



## Warm Up

### Organization

- 2 goals setup 15 yards apart on the goal line
- A mannequin is placed 15 yards out from goal at an angle to the goal

- A cone is placed 5 yards further out from the mannequin

### Activity

- The players dribble to the mannequin beat it on the outside and finish in to the far corner
- Switch the side in which the player will strike from to work both feet

### Progression

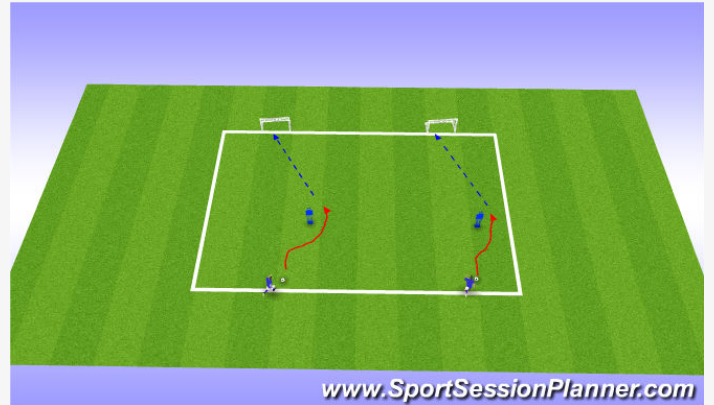
- Dribble in towards the mannequin, turn out and attack the opposite direction keeping body between ball and player.

### Progression 2

- Change the approach so the attacker comes from the outside angle, fakes to shoot, cuts back outside and finishes across goal

### Coaching Points

- Tight touches on approach
- Burst of speed past the defender
- Strike across goal in to the far corner



## Activity 1

### Organization

- Place one cone 10 yards from goal centrally
- Place 2 cones 5 yards apart and 5 yards further away from goal than the original cone
- Create one line of Attackers and one line of Defenders 5 yards from the two cones
- The line of defenders have a ball each

### Activity

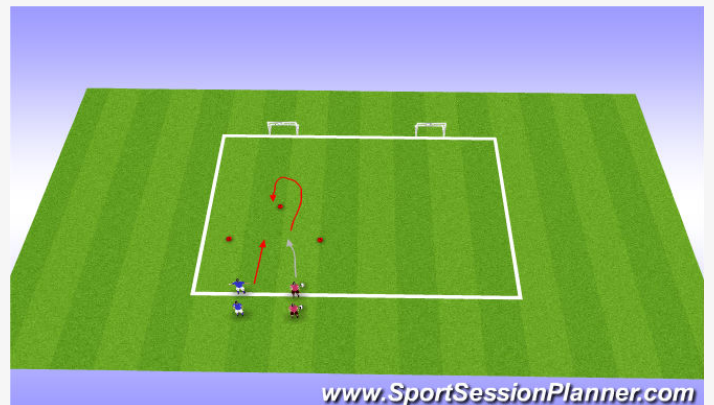
- The defender dribbles the ball and stops it centrally between the two cones before then running around the individual cones
- As soon as the ball has stopped the attacker is will step on to the ball and attempt to score. The defender will come around the cone and defender the goal.

### Progression

- Create a competition between groups as to who can score the most goals in a set time.

### Coaching Points

- Attacker take the defender out of the game with the first touch and finish with the second touch
- Quality of first touch
- Finish in to corners



## Final Game

