

**Warm Up (15 minutes)**

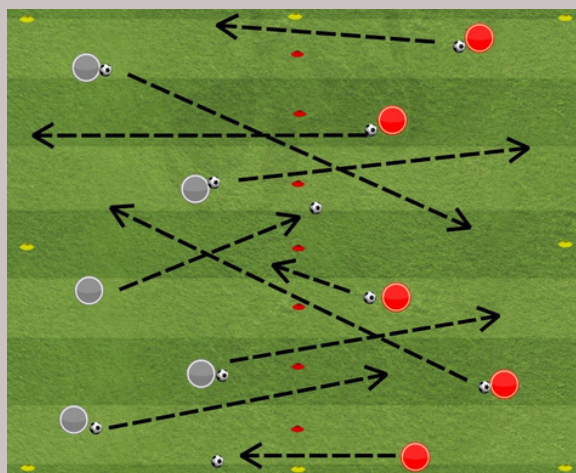
**Set Up:** 20 X 20 area.

**Equipment:** Cones, Balls.

Split the area in 2 and have 1 team in each half. This is a super high energy fun game that comes from the coach. Players must try and kick the ball into the opposing teams half. Try and challenge your players to find the space in the area to kick the ball into to challenge their opponents. The side with the least balls in their half at the end win 1 point.

**Progressions:** Introduce a rule where if the ball goes out of the square that ball is now out. Also limit the touches a player can take to hit the ball into the other half.

**Regressions:** Remove any touch limits. Remove the boundaries to allow more freedom for the players when striking the ball into the other half.



**Technical (20 minutes)**

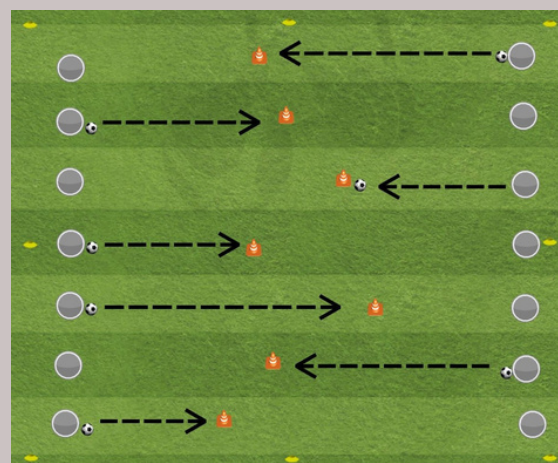
**Set Up:** 20 X 20 area.

**Equipment:** Cones, Balls.

Have players work in pairs with 1 tall cone between them. Have players stand 5 yards away from the cone, once they can strike the ball and hit the cone have the players move 5 yards back, do this each time they hit.

**Progressions:** Have players start at equal distance away from the cone and when they hit the cone they get 1 point, have a time limit and see who can get more points in their pair.

**Regressions:** Have players move closer if they are struggling for success. Increase the amount of tall cones in front of the players, have 3 cones per pair and if they knock 2 down in 1 shot it's worth 2 points.



**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 types of finishes be worth different amount of goals. 1 for a normal finish, 2 goals for a first time finish, 3 goals for a finishing from a certain distance.

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

