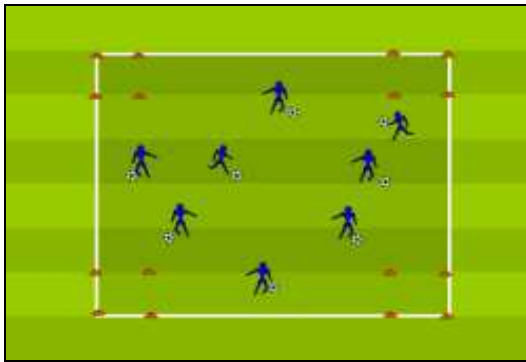


Warm Up: 4 Corners.



Coaching Points:

- Use laces to run with the ball. – Head up.
- Inside & outside of feet to dribble.

- Players dribble ball around in area producing different types of skill.
- Coach should number each corner.
- When a number is called player should dribble to that corner quickly.
- Once in a corner players must perform a soccer movement.

Progressions:

- Opposite direction for numbers etc.

Fast Feet:



Coaching Points:

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

- 2 lines. Players split up 50/50.
- Players will perform fast feet movements through cones before running to soccer ball where they will perform a touch technique.
- Change movements after every minute.

Progressions:

- End with a relay race & make it a competition.

Technique: Passing & Moving.

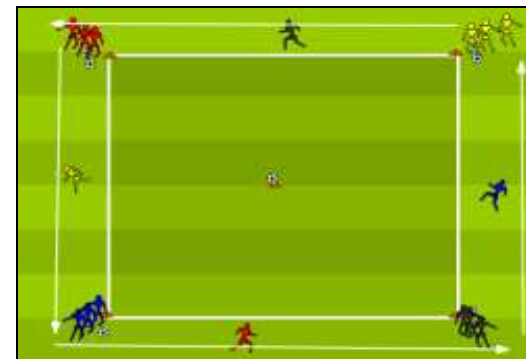


Coaching Points:

- Movement off the ball, DON'T STAND STILL!
- Communication. – Control ball with inside.
- Pass ball with inside.

- 3v3 or 4v4 in center of square.
- 4 players on the outside, 2 from each team face each other on opposite sides.
- To score a point players must move the soccer ball from one side of the area to the other.
- If the defending team steal the ball they must try to keep possession.
- Rotate players from the outside after every 2 minutes.

Skill Based Activity: Cone Ball.



Coaching Points:

- Head up when kicking ball.
- Use inside of foot to pass.
- Touch soccer ball to the side before passing.

- Players are split into 4 teams positioned on each corner of the square.
- Players are numbered in order 1 through 4 or 5 etc.
- When a coach calls a number the player must stand up and run around the square until they reach their line.
- Once they arrive back to their line they must try and hit the soccer ball in the middle by passing the ball from outside the square.
- **End with Scrimmage (5v5).**