

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.

10- Cruyff Turns. 11 - Toe Taps (Moving). 12 - TikToks (Moving).

Warm Up (10 minutes)

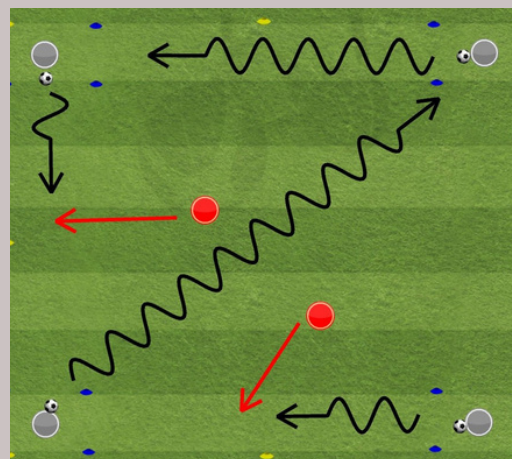
Set Up: 20 X 20 area.

Equipment: Cones, Balls, Bibs.

Set up 4 corners "safe areas" and have 2-3 players in each square, each of these players will have a soccer ball at their feet. Have a defender (or multiple) in the middle. Players in the corner must dribble to one of the other squares avoiding the defenders. Defenders cannot go inside of these squares.

Progressions: Add extra defenders. Make it into a competition, if attackers make it diagonally it is worth 2 points, if it's parallel then it's only worth 1 point.

Regressions: Remove the soccer ball and make it just like tag.



Technical (15 minutes)

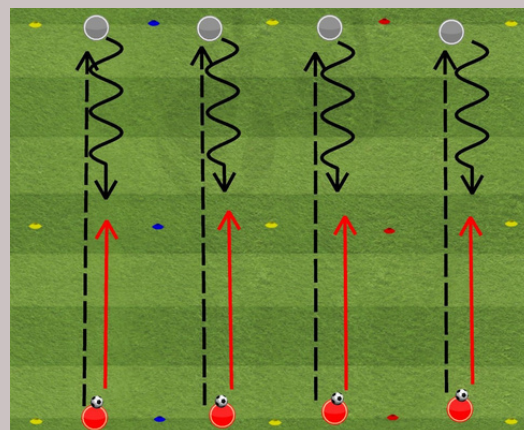
Set Up: 20 X 20 area.

Equipment: Cones, Balls, Bibs.

Players can work in pairs, or even groups (if larger numbers set up much more channels). Have attackers at one end of the channel and defenders at the other. Have the attackers try to beat the defenders 1v1 whilst defenders focus on winning the ball or forcing the attacker out of the area.

Progressions: Start with the defender playing a pass to the attacker to challenge their first touch and as they take their first touch the defender can press. Increase the space to make it harder for the defenders. Move to a 2v1, 2v1, 3v2 etc.

Regressions: Make the channel narrower to help promote success for the defenders.



Game (25minutes)

Set Up: 30 X 20 area.

Equipment: Cones, Balls, Bibs, Goals.

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 defending, such as if a team win the ball back within 30s of losing it they get a goal, if they win it back and score within 30s also it's worth 2. - Focus on rewarding good defending.

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

