

Warm Up: Learning Skills



Coaching Points:

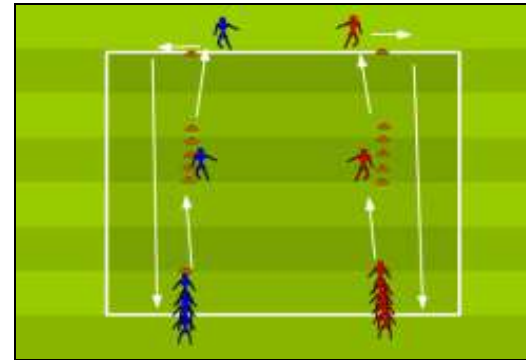
- Use all parts of feet. - Be creative.
- Keep head up. - Keep ball close to feet.

- Players dribble soccer balls around area.
- On coaches command players will perform a soccer skill i.e. Cryuff etc.
- Coaches must show players the correct technique & make sure that all players are following suit.

Progressions:

- Have player make a skill up to start introducing creativity.

Fast Feet:



Coaching Points:

- Be on toes. - Use of arms to generate speed.
- Acceleration. - Fast Feet through cones.

- 2 lines.
- Sprint to fast feet cones, then sprint to furthest cone before jogging back.
- Perform each fast feet movement for around a minute.
- Each player sets off after player in front reaches 3rd cone.

Technique: Dribbling



Coaching Points:

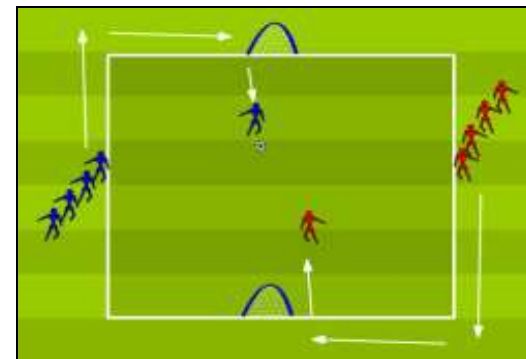
- Use laces to push soccer ball into space.
- Use inside & outside when getting closer.
- Inside of the foot to pass ball against cone.

- Split into 2 teams.
- 1 at a time players dribble their soccer ball up the field and try to knock down tall cone/ soccer ball on cone.
- Player only gets 1 attempt then heads back to their line.
- Next player sets off as soon as player reaches half way mark.

Progressions:

- Set up a time limit to reach opposite side.

Skill Based Activity: 1v1



Coaching Points:

- Acceleration. - Dribble fast not slow.
- Close touches. - Players should not hesitate.
- Skills to bypass player 1v1.

- 2 teams set up on either side of area.
- On coaches command a ball will be thrown into the center where the first 2 players from each line will run to their goal before trying to get to the soccer ball.
- Players will play 1v1 until ball is dead.
- Keep the tempo high.
- **End with Scrimmage (5v5).**

