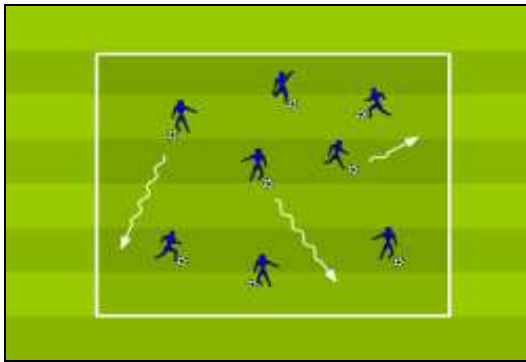


Warm Up: Ball Mastery (Superheroes)



Coaching Points:

- Use inside & outside of feet.
- Head up. - Change of direction.

- Each player dribbles their soccer ball around the area.

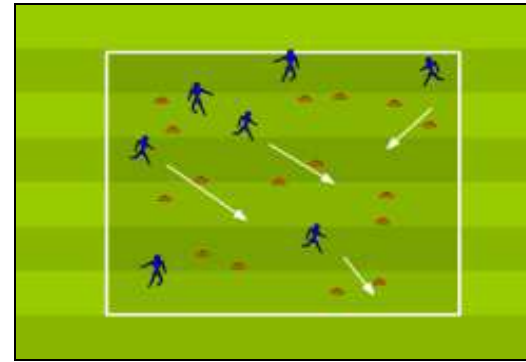
- Coach will shout a super hero's name i.e. Superman, Batman etc.

- On the command the player will do their best impression

Progressions:

- Player must involve soccer ball in their impression.

Technique (Without Ball): Gates



Coaching Points:

- Be aware of space. - Acceleration.
- Change of speed. - Balance & coordination.

- Players run through as many gates as they can.

- After 2 minutes change the movement they must do at each gate.

Progressions:

- Jump through gate.
- Run backwards.
- Hop.
- Figure of 8.
- Crawl.
- Slide etc.

Technique (With Ball): Gates



Coaching Points:

- Keep head up. - Use inside & outside.
- Correct technique is paramount.
- Small touches. - Change of speed.

- Players dribble soccer ball through gates.

- After 2 minutes change the movement.

Progressions:

- Dribble back & forth.
- Back Heel.
- Drag Back.
- Race.
- Figure of 8 etc.

Scrimmage (3v3 or 4v4)



Coaching Points:

- DO NOT OVER COACH!
- Lots of encouragement.
- Give freedom for player to learn.

- Always end with a game, do not over coach, simply let them play.

- Keep it small 3v3 or 4v4 to maximize touches on the ball.

- 2 teams, 1 soccer ball playing to 2 pug nets.