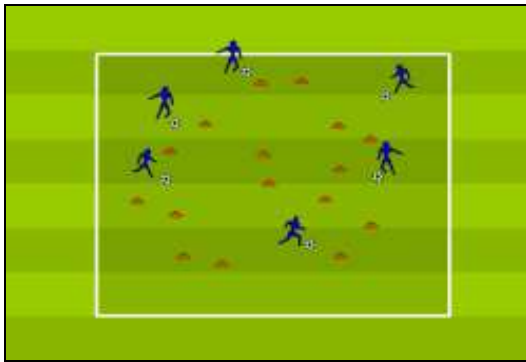


**Warm Up: Gates.**



**Coaching Points:**

- Use all parts of feet. - Acceleration.
- Keep head up. - Close control on ball.

- Scatter gates around a large square.
- Players dribble their soccer balls through as many gates as possible.

**Progressions:**

- Players must perform a different soccer movement at each gate i.e. Cryuff turn etc.
- Challenge the players to dribble through a certain amount of gates within a certain time.

**Fast Feet:**



**Coaching Points:**

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

- 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.

**Unopposed – Opposed: Shooting**



**Coaching Points:**

- Use laces to generate power to shoot.
- Use inside of foot for accuracy into corners.
- Freedom of play, be creative.

**Unopposed:**

- Split into 2 teams and 4 lines.
- Coach passes a soccer ball randomly into players.
- Players have 5 seconds to score a goal. They can pass to their teammate as 2 leave at the same time.

**Opposed:**

- 2v2, opposing team also leaves the line when ball is played out.
- Play until ball is shot.

**Game Related Activity:**



**Coaching Points:**

- Encourage shots. - Quick passing.
- Player should shoot at every giving opportunity. - Communication.

- 3 teams.
- Winner stays on.
- If team scores they must retreat back to their half of the field whilst new team come on and score.
- **End with Scrimmage (6v6).**