

1

⌚ 10 minutes ↗ 15x7 yards

Setup: "2 Team Heading" (Engagement) 2 Teams take turns heading the ball on goal. The goal is 6 yards wide. Players start 7 yards from goal.

Instructions: Yellow server tosses a flighted ball to their teammate. The receiving player heads the ball on goal, attempting to score. After the shot, that player advances to the goal and becomes the keeper for Greens serve and shot. Repeat until one team wins. *First team to 5/7 goals or timed. *Rotate server each round.

Coaching Points: Quality service (underhanded). Proper heading techniques (body shape, balance, arms out, level upper body/rigid, lean back/snap forward, get over the ball to head down/ slight jump). Transition quickly. Teamwork.





2

⌚ 20 minutes ↗ 40 x 40 yard grid

Setup: "Agility & Speed Circuit" (Engagement) 1 to 4 grids, tall cones, disc cones, bag of balls. *Cone distance is based on age (shorter distances for the younger players). *Ensure that the players have rest between sets/ stations/stints.

Instructions: Pre set 1 to 4 grids. Stations can be run using time or repetitions.

Grid A, Quick feet/ Sprint. Divide sub group into two micro groups. Action starts with a player from line 1 sprinting towards the first cone, shuffle around the cone (360) facing forward, sprint to the second cone, shuffle around the cone (same as the first cone), sprint forward to the third cone and repeat the same process as for cones 1/2, sprint to the nearest wide cone, finish the stint by jogging back to your start cone. * Variations - sequence order, change the motion at the first three cones, use multiple starting positions (Kneeling, on their back etc).

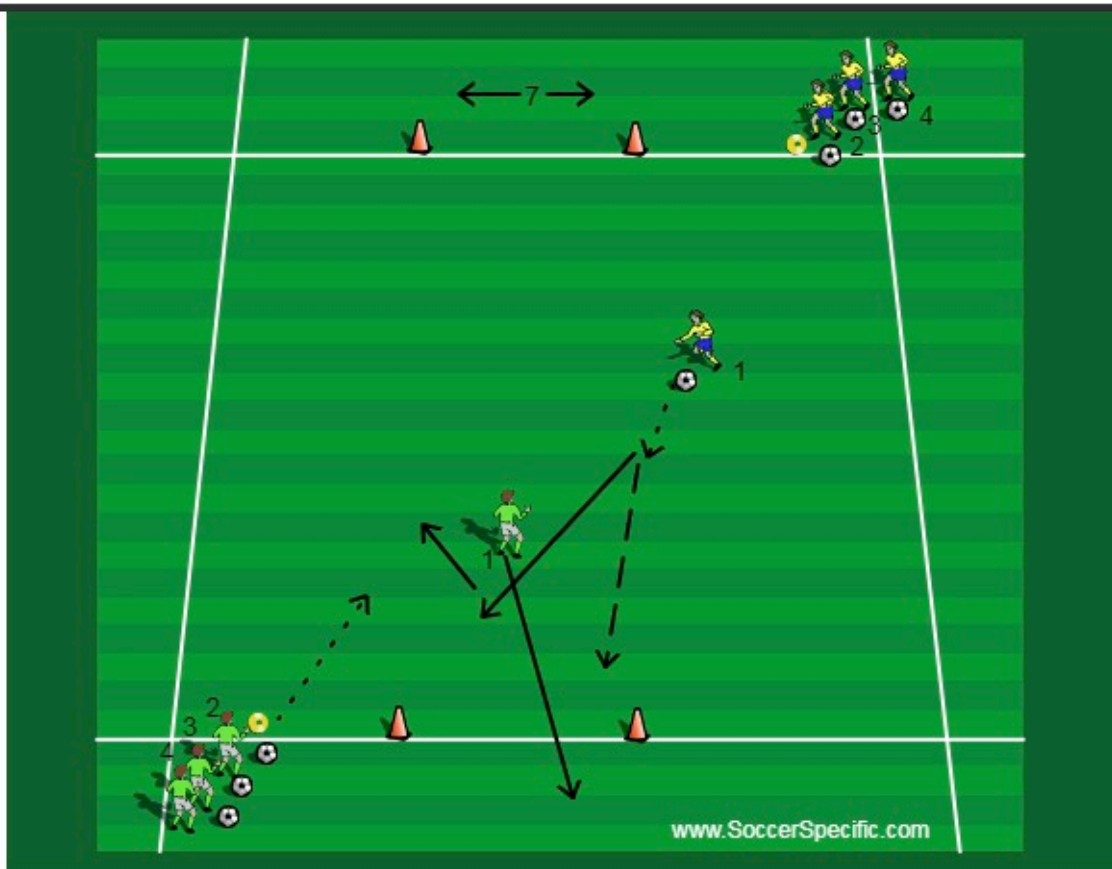
Grid B. Change of Direction. Divide sub group into micro groups. Action starts by the player sprinting to the first cone, then cut sharply (exploding off the right foot) and sprint to the second cone(keeping a tight line), then jog to the the third cone, as the player arrives at the fourth cone they explode off the left foot, sprint to the fifth cone, then the player explodes to the gate as quickly as they can. Finish the stint with a slow jog to the starting cone. * Variation - Start from both sides.

Grid C. Divide sub group into 2 micro groups. Action starts with the disc cone and sprinting to the second cone, then the player shuffles (feet don't touch) to cone three, at cone three the player backpedals to cone four, finishing the stint by shuffling to the start cone. * Variations - 1. Starting position. 2. Order of running exercises 3. Add a leaping section.

Grid D - Divide sub group into 2 micro groups. Action starts on command. First players in each group sprint to to the first cone and ball. Players bring back the ball and tag the next player in line until all the balls are placed at the starting cone. * Variations - 1. First players retrieve the ball at the far end. 2. Players retrieve balls in a sequence (ex. 1,3,2). Players pick up the balls and return them in the second leg.



Grade Levels: 7/8 & 9/10 & 11/12, Training #9



3

⌚ 10/15 minutes ↗ 15x12 yards

Setup: "Novato Flying Changes" 12x15 yd Grid

Instructions: Yellow 1 dribbles to start the 1v1 competition. Green 1 closes down the ball and defends. If a goal is scored or the ball goes out of bounds, Green 2 starts Attacking Yellows goal at the same time Yellow closes down and starts defending.

*Players go from Attacker to Defender. After they Defend the leave the field of play, retrieve a ball and move to the back of their teams line. The game is continuous and fast. First team to score 5/7/10 goals or timed games. Variation - 2v2. * Coaches note - based on experience; this is an exercise that takes time to master. You may need to introduce the game 2 or 3 times before you see results. But when the players "get it" the 1v1 level rises exponentially.

Coaching Points: Play fast. Decision making. Stay focused/ read the game. "Look" for success. Find solutions when Attacking and Defending. Coach your teammates.





4

⌚ 20 minutes ↗ 40/50 x 30/40 yards

Setup: "Counter Goals" 40x30 yard grid. Even teams. Neutral player is used as a Play Maker for both teams.

Instructions: Directional match play. Dribble to score. * Variation - Pass to score and or touch limit/ pass limit.

Coaching Points: Take care of your job/ responsibilities. Coach your teammates. Use the games to focus on the training theme.