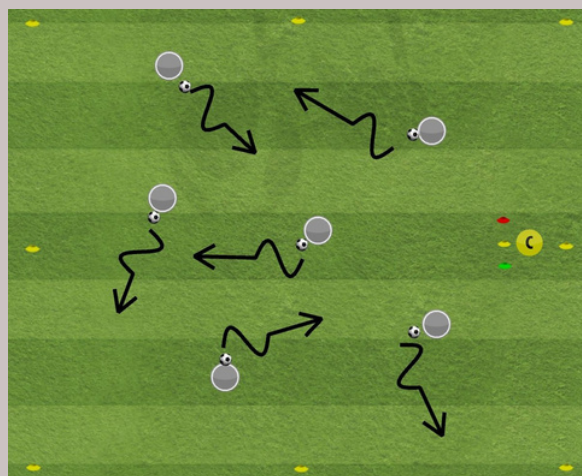


Warm Up (15 minutes)**Set Up:** 20 X 20 area.**Equipment:** Cones, Balls.

Coach is inside area with players, every player has a ball. On coaches "Green light" players dribble freely around the area avoiding each other. If the coach calls "Yellow light" players must perform the chosen ball mastery move (toe taps, tiktoks, sole rolls etc.). On the "Red light" call players must stop the ball and remain still with one foot on the ball.

Progressions: Instead of calling out the colour the coach simply holds up a cone so the players have to keep their head up and be aware. You could also add defenders in certain areas to get players to avoid them and focus on finding the space.

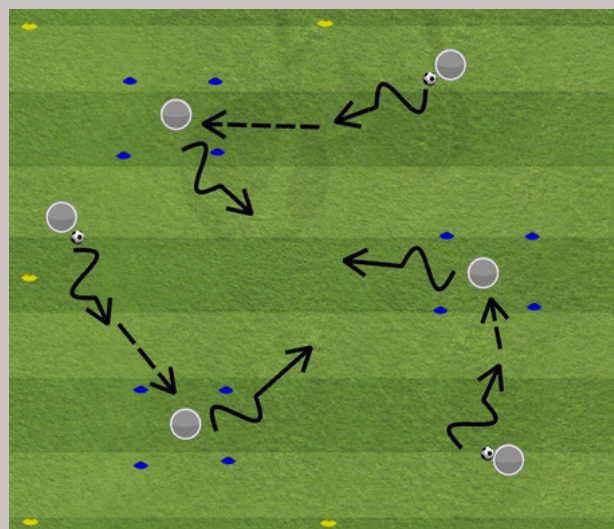
Regressions: Remove soccer balls if players struggling. Keep red and green the same, but "Amber" could be like balancing on one leg etc.

**Technical (20 minutes)****Set Up:** 20 X 20 area.**Equipment:** Cones, Balls.

Set up multiple smaller boxes inside the large area and have a player without a ball in each of them, players outside the smaller boxes have a ball each. When coach starts the drill, players dribble into space and pass into the boxed players, who must control the ball and leave the square from a different side from which the pass came. The passer then takes their spot in the square and the receiver becomes the passer.

Progressions: After the players passes into the box, they can then apply pressure and try and win the ball before the player receiving leaves the box.

Regressions: Increase the number of boxes and/or have a box per pair and players are simply working in one box trying to receive in and out of it using the different surfaces of their feet.

**Game (25 minutes)****Set Up:** 30 X 20 area.**Equipment:** Goals, Cones, Balls. Bibs

Set up a small sided game, with even teams. At this point you could ensure the game is fun and teams are small enough so everyone is getting lots of touches, if the ball goes out of play just insert a new one to keep game speed up.

Progressions: Introduce conditions to focus on passing; every pass before a goal changes the value of the goal for example if 5 passes are made before the goal, it's worth 5 goals.

Regressions: Remove any conditions and allow the players to play freely.

