

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.

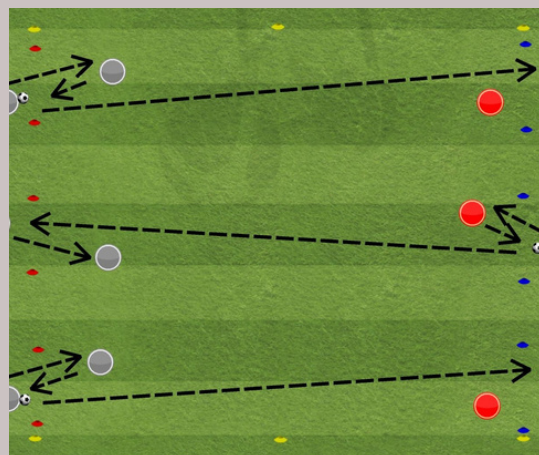
16 - La Croqueta. 17 - Zidane. 18 - Ronaldo Chop.

Warm Up (10 minutes)

Set Up: 20 X 20 area.

Equipment: Cones, Balls.

Players work in pairs against a pair across the area. One player on each is on the outside of the area beyond the pairs gate, the other inside with their back to the opponents. The pair starting play a bounce pass between themselves before the player on the outside plays a long ball to the opposing pair who repeat. The long pass must go through the receiving pairs gate though.



Progressions: Add a scoring system, if your opponents pass does not make it through the gate, then your team receive one point. Challenge players to do one-touch.

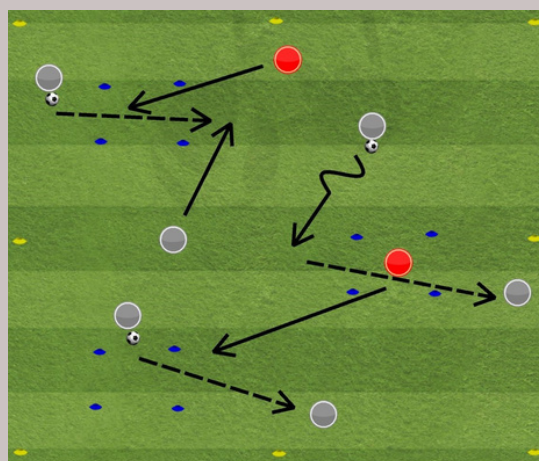
Regressions: Remove any of the touch limits that may be in place. Make the gates larger to allow for more accuracy success.

Technical (15 minutes)

Set Up: 20 X 20 area.

Equipment: Cones, Balls, pinnies.

Attacking players work in pairs. The aim is to try and play a pass through a square to your teammate, if defenders intercept the pass the ball gets left in a square; the pair without a ball can help the other pairs and if a pass through any square is made, the pair can retrieve their ball.



Progressions: Allow attacks to receive the pass in the square so they are closer to the defender creating a more challenging scenario for them to retain possession. As attackers are dribbling around the area, allow defenders to press and win possession instead of just interceptions.

Regressions: Make the area bigger to help both teams with some success. Make defenders more passive. Remove defenders to allow players to focus on their touch and control.

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 dribbling, such as no forward passes forcing players to drive forward positively. Introduce a fun system where if they beat a defender then score, it's worth 2 points.

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

