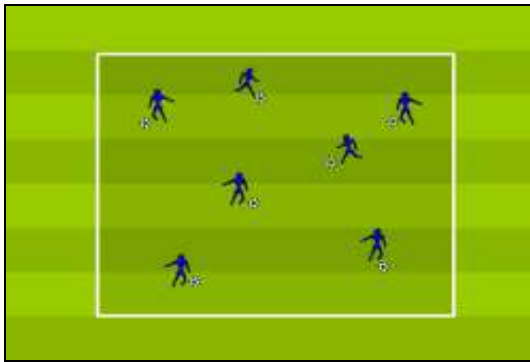


Warm Up: Touch Technique.



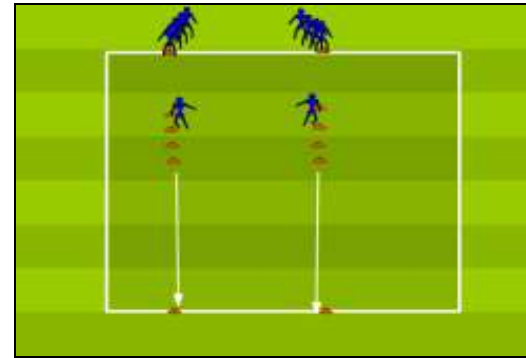
Coaching Points:

- Close control. – Head up.
- On toes when performing touch technique.

- Players dribble ball around in area using all parts of their feet.
- On coaches command players will perform touch techniques.
- Number 1 through 5 & players perform different touches when each number is called.

- All touch techniques are stationary, players do not move around when performing them.

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.

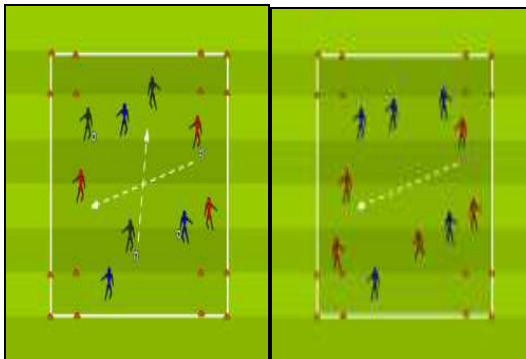
- Players perform fast feet movement through cones then sprint to final cone.

- 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.

Unopposed – Opposed: Passing & Moving.



Coaching Points:

- Move into new space after pass. - Be aware.
- Cover every blade of grass. - Head Up.
- Long & short passes. - Lead pass into space.

Unopposed:

- Split into teams of 3 or 4.
- Players pass & move in their teams around area.
- After the 3rd or 4th pass players make a leading pass into any square.

Opposed:

- 2 teams play against each other with 1 ball.
- To score a goal you must pass into any square.
- High tempo to make more realistic.

Game Related Activity:



Coaching Points:

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

- 2 teams, 1 plays toward big goal, 1 toward 2 goals.

- Make sure to have spare soccer balls so session can keep flowing.

- Switch ends after 5 minutes.

Progression:

- If team scores they immediately try to score in the opposite direction.

- **End with Scrimmage (6v6).**