

Typical Day Sample

Day 1 Schedule

Time	Topic
09.00-09.10	Welcome/Introduction
09.10-09.30	4's Warm Up (4 stations x 3 minutes) Focus on Skill (Ball Mastery), Speed (reaction), stamina, suppleness
09:30-10:30	Skill Session (Topics: Dominating 1v1 2v1 2v2)
10.30-11:00	Small Sided Games (based on the daily theme)
11:00-11:15	Break (supervised snacks)
11.15-12:00	Champions League Street soccer Tournament (SSG's)

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4's Warm Up

9:10-9:30am



SKILL



SPEED



STAMINA

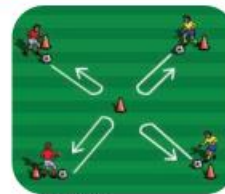


SUPPLENESS

4 x 4 minute stations
1 coach per station
All rotate on same signal

Skill Practice

Players dribble through gates and perform the right and left foot various moves. Players can play 1-2 passes with outside players. After set time change places with outside players.

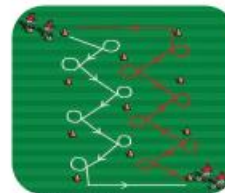


Skill Practice

Players meet each other in centre and practice inside and outside cuts with both feet.

Group Practice

Both sides go at the same time and are put under pressure by defenders in the centre. Encourage good speed and timing of the move.



Group Practice

Players from both ends go together up the circuit performing the right foot and left foot twist offs. Once the first player reaches the second marker next player quickly follows.



SKILLS ZONE



SKILL



SPEED



AGILITY

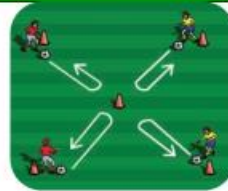


BALANCE



Skill Practice

Players dribble through gates and perform the right and left foot various moves. Players can play 1-2 passes with outside players. After set time change places with outside players.

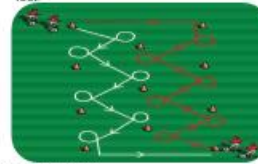


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Speed Drill 1

Speed Skills & Moves

Purpose: improve speed agility balance and 1v1 moves



Practice Time: 15 minutes

Set-up: 25x25 yard field

Action:

The first player from each team stands 1 metre apart facing each other, when the coach calls out change, players must turn 180° (back to back or face to face) when the coach calls a colour the players must react and sprint to the colored marker, then return to the end of the exercise, the next two players must move into position immediately and repeat the exercise. All moves can be varied by jumping, side stepping or fast feet movement etc.

Progression (1):

Players react to the opposite color that the coach calls.

Progression (2):

Balls are placed in front of the colored markers, on the coaches call players try to win the ball and play a directional 1v1.

The player who scores or puts the ball out must replace the ball at the marker as fast as they can.

Key points refer to OSA Key factors

Small sided games 1

Conditioned Games

Purpose: To Warm up improve reaction speed



Practice Time: 15 minutes

Set-up: 30 x 30 yard box with 10 cones placed randomly in centre

Action:

Players play 6v6 on one field with one goal in each corner of the field. Players are able to score on either of the goals with their colour (diagonally located). Red attacks the Red flagged goals and yellow attacks the yellow flagged goals. The coach does not coach the players actively. Players are encouraged to make their own decisions. The coach should be prepared to guide the players.

Skill / Game Tips

Limited coaching points required. Encourage players to make their own decisions. Lots of positive comments