

## Warm Up (15 minutes)

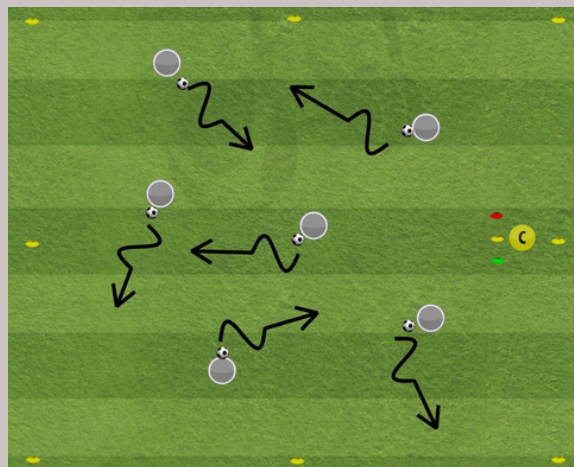
Set Up: 20 X 20 area.

Equipment: Cones, Balls.

All players have a soccer ball. Coach begins the drill by introducing the 3 traffic light colours, red, yellow and green. On red players must stop and place their foot on the ball, yellow players must move around the area slowly and on the command of green, players must dribble around the area fast.

**Progressions:** Introduce more commands, such as toe taps, tik toks or any other ball mastery movement. Have it so the coach holds up the colour instead of yelling to have players work on keeping their head up when dribbling.

**Regressions:** Have players hold their soccer ball as they run, or remove them completely.



## Technical (20 minutes)

Set Up: 20 X 20 area.

Equipment: Cones, Balls.

There have been 4 coloured corners set up in the area. Players are to dribble around the area and listen for coaches command. When the coach yells the colour the players must attempt to dribble into the specific corner. Focus on the players ability to maintain control of the ball whilst moving towards their target.

**Progressions:** Instead of calling out the colour the coach could hold up the coloured cone encouraging them to keep their head up as they were dribbling.

**Regressions:** Create the coloured area larger to make the distance travelled shorter 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 dribbling: such as when a player receives the ball they must be positive and dribble forward first before playing a pass. If players are doing very well, remove any forward passes, making players dribble forward to get up the field.

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

