

Warm Up (15 minutes)

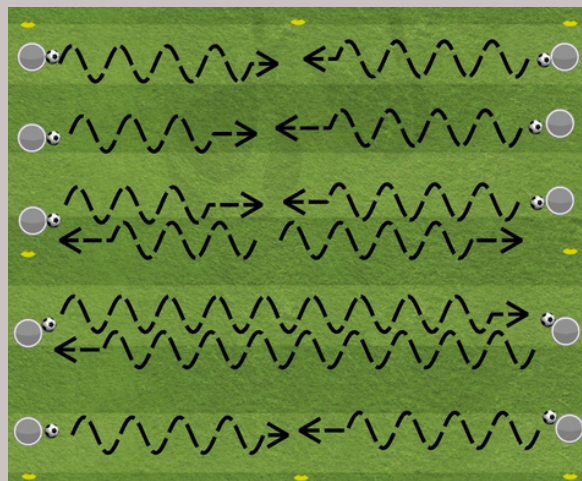
Set Up: 20 X 20 area.

Equipment: Cones, Balls.

Players work in pairs, with one ball each, facing each other from opposite sides. On coaches call players must dribble towards the middle of the area, coach can have 3 different shouts (have fun and change yours if you like), GO = dribble all the way across to the other side, BLOW WHISTLE = dribble to centre, take partners ball and dribble back, CLAP = dribble to middle turn back with your own ball.

Progressions: Make the area smaller to get players to focus on their touch. Introduce extra shouts to have them concentrate. Could make a competition out of it.

Regressions: Remove soccer balls if players struggling.



Technical (20 minutes)

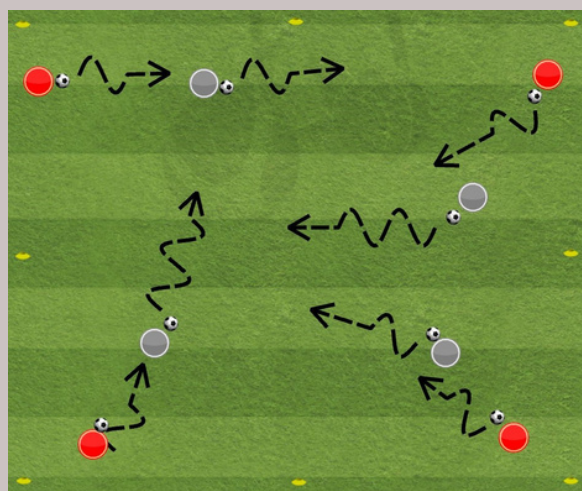
Set Up: 20 X 20 area.

Equipment: Cones, Balls, Bibs.

Players work in pairs with each player having a ball each with one playing leading and one player following. Have players dribble round the area following but when coach calls "PLAY" the player that's following must try and tag the player that's leading, if they do this successfully their roles swap around.

Progressions: Increase the number of players following i.e. work in trios.

Regressions: Players to hold the balls in their hands and play the same game.



Game (25 minutes)

Set Up: 20 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 dribbling; such as when a player receives the ball they must be positive and dribble forward first before playing a pass. If players are doing very well, remove any forward passes, making players dribble forward to get the field.

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

