

Warm Up (15 minutes)

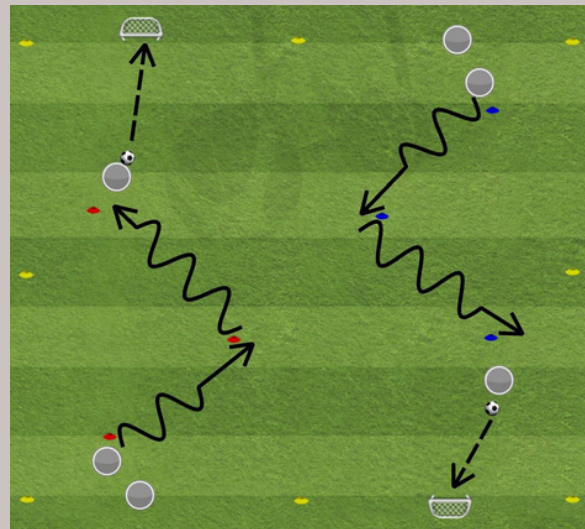
Set Up: 20 X 20 area.

Equipment: Cones, Balls, goals.

Have 2 groups working at the same time. Players start at the base cone with their ball before dribbling to the next cones before finishing with a strike into the goal at the end. Challenge players to try different types of finishes with different surfaces of their feet.

**Progressions:** At a goalkeeper (players could rotate, after the striker shoots, they become the goalkeeper and the goalkeeper joins the back of the line). When approaching the cones players could perform a mastery move, or a skill move before moving on.

**Regressions:** Remove any goalkeepers. Let players dribble as close as they'd like to the goal to try and get some success.



Technical (20 minutes)

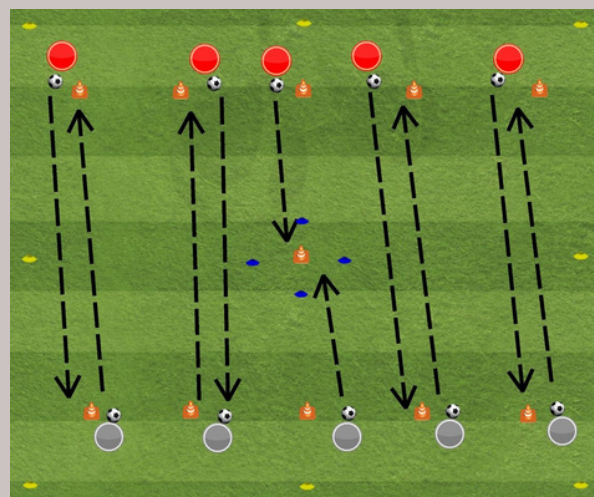
Set Up: 20 X 20 area.

Equipment: Cones, Balls, tall cones.

2 even teams on opposite sides of the areas. Every player has a tall cone and a ball. Players must strike the ball to try and knock over all of the other teams cones. Once a teams cones have been knocked over the team then move onto trying to knock over the central king cone in the middle. First team to knockover the king cone, wins.

**Progressions:** Make the distance between teams bigger. Have less soccer balls to try and encourage players to take their time.

**Regressions:** Remove blocker cones from the king cone. Reduce the distance from team to team and to the central king cone.



Game (25 minutes)

Set Up: 20 X 20 area.

Equipment: Cones, Balls, Goals, Bibs.

Set up a small sided game, with 4 goals. Make sure teams are small 3v3, 4v4 (5v5 depending on the players). Ensure there is a lot of space for players to play and get plenty of touches on the ball during the game.

**Progressions:** Introduce conditions to focus on finishing. Have different goal values for different types of finishes, first time, inside foot, laces, outside or from distance. Reward players for trying to be creative when finishing.

**Regressions:** Remove any conditions and allow the players to play freely. Remove goalkeepers to make it more successful for the outfield players.

