

Warm Up (10 minutes)

Set Up: 20 X 20 area.

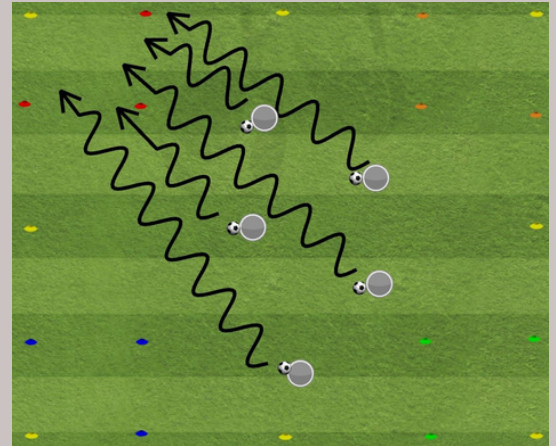
Equipment: Cones, Balls, pinnies.

Pick a fun warm up to play, for this example I chose the 4 corners game.

All Players have a soccer ball. All 4 corners of the grid are marked (either number them 1,2,3,4 or colour code them). Have players dribbling around the area focussing on their touch, if coach calls red square, all players must dribble the ball as fast as they can to get inside the red square.

Progressions: If you call a corner, make players go to the opposite corner to challenge them, add a defender, when players go to the corner if they lose their ball they also become a defender - last one left wins.

Regressions: Regressions: Make the corner areas larger. Allow players to do it without a soccer ball.



Technical (15 minutes)

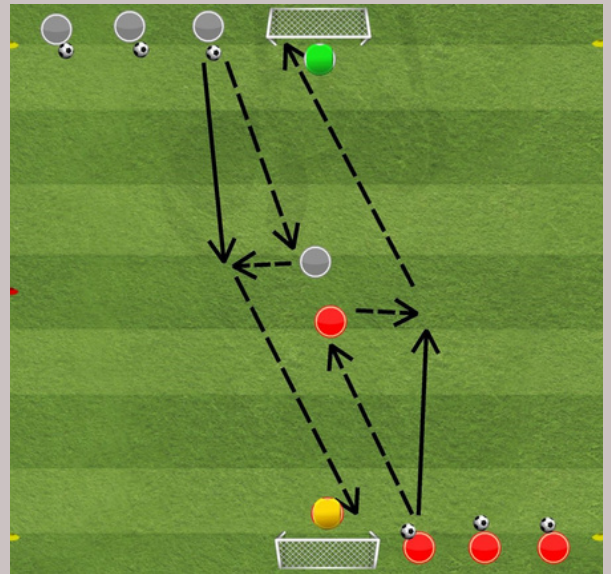
Set Up: 20 X 20 area.

Equipment: Cones, Balls, pinnies, goals.

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.



Tournament (35minutes)

Set Up: 20 X 30 area

Equipment: Cones, Balls, goals, pinnies.

Set up as many small sided fields as you can. You ideally want to have 3v3, 4,4 or 5v5 at most. Once teams are set up, let them decide on a team name (country or club). Let the players enjoy the games and be as interactive as possible, this is an opportunity to sell camp.

Progressions: No progressions needed, teams should be well balanced when made.

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

