

Ball Mastery (10 minutes)

Set Up: 20 X 20 area.

Equipment: Cones, Balls.

All Players have a soccer ball. Players dribble around the area focusing on keeping control of the ball. Coach calls out a number and players must carry out the skill the number represents.

Each week introduce new numbers and keep the same from last week to test players ability to remember what they previously learned.

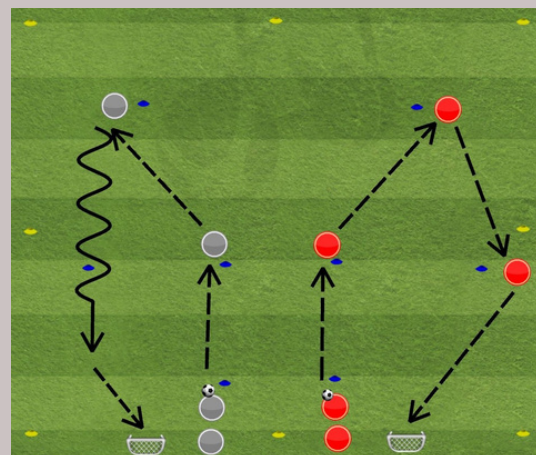
7 - Sole Rolls (L). 8 - Sole Rolls (R). 9 - V Push & Pull.

Warm Up (10 minutes)

Set Up: 20 X 20 area.

Equipment: Cones, Balls, Bibs, Goals.

Players work in 2 groups. First player has a ball, and plays a pass to the player ahead, who turns as they receive the pass and play it to the player at the top, whom upon receiving it drives towards the goal before finishing it. Can add an extra player so there's an extra pass and the player turns to finish at the goal.



Progressions: Add a passive defender to force the attacker to beat them on the dribble. Add a goalkeeper if numbers allow.

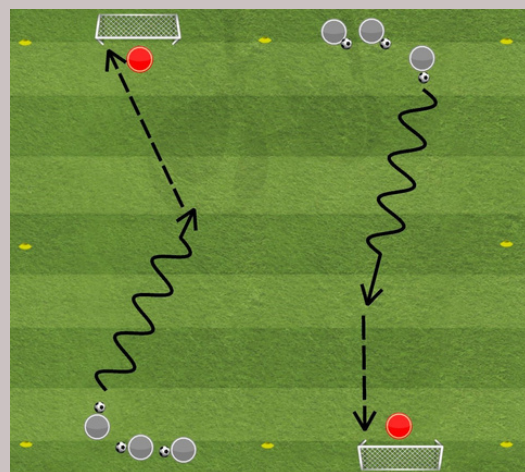
Regressions: Remove goalkeeper to allow players to finish the ball easily.

Technical (15 minutes)

Set Up: 20 X 20 area.

Equipment: Cones, Balls, Bibs, Goals.

Players work in 2 groups doing the same work. Players dribble towards the goal and try to score, if they miss or score they join the line on the other side, however, if they miss and the player behind them scores, they will lose a life. All players have 3, whoever has the most lives at the end, wins.



Progressions: Add a semi passive defender. Add a score zone, players cannot shoot from within this area, forcing them to shoot from distance.

Regressions: Remove the goalkeeper and any other defensive player. Allow players to have an open goal to score.

Game (25minutes)

Set Up: 30 X 20 area.

Equipment: Cones, Balls, Bibs, Goals.

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 shooting such as different zones to shoot from being worth different amounts. Further away strikes are worth 3.

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

