

Warm Up: Ball Mastery (Introduction To Laces)

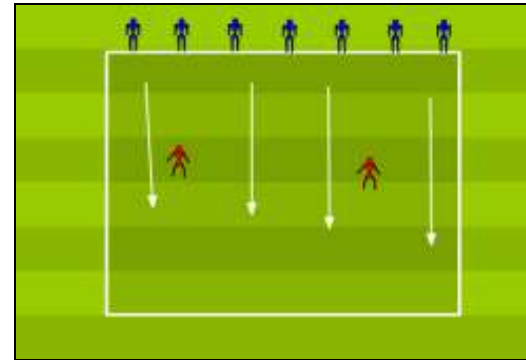


Coaching Points:

- Use inside & outside of feet in traffic.
- Use laces when player has space.

- Players dribble the soccer ball around the area trying as many skills as possible.
- On a coaches command of 1, 2 or 3 players perform a soccer movement i.e. toe taps, side to side etc.
- Players dribble when they are in traffic but use their laces to move the ball when they have space.

Technique (Without Ball): Sharks & Minnows

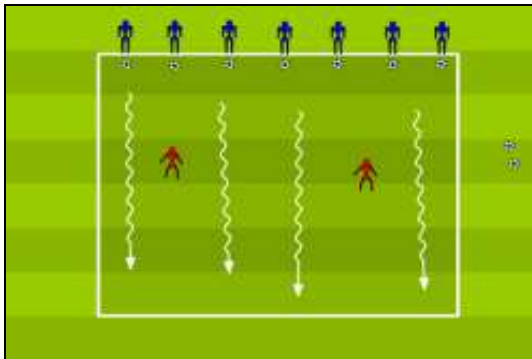


Coaching Points:

- Be aware of space. - Acceleration.
- Change of speed. - Run on toes.

- The 'Minnows' start on the edge of the area.
- 1 or 2 'Sharks' are placed in the center.
- On the coaches command the minnows must run from one side to the other without been tagged by the sharks.
- Once tagged you turn into a shark until 1 minnow is left.

Technique (With Ball): Sharks & Minnows



Coaching Points:

- Keep head up. - Use inside & outside.
- Be loud as a coach. - Inside to pass ball.
- Small touches. - Change of speed.

- All minnows have a soccer ball each.
 - If your soccer ball is kicked out of the area you become a shark.
- Progressions:**
- Players can only use their weaker foot.
 - Sharks must dribble a soccer ball out of the square if they steal one.

Scrimmage (3v3 or 4v4)



Coaching Points:

- DO NOT OVER COACH!
- Lots of encouragement.
- Give freedom for player to learn.

- Always end with a game, do not over coach, simply let them play.
- Keep it small 3v3 or 4v4 to maximize touches on the ball.
- 2 teams, 1 soccer ball playing to 2 pug nets.