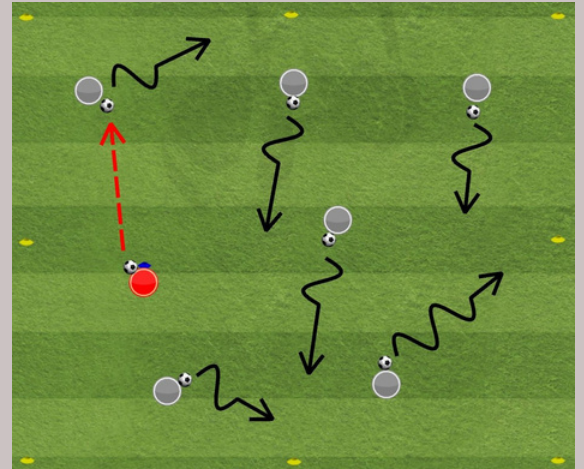


Warm Up (15 minutes)**Set Up:** 20 X 20 area.**Equipment:** Cones, Balls, Bibs.

All Players have a soccer ball. There is one tagger who is carrying a disc cone, the tagger must dribble around the area and tag players by passing their soccer ball into the other players ball, if the players soccer ball is tagged they must find the coach to get a cone to become a tagger. Last player without a cone wins.

Progressions: Introduce more than one tagger. If the ball strikes the player or the ball they become a tagger.

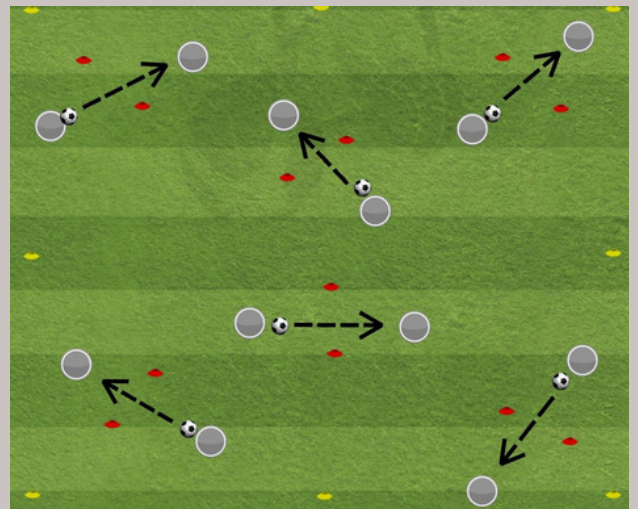
Regressions: The tagger players without a ball and can win possession from a player before playing the ball outside of the area by passing it.

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

Players work in pairs and stand opposite to each other with a gate in between them, one ball between 2. Players must simply pass the ball through the gate to their partner where they must then control the pass and return the pass through the gate.

Progressions: Make gate smaller to require more accuracy. Move players further back from gate. Introduce a team limit to see how many they can make through, if they miss the gate or hit a cone they return to 0.

Regressions: Increase the size of the gate to help any struggling players. Move players closer to the gate to get a bit more success.

**Game (25 minutes)****Set Up:** 30 X 20 area.**Equipment:** Cones, Balls, Goals, 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 where there must be a certain number of passes before they can shoot. Or multiply the goal, if a team made 5 passes before scoring then the goal becomes worth 5 instead of just 1, prompting teams to try and pass more.

Regressions: Remove conditions and allow players to play freely.

