

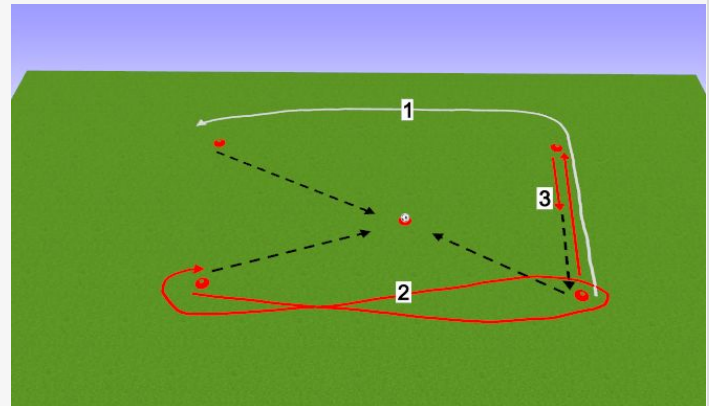


## Shooting and Dribbling competition (10 mins)

Players are set in teams of 2 or 3 in each corner.  
Players are to follow a sequence set by the coach before being allowed to shoot their ball to knock the central ball off the cone.

1. Dribble left then turn right at 1st cone then hook at 2nd to shoot.
2. Dribble left then U-turn at 1st cone to go back from where the player started to hook then shoot.
3. Dribble right then U-turn at 1st cone to play a pass to the original cone for waiting-player to shoot.

First team to 3 points wins the round.  
Move to the next version after each win.



## Shooting Stations (15 mins)

### THE SESSION:

3 parts

### 2 and 1 touches

1) First player passes between tall cones for partner to run onto and finish on 2 touches

2) First player is now shooter

Rotate sides to finish from varied angles

Limit to 1 touch to finish

### Under Pressure

1) a Defender (feet apart to be Megged) is now set up between the 2 orange cones facing away from the player with the ball

2) When the ball is played into space through the defender's legs, the Defender is allowed to press/ block the shot from receiving player

### Volley

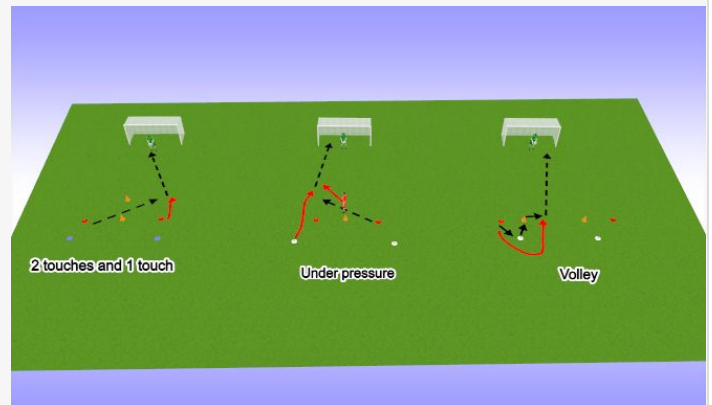
1) Player on red cone tosses a ball into the air for the player on the white cone to header to the player on the orange cone

2) Player from red cone underlaps the white cone to then have a cushioned header from orange cone player

3) Player from red cone then either half or full volleys to finish

### KEY POINTS

First touch - Quality passes - Technique per finish - Precision



## 4v4 Turn to Play Forward (15 mins)

### THE SET-UP:

Defenders (White), In Possession (Black), Target Men (Green)

2 Zones of 15x8 separated by a channel of 15x5

Points are scored by playing the ball from Target player to Target player

### THE SESSION:

1) Defenders are locked into their designated zones

2) Players in possession can move anywhere but must have one player in designated zones

3) For the ball to go from Target to Target a Black must receive in the middle zone and Pass or Dribble out; move the ball into supporting player or into Target for 1 point

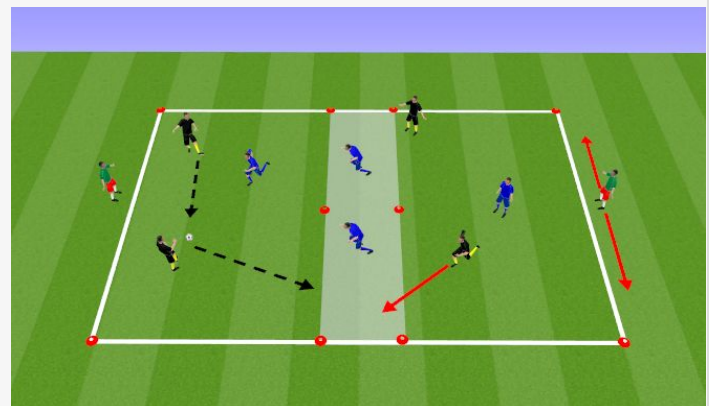
4) If the Defenders win the ball, they must pass into a Target player to switch roles with attackers

### PROGRESSIONS:

Rotate players through the Target roles

If playing with a GK; players must shoot into their hands to score

Limit touches



**KEY MESSAGES/POINTS:**

-Movement to Receive  
-Communication

-First Touch  
-Body Shape

**Game Play (20 mins)****THE SESSION:**

5V5

2 Defenders locked into third

1 Forward locked into third

1) Teams look to keep possession and build through the thirds

2) 2 Defenders locked into their designated zone along with 1 opposing Attacker

3) a spare attacker can join the attack to create a 2v2 in the final third (no more defenders allowed into the zone)

**PROGRESSIONS:**

Limit touches

Set varied points system for varied finishes

**KEY POINTS/ MESSAGES:**

Communication - Movement to Receive - Body Shape - Technique to Finish

