

Warm Up: Number Sequence

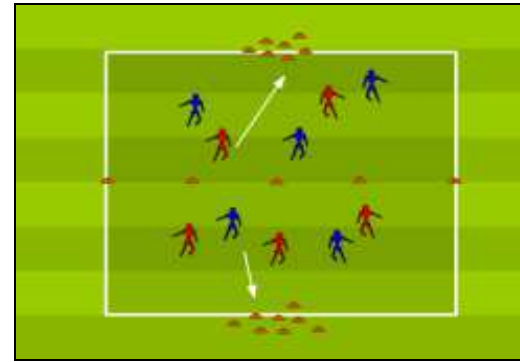


Coaching Points:

- Use inside & outside of feet. - Head up.
- Change of direction. - Listening skills.

- Number sequence game that rhymes to motivate players. Players perform action.
- No.1 is on the run.
- No.2 is use your shoe.
- No.3 is use your knee.
- No. 4 is touch the floor.
- No. 5 is stay alive (players act out dance moves to Abba).

Technique (Without Ball): Clean Your Room



Coaching Points:

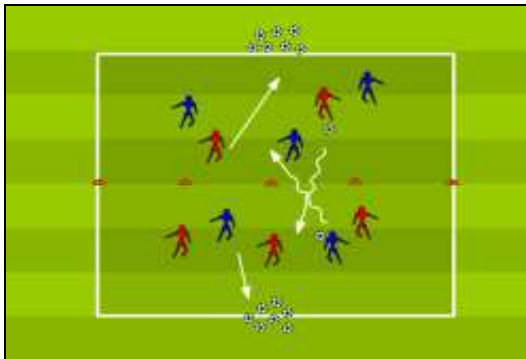
- Be on toes. - Balance & coordination.
- Change of direction. - Acceleration.

- 2 teams. Players look to run to the other team's pile of cones take 1 & place it in their pile.
- The team with the most cones will win.

Progressions:

- Once you cross the confrontation line you can get tagged by the opposing team.
- If tagged you must freeze for 10 seconds.

Technique (With Ball): Clean Your Room



Coaching Points:

- Keep head up. - Use inside, outside & laces.
- Control of the soccer ball (keep it close).
- Small touches. - Change of speed.

- Players now look to steal soccer balls.
- Once they have taken a soccer ball they must dribble it back to their pile.
- Progressions:**
- Use weaker foot.
- Players can only use laces.
- Players have to perform a soccer action before stealing i.e. toe taps, side to side etc.

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.