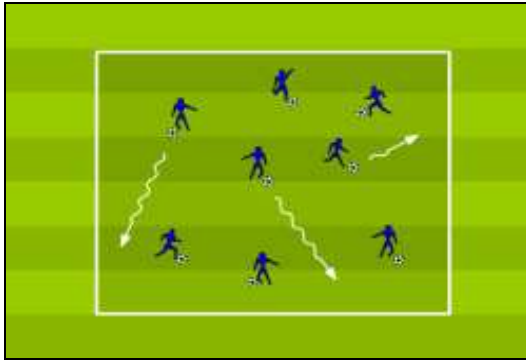


**Warm Up: Ball Mastery (Difficult).**

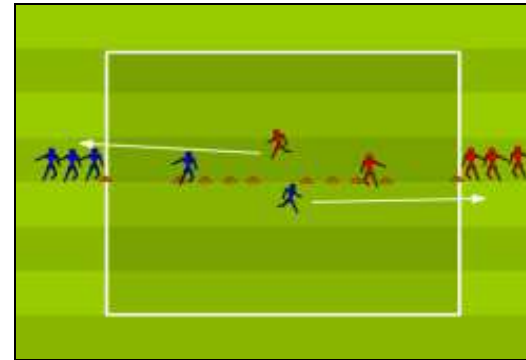


**Coaching Points:**

- Use all parts of the foot. - Always on toes.
- Keep head up. - Close control on ball.

- Players dribble around area looking for space to accelerate into.
- Players should perform the most difficult touch techniques on the coach's command.
- Use a number system to highlight each touch technique.

**Fast Feet:**



**Coaching Points:**

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

- 2 lines 25 ft. apart with fast feet cones placed in center.
- 1<sup>st</sup> 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 3<sup>rd</sup> cone.
- Alternate the fast feet movements every minute.

**Unopposed – Opposed: Creativity.**



**Coaching Points:**

- Skills to bypass defenders in 1v1.
- Be creative. - Move off the ball.
- Be confident. - Communication.

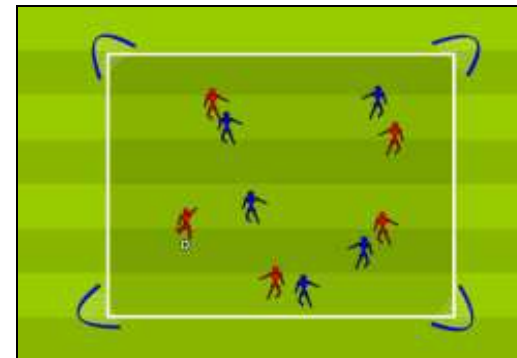
**Unopposed:**

- Split into 2 teams & place in 4 lines as shown.
- Players play 1v1 towards goals they are facing.
- 2 groups go at the same time to add confusion.
- Switch attackers and defenders after 5 minutes.

**Opposed:**

- 2v2 in middle with 1 soccer ball.
- Players can only shoot in the 2 goal furthest away.

**Game Related Activity:**



**Coaching Points:**

- Quick passing & moving.
- Communication. - Be creative.
- Firm passing & confident play.

- 2 teams play to 4 goals.
  - Team can score in any goal.
  - Encourage players to be creative once in a 1v1 scenario.
  - Have soccer balls to the side for quick restarts.
- Progressions:
- Team that scores keeps possession of the ball.
  - **End with Scrimmage (6v6).**