

Ball Mastery (10 minutes)

Set Up: 20 X 20 area.

Equipment: Cones, Balls.

All Players have a soccer ball. Players dribble around the area focusing on keeping control of the ball. Coach calls out a number and players must carry out the skill the number represents.

Each week introduce new numbers and keep the same from last week to test players ability to remember what they previously learned.

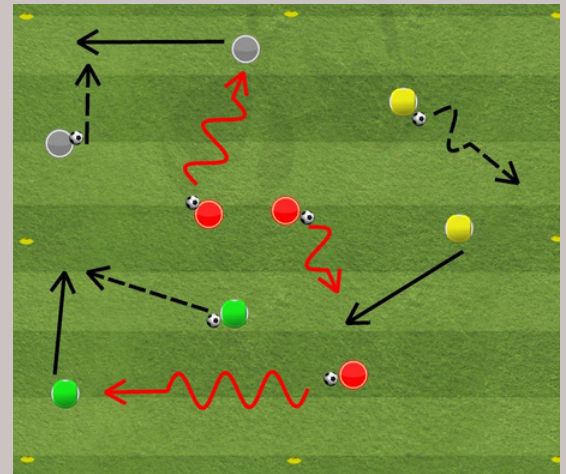
4- Scissors. 5 - Steppers. 6 - L-Turns.

Warm Up (10 minutes)

Set Up: 20 X 20 area.

Equipment: Cones, Balls, Bibs

Players work in groups of 3, two with a ball between them and one with a ball of their own. The player on their own is the tagger. The two players share a ball and have to pass to each other inside the area. The tagger is trying to tag the player who doesn't have the ball, they must get open to receive a pass. If the tagger is successful, they win a point. Play for 30 seconds to 1 minute and rotate the tagger.



Progressions: The tagger can now tag the player in possession. Allow the tagger to tag without using a ball.

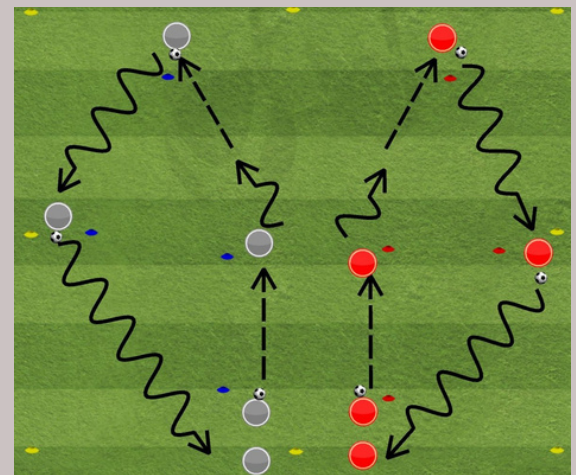
Regressions: Make the groups bigger to keep possession easier. Allow players to throw and catch it to start if they're finding it difficult.

Technical (15 minutes)

Set Up: 20 X 20 area.

Equipment: Cones, Balls, Bibs

Players work in 2 groups doing the same work. First player starts with the ball, they play a pass ahead, receiving players turns as they receive it and play a pass to the player at the top who receives it and plays a pass to the wide player who dribbles back to the line - all players follow their pass. Focus on players receiving on their back foot to help them turn.



Progressions: Get players to use their weak foot. Add in extra passes to make more combinations challenging the players technically and cognitively.

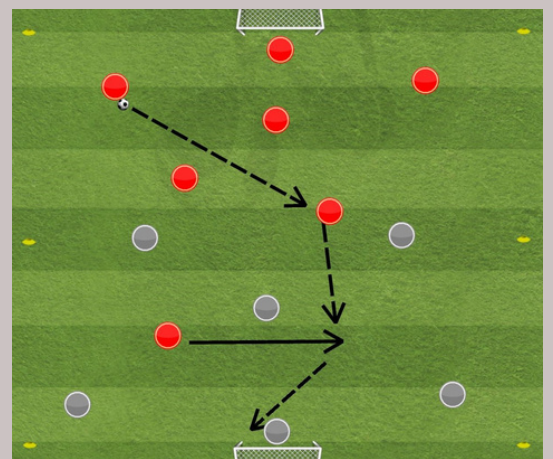
Regressions: Allow the players to dribble before playing the pass, to make the pass slightly shorter.

Game (25minutes)

Set Up: 30 X 20 area.

Equipment: Cones, Balls, Goals, Bibs

Set up a small sided game, with even teams. Focus on ensuring the teams are small enough to allow everyone to get a touch during the game. For game speed when the ball goes out of play the coach should just roll in a new ball to allow the game to resume quickly.



Progressions: Introduce conditions to focus on passing such as every pass before a goal increases goal worth, 5 passes = 5 goals.

Regressions: Remove the conditions that have been set and allow the players to play freely.