

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.

13- Knock & Roll. 14 - Drag & Push (R). 15 - outside hook (L).

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

Warm Up (10 minutes)

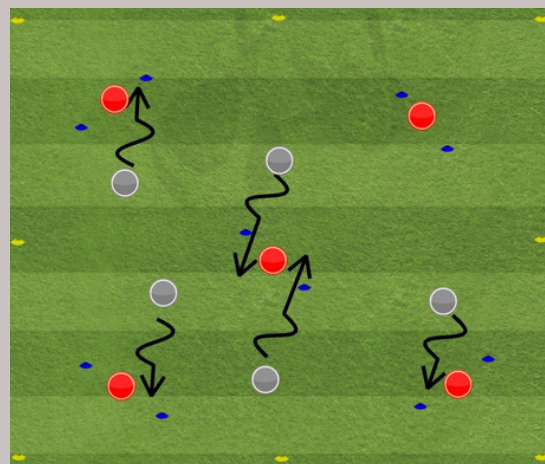
Set Up: 20 X 20 area.

Equipment: Cones, Balls, Bibs.

Have multiple gates set up, with defenders trying to defend them. Attacking team must try and work together to create opportunities to dribble through the gates. Have everyone have a go of being both attack and defence.

Progressions: Add a scoring system, a point for every gate and a point for every time a defender wins the ball and plays it out of the square.

Regressions: Remove the soccer ball and make it just like tag. Defenders are not allowed to guard the gate, they must try and block of attackers before reaching the gates (no goal tending).



Technical (15 minutes)

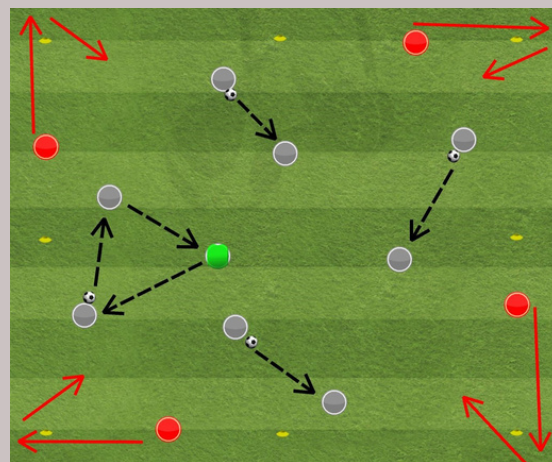
Set Up: 20 X 20 area.

Equipment: Cones, Balls, Bibs.

Players can work in pairs with 1 neutral, players pass between them using the neutral if needed. On coaches command the defenders on the outside run around a cone and try to win possession from the players in the centre, the attackers can dribble to keep it away or they can pass to their partner or the neutral.

Progressions: When the defenders come in the attackers cannot pass the ball. Add a time limit for the defenders to try and win the ball.

Regressions: Make the area bigger to help the attackers. Decrease the amount of defenders.



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 defending, such as if a team win the ball back within 30s of losing it they get a goal, if they win it back and score within 30s also it's worth 2. - Focus on rewarding good defending.

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

