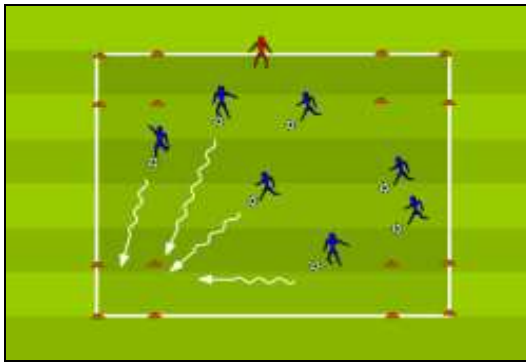


Warm Up: 4 Corners



Coaching Points:

- Use inside & outside of feet. - Head up.
- Change of direction. - Use laces to tap ball.

- Coach names 4 corners of the field i.e. 1, 2, 3 & 4.
- When a number is called the players dribble into that square as quickly as possible.
- Last player must do a soccer movement as a punishment i.e. toe taps etc.

Progressions:

- Players can only use their weaker foot.
- Players can only use their laces.

Technique (Without Ball): 4 Corners



Coaching Points:

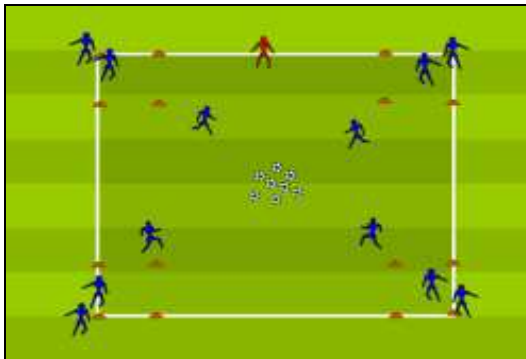
- Teamwork. - Acceleration.
- Change of speed. - Balance & coordination.

- Split players into 4 teams & place in each corner.
- On the coaches command a player from each team will run into the middle pick a cone and place it in their teams square.
- The next player can go after receiving a 'High 5' from their teammate.

Progressions:

- Players can only hop.
- Players can run backwards, jump & crawl etc.

Technique (With Ball): 4 Corners



Coaching Points:

- Keep head up. - Use inside & outside.
- Use laces to tap soccer ball ahead of them.
- Small touches. - Communication.

- Replace cones with soccer balls.
- Players now dribble the soccer ball & place it back into their squares.
- A 'High 5' must occur before the next player can leave.
- Player can only take 1 soccer ball.

Progressions:

- Once all balls are cleared players can steal soccer balls from the other squares within a time limit of 1 min.

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.