

Warm Up (15 minutes)

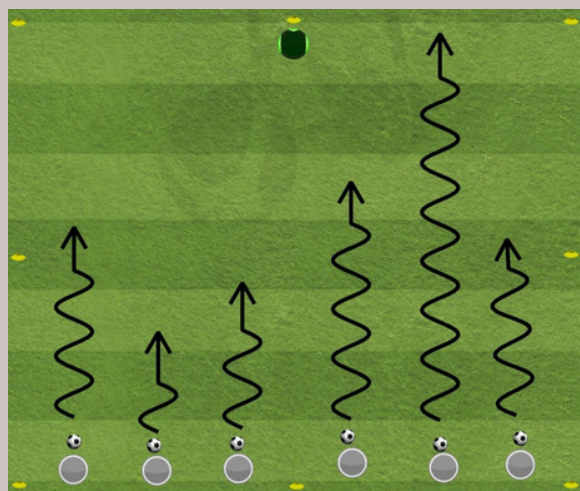
Set Up: 20 X 20 area.

Equipment: Cones, Balls, Bibs.

All players have a soccer ball, apart from any taggers. Players with soccer balls must dribble around the area avoiding the taggers, if they are tagged, they then must stop and raise the ball high above their heads with their feet wide apart, allowing other players to play their ball through, freeing the stuck player.

Progressions: Introduce more than one tagger, have tagger dribble and tag player using their soccer ball.

Regressions: Introduce more than one tagger, have tagger dribble and tag player using their soccer ball.



Technical (20 minutes)

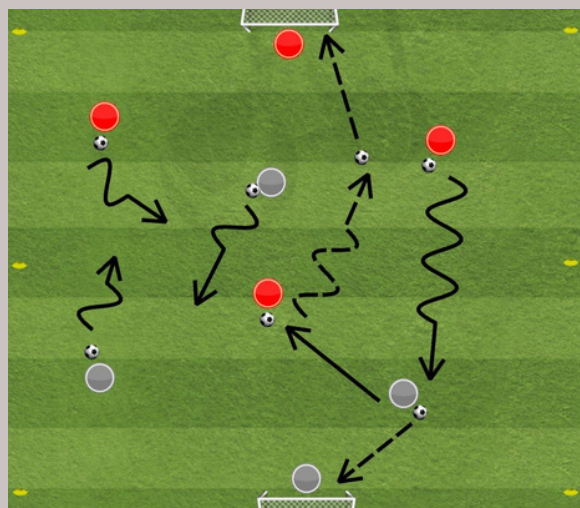
Set Up: 20 X 20 area.

Equipment: Cones, Balls, Goals, Bibs

2 teams each with a GK. Every player has a ball (except GK), players have to try and keep their ball inside the pitch and prevent the opposition players from winning it. If players think they can win the ball from an opponent, they may leave their ball and try and tackle the opposition, if they do this successfully and score – that ball is knocked out of the game. Players can pass the ball to open team mates if they're available as well as dribble and stay on the ball if needed too. Play until one team has knocked all of the opposition's footballs out.

Progressions: Have two teams that are playing as normal but have a third team that are simply defenders trying to knock both teams out.

Regressions: Play with both teams having fewer footballs or if their ball is knocked out of the pitch it's out of the game.



Game (25 minutes)

Set Up: 30 X 20 area.

Equipment: Cones, Balls, Goals, Bibs

Set up a small sided game, with even teams. At this point you could ensure the game is fun and teams are small enough so everyone is getting lots of touches, if the ball goes out of play just insert a new one to keep game speed up.

Progressions: Introduce conditions to focus on finishing. Mark out different areas of the field and the further back the goal is scored from the more goals it is worth. I.E, 3 areas, 1 closest to goal = 1 goal, 2nd = 2 goals, 3rd = 3 goals; you can decide distances based on your players ability /level.

Regressions: Remove any conditions and allow the players to play freely.

