

Warm Up (15 minutes)

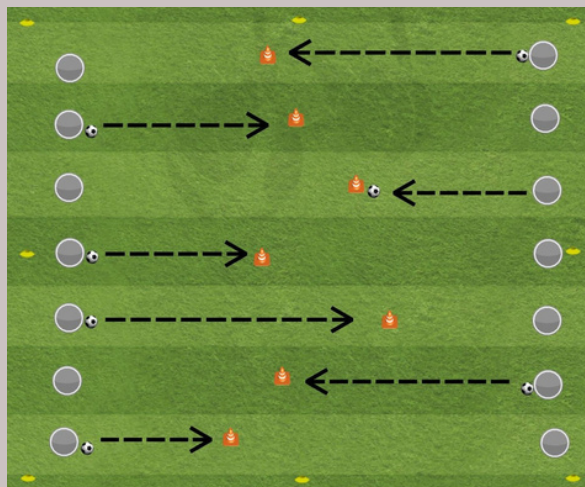
Set Up: 20 X 20 area.

Equipment: Tall cones, Cones, Balls.

Players work in pairs, with one ball each, and a tall cone separating them in the centre. Players must take turns to knock the cone over, if successful they must run to the cone and move it closer to their opponent. This keeps happening until coach calls time or a cone has made it all the way to one side - declaring the other player the winner.

Progressions: Add a time limit, get players to only use their weaker foot, challenge them to use different surfaces.

Regressions: When the cone is hit, have it reset in the centre and just keep points instead.



Technical (20 minutes)

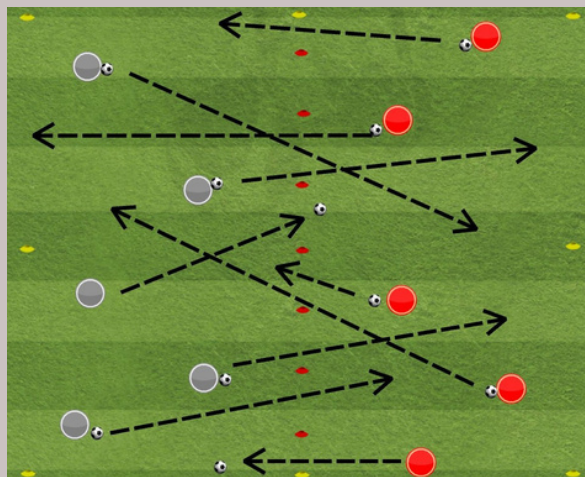
Set Up: 20 X 20 area.

Equipment: Cones, Balls, bibs.

Divide a large area in half, one team each half. Super high energy game and a lot of fun and craziness. On coaches whistle or call, play begins with teams trying to kick their ball into the other teams area, which ever team at the end of the time with the most balls in their area loses and the winning team get a point. Challenge players to play the ball into space.

Progressions: Get player to use their weaker foot and challenge them to use different surfaces to strike the ball, If a team plays a ball and it goes through the square, this counts against their score.

Regressions: No time limit, just a set number of balls each to let players focus and work on their technique (less crazy).



Game (25 minutes)

Set Up: 30 X 20 area.

Equipment: Goals, Cones, Balls, Bibs

Set up a small sided game, with even teams. At this point you could ensure the game is fun and teams are small enough so everyone is getting lots of touches, if the ball goes out of play just insert a new one to keep game speed up.

Progressions: Introduce conditions to focus on finishing. Mark out different areas of the field and the further back the goal is scored from the more goals it is worth. I.E, 3 areas, 1 closest to goal = 1 goal, 2nd = 2 goals, 3rd = 3 goals; you can decide distances based on your players ability /level.

Regressions: Remove any conditions and allow the players to play freely.

