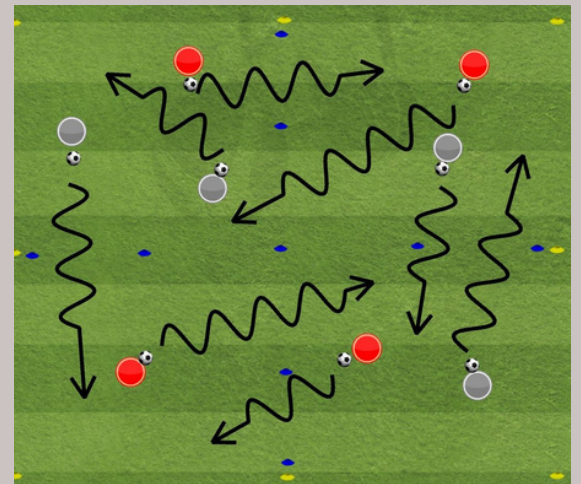
Regressions: Make the corner areas larger. Allow players to do it without a soccer ball.

Technical (15 minutes)

Set Up: 20 X 20 area.

Equipment: Cones, Balls, Goals, Bibs

Split the area into 4 small squares. As players dribble around if a player goes into the square with a teammate the original teammate must drive into a different square (cannot be in the same square as teammate). Get players to focus on where they are dribbling and where the space is.



Progressions: Now opposing players cannot be in the same square as each other - promote a lot of movement; don't allow the players to make it easy for themselves. Introduce skills; when changing square challenge players to do a skill like scissors when moving into the new square.

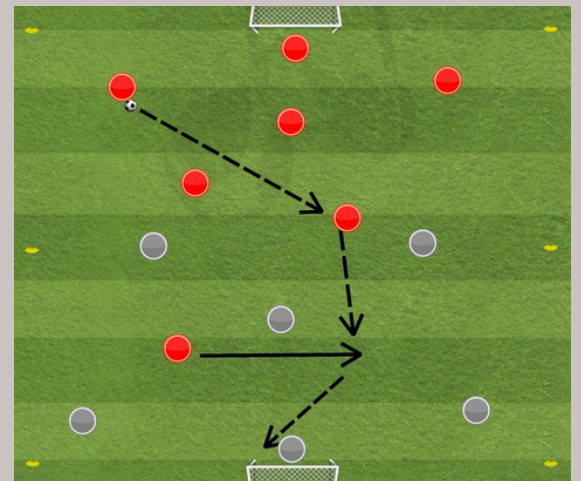
Regressions: Remove the ball and get the players to focus on their movement and their reactions.

Game (25minutes)

Set Up: 30 X 20 area.

Equipment: Cones, Balls, Goals, Bibs

Set up a small sided game, with even teams. Focus on ensuring the teams are small enough to allow everyone to get a touch during the game. For game speed when the ball goes out of play the coach should just roll in a new ball to allow the game to resume quickly.



Progressions: Introduce conditions to focus on dribbling, such as no forward passes allowed, forcing players to dribble forward before passing the ball.

Regressions: Remove the conditions that have been set and allow the players to play freely.