

Warm Up: Skills.

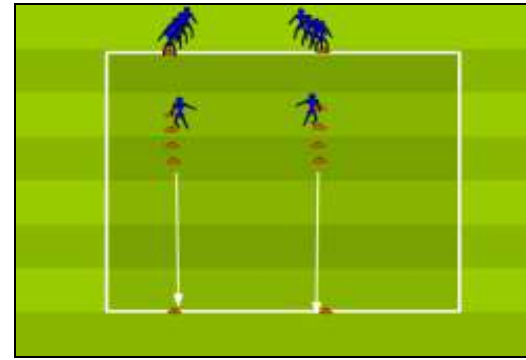


Coaching Points:

- Use laces to run with the ball. – Head up.
- On toes when performing skills.

- Players dribble ball around in area producing different types of skill.
- On coaches command players will perform a particular skill when a number is called.
- Players must understand skill before you move onto the next one.

Fast Feet:



Coaching Points:

- Be on toes. - Use of arms to generate speed.
- Speed - Quick change of speed.

- 2 lines. Players split up 50/50.
- Players perform fast feet movement through cones then sprint to final cone.
- Players then slow jog back to their lines.
- Players must show a change of temp from sprint to slow jog.
- Make sure that they do not run 1 pace, they need to change their speed.

Technique: 1v1.



Coaching Points:

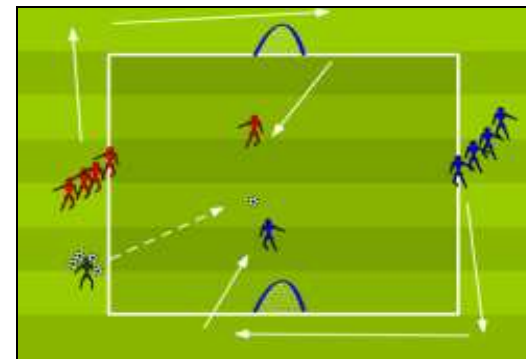
- Encourage skill to go past defender.
- Change of direction.
- Protect soccer ball by shielding.

- Players are paired up so they can play 1v1.
- Each pair are assigned a tall cone, or ball on cone.
- The player with the ball tries to knock the cone down, the player defending is trying to steal the ball.
- If defender steals ball they can try to knock down the cone.

Progressions:

- Players can go to any cone.

Skill Based Activity: Numbers Game.



Coaching Points:

- Encourage player to use skill 1v1.
- Dribble at player fast not slow.
- Attacker should not hesitate.

- 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).**