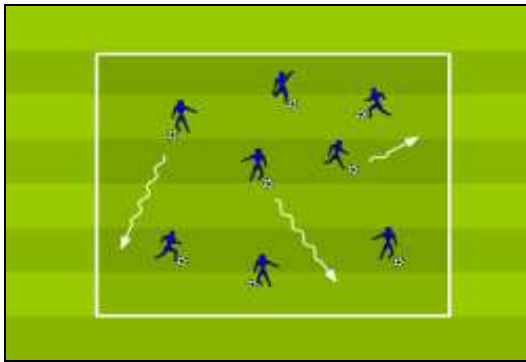


Warm Up: Number Sequence

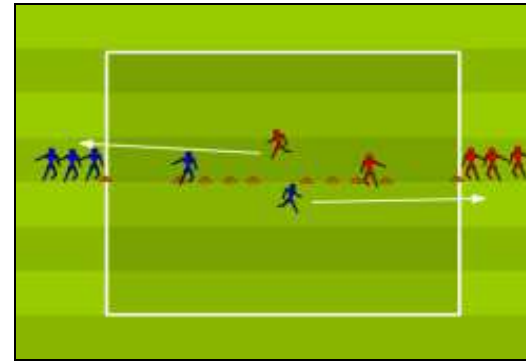


Coaching Points:

- Use all parts of feet. - Small touches.
- Keep head up. - Keep ball close to feet.

- Players move soccer ball around area listening to coach's command.
- Coach will assign a touch technique to each number.
- Give no more than 5 numbers & call each in random for players to perform.
- Perform technique for around 10 seconds before making them dribble once more.

Fast Feet:



Coaching Points:

- Be on toes. - Use of arms to generate speed.
- Acceleration. - Don't rush perform correctly.

- 2 lines 25 ft. apart with fast feet cones placed in center.
- 1st player from each line will perform fast feet through cones and move to the right to join the end of the opposite line.
- The next player in line will go once the player in front reaches the 3rd cone.
- Alternate the fast feet movements every minute.

Technique: Passing



Coaching Points:

- Use inside of foot to pass.
- Point standing foot to target.
- Strike center of the soccer ball.

- Split into groups of 3 or 4.
 - Player makes pass to partner ahead of them & must follow pass.
 - Player must take 2 touches. 1 to control the second to pass.
- Progressions:**
- 1 touch.
 - Make area larger.
 - Make a new combination.

Skill Based Activity: Doctor, Doctor



Coaching Points:

- Keep head up. - Change of direction.
- Communication. - Inside to pass ball.
- Spatial Awareness. - Keep ball close to feet.

- Each team has 1 or 2 doctors who are safe within their office.
- Teams try to kick their soccer balls (from the knee down) against the opposing team.
- If you get hit you must sit down & can only be saved by the doctor.
- If the doctor is hit outside the office, the players must try & defeat the rest of the team.
- **End with Scrimmage (5v5).**

