

**Ball Mastery (10 minutes)**

**Set Up:** 20 X 20 area.

**Equipment:** Cones, Balls.

Have all players find a space inside the area. Have players practice their juggling. To begin have them drop the ball, kick it up and catch it. Let them progress at their own pace to see how many they can do.

Make a competition. Challenge the players to see how many they can do.

Once the players are comfortable using the bounce, challenge them to remove the bounce to really challenge them.

**Warm Up (10 minutes)**

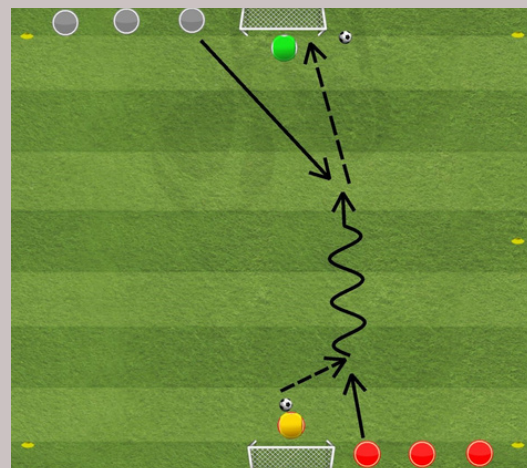
**Set Up:** 20 X 20 area.

**Equipment:** Cones, Balls, pinnies, goals.

Play starts with one of the goalkeepers, one attacker joins from the side of the goal and a defender joins from the other goal. If the attacker misses or his shot is saved, he is off and play starts from the opposite side with the defender now being the attack and a new defender joins from the other side. However if the attacker scores, they stay on and get a new ball from their goalkeeper.

**Progressions:** Change the numbers to 2 v 1, 2v2 etc.

**Regressions:** Remove defender and go striker v goalkeeper. Have both sides working at the same time, if the player scores they stay on, if they miss they swap with a teammate.



**Technical (15 minutes)**

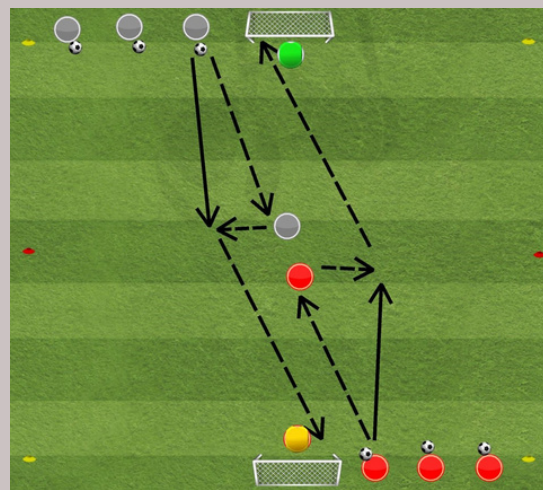
**Set Up:** 20 X 20 area.

**Equipment:** Cones, Balls, pinnies.

2 teams work against each other, Every player has a ball at the side of the goal, and a bounce player in the centre of the area, teams work in opposite directions. The player plays the ball for a one-two with the central player and have a shot at goal. If they score within their own half, its 2 points, if it's closer its 1. The player scoring now becomes the bounce player.

**Progressions:** Once the bounce player has played the return pass they can now apply pressure to the player receiving the ball. Add touch limits (not with a defender).

**Regressions:** Remove goalkeepers. Remove any touch limitations.



**Game (25minutes)**

**Set Up:** 30 X 20 area

**Equipment:** Cones, Balls, goals, pinnies.

Set up a small sided game, with even teams. Focus on ensuring the teams are small enough to allow everyone to get a touch during the game. For game speed when the ball goes out of play the coach should just roll in a new ball to allow the game to resume quickly.

**Progressions:** Introduce conditions to focus on finishing, such as if it is a first time finish then it is worth 2, if it's multiple touches it's worth the normal amount. Bonus points could be added for distance away from goal.

**Regressions:** Remove the conditions that have been set and allow the players to play freely.

