

## Warm Up (15 minutes)

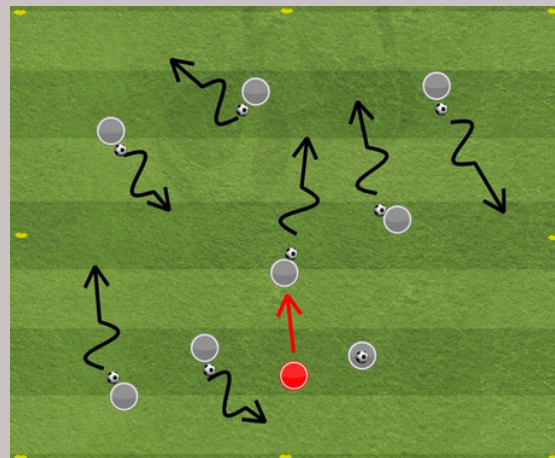
Set Up: 20 X 20 area.

Equipment: Cones, Balls.

All players have a soccer ball and move around the area whilst there is 1 tagger trying to tag the players. Once the player has been tagged they must stop, stand with their feet wide apart and hold their ball high above their head, they can only dribble again once another player has passed their ball through the stuck players legs.

**Progressions:** Increase the amount of taggers at the start of the game to make it more difficult for the dribbling players.

**Regressions:** The tagger needs to win the dribblers ball to tag them, this makes it a little easier for the players to try and avoid the tagger.



## Technical (20 minutes)

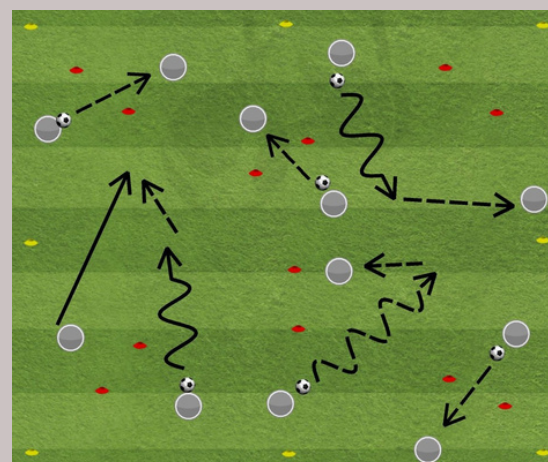
Set Up: 20 X 20 area.

Equipment: Cones, Balls.

Players work in pairs, there are gates in the area but they are not needed first. Players dribble around and pass the ball, to ensure there is passing limit the dribbler to 5 touches before they need to pass, you could also do a countdown, 5, 4, 3, 2, 1 and pass - this will help the players pass.

**Progressions:** When coach calls "play" players will have 15 seconds to pass through as many gates together as they can, 1 gate = 1 point. Use different coloured gates so players can only pass through that specific colour.

**Regressions:** Remove the dribbling aspect to make it easier. Increase area size to help the players.



## Game (25 minutes)

Set Up: 20 X 20 area.

Equipment: Cones, Balls, Goals, Bibs.

Set up a small sided game, with 4 goals. Make sure teams are small 3v3, 4v4 (5v5 depending on the players). Ensure there is a lot of space for players to play and get plenty of touches on the ball during the game.

**Progressions:** Introduce conditions to focus on passing. Every pass before the shot increases the worth of the goal; 3 passes = 3 goals.

**Regressions:** Remove any conditions and allow the players to play freely. Remove goalkeepers to make it more successful for the outfield players.

