

Warm Up: Ball Mastery.



Coaching Points:

- Use laces to run with the ball. – Head up.
- Players should be tapping soccer ball.

- Players dribble ball around in area producing different types of skill.
- On coaches command players will only be allowed to touch soccer ball with a certain part of their foot.
- Use inside, outside, sole & laces.

Progressions:

- Players can only use their weaker foot when performing the actions.

Fast Feet:



Coaching Points:

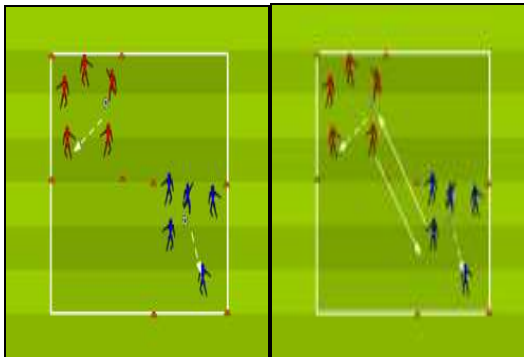
- Be on toes. - Use of arms to generate speed.
- Speed - Quick change of speed.

- Place cones around area in a fast feet format.
- Use 4 or 5 cones per fast feet layout.
- Player will run randomly around area performing fast feet movements at each cone.
- Change fast feet movements after every minute.

Progressions:

- Set a challenge to see who can perform most exercises.

Unopposed – Opposed: Passing & Moving



Coaching Points:

- Use inside of foot to pass.
- Move into new space, don't stand still.
- Players should spread out to create passes.

Unopposed:

- Split into 2 teams and place into 2 squares.
- Players pass & move in square.
- Set challenges i.e. first team to 20 passes etc.

Opposed:

- Give each player a number.
- When coach calls number player will leave their square and try to steal the soccer ball from opposite square, repeat process until you call the number back.

Game Related Activity:



Coaching Points:

- Spread out for better pass rate.
- Communication. - Spatial awareness.
- Movement, no one should be stood still.

- 2 teams play against each other.
- To score a goal you must pass into the end zone.
- 1 point for normal pass, 2 for leading pass.

Progression:

- If team scores they must immediately attack in the opposite direction.
- End with Scrimmage (6v6).