

**Warm Up (15 minutes)**

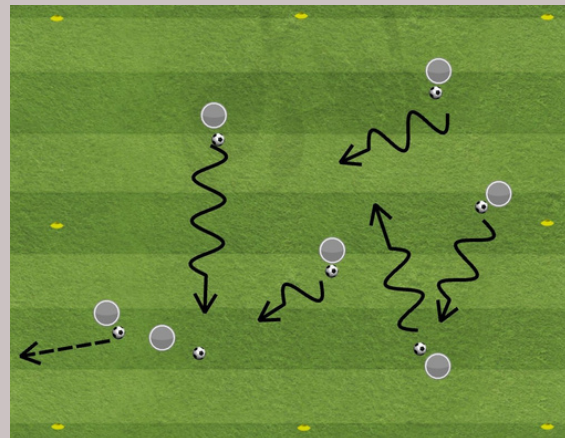
**Set Up:** 20 X 20 area.

**Equipment:** Cones, Balls.

Every player in the area has a soccer. All the players must move around the area and when coach calls "king of the ring" the players must then try and knock other players soccer balls out of the area while protecting their own ball, if their ball goes out of the area they are eliminated.

**Progressions:** If players are eliminated you can send them back in to try and eliminate 1 soccer ball, this keeps the players eliminated interested.

**Regressions:** Instead of being eliminated when their balls go out, the player must perform a ball mastery move before they can re-enter the area and the playing who knocked their ball out gets 1 point.



**Technical (20 minutes)**

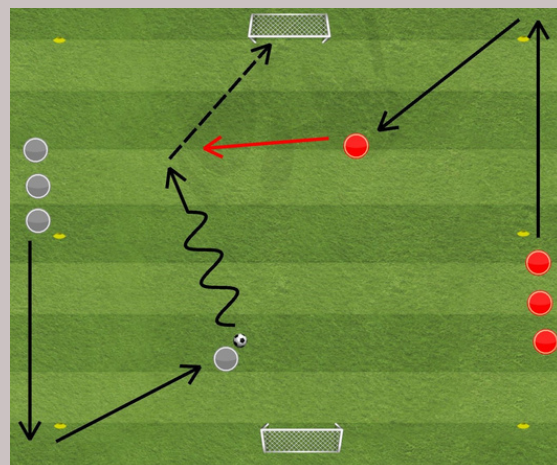
**Set Up:** 20 X 20 area.

**Equipment:** Cones, Balls, goals.

Split players into even teams and give all the players a number. When you call the number the players must run round a designated cone and into the pitch to then go 1v1 against their opposing number. Encourage the players to be direct and creative.

**Progressions:** Add a goalkeeper. Shout more than 1 number to introduce 2v2's, 3v3's.

**Regressions:** Instead of performing a 1v1, players receive a ball each and must dribble towards the goal to try and score, so there's no defender but still a little aspect of competition.



**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 dribbling. Have a box in front of the goal where if the player can dribble into it they can finish unopposed.

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

