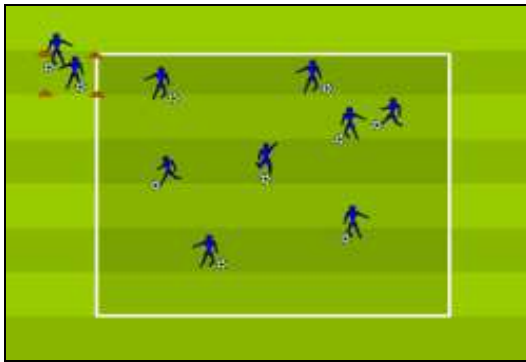


Warm Up: King Of The Ring.



Coaching Points:

- Protect your ball by placing yourself between the ball & defender.
- Butt out for protection.

- Players each have a soccer ball & dribble around area.
- On coaches command of "go" players will dribble their ball whilst trying to kick the other player's soccer balls out of the square.
- If your ball leaves the square you must do a challenge in the square.

Progressions:

- If your ball is knocked out you are out for good until 1 player is left standing.

Fast Feet:



Coaching Points:

- Be on toes.
- Use of arms to generate speed.
- Speed
- Low to the ground for balance.

- 2 groups, players perform zig zag movements before reaching fast feet cones.
- The next player in line starts the exercise once the player in front reaches the fast feet cones.

Progressions:

- Change zig zag movements i.e. backwards then forwards or side shuffle etc.

Technique: Defending



Coaching Points:

- Defender sprints toward attacker, once close slow down & force them to the side.
- Don't over commit!!!

- Split field into 2 halves with 4 pug nets.
- Players will go 1v1 against each other.
- Focus on defending team.
- First defender must apply pressure and try to steal ball.

Progressions:

- Once player steals ball they can try to score on opposing net.
- Rotate attackers and defenders.

Skill Based Activity: Numbers Game.



Coaching Points:

- Players must defend as taught (in fast, then slow down once close).
- Force attacker away from net.

- 2 teams, each player has a number 1 through 5.
- Coach calls number, the player that represents that number runs around their goal and enters field.
- Coach passes ball into play to create a 1v1 scenario.
- Play until ball is scored or ball is put of play.

Progressions:

- Call more than 1 number.
- **End with Scrimmage (5v5).**

