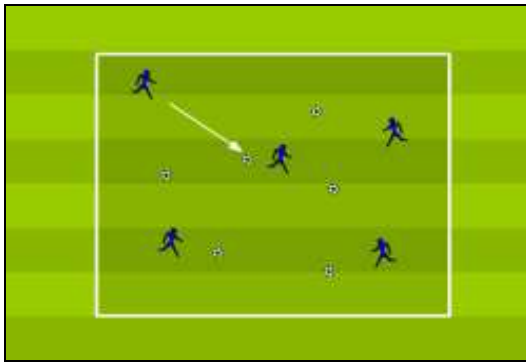


Warm Up: Stationary Balls



Coaching Points:

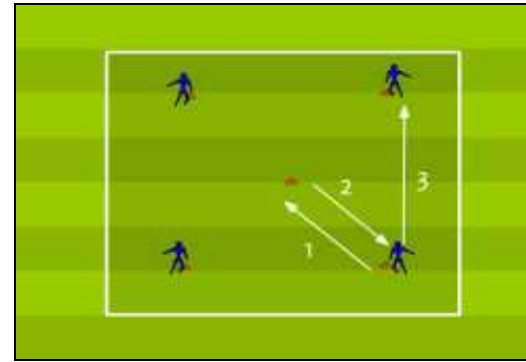
- Use all parts of feet. - Acceleration.
- Keep head up. - Close control on ball.

- Soccer balls are stationary.
- Players move from ball to ball performing a soccer movement.
- Change each movement after a minute.
- Toe taps, side to side, knee taps etc.

Progressions:

- Set a challenge to end warm up: 2 toe taps at 12 soccer balls in 27 seconds. Make sure all finish!

Fast Feet:

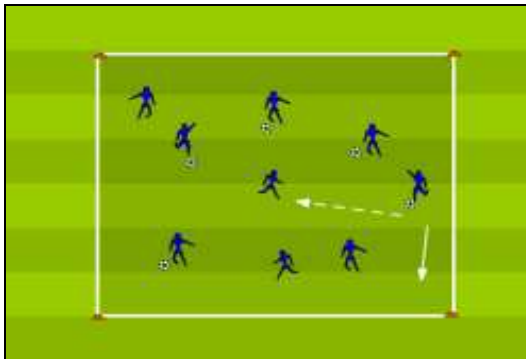


Coaching Points:

- Be on toes. - Use of arms to generate speed.
- Acceleration. - Fast change of direction.

- Split players into groups of 4 or 8.
- Each player will perform fast feet exercise for 40 seconds. Then rest for 40 more seconds.
- 1. Player moves into middle cone.
- 2. Player moves back to original outside cone.
- 3. Player moves to cone to the right.
- 4. Repeat process at next cone.

Technique: Passing & Moving



Coaching Points:

- Use inside of foot to pass the ball.
- Keep head up to move to new spaces.
- Sprint into new spaces after making pass.

- All players work in a 25x25 square.
- 4-5 balls are placed in the square & players must pass & move within the square.
- After making a pass players must move into new space.
- If pass isn't on player must dribble until pass is open.
- Ball must stay within square.

Progressions:

- Set a challenge i.e. pass for 2 mins without making a mistake.

Skill Based Activity: Frogs & Flies



Coaching Points:

- Acceleration. - Dribble fast not slow.
- Close touches. - Players should not hesitate.
- Skills to bypass player 1v1.

- Coach starts with a soccer ball all others are in a square.
- Coach tries to pass soccer ball to hit a player.
- If you are hit you become a frog like the coach.
- Play until 1 fly is left.
- Progressions:**
- Players use weaker foot.
- **End with Scrimmage (5v5).**

