



Speed 1

Category: Physical: Endurance

Difficulty: Beginner

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Pass/dribble endurance

Organisation: 3 yards between all markers - short space to encourage close control/quick play.

Instructions: 1. A starts on knees and passes to B left then right, who then returns pass.

2. A continues as 1. but will include throwing to head of B in centre of markers so B will pass from left and right back to A plus head back from centre - 3 touches/movement

3. A continues as 2. but will shout where ball will go i.e. left, left head, right left, head etc etc

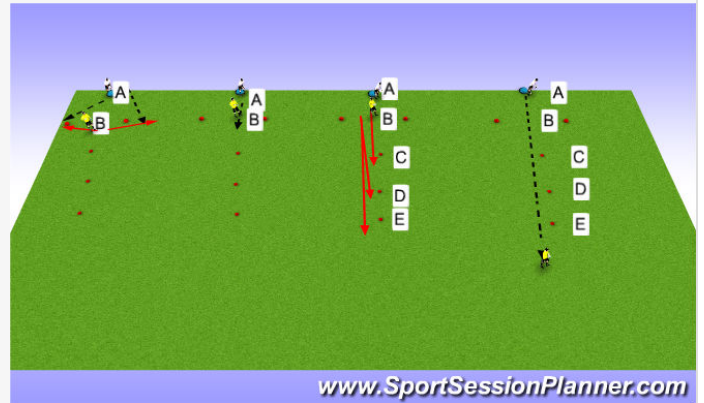
4. A continues as 2. but B after each turn will carry out a fundamental movement to C = backwards

D = sideways & E = sprint.

5. A will pass to B who receives using backfoot and will dribble through markers starting at E and then pass back to A and continue exercise.

6. To finish exercise players A & B will have a ball either side of markers will player B is positioned and B will dribble/move between and player A will copy movement.

Coaching Points: Quick feet, speed, concentrate on control/pass, concentration, dribbling and close control.



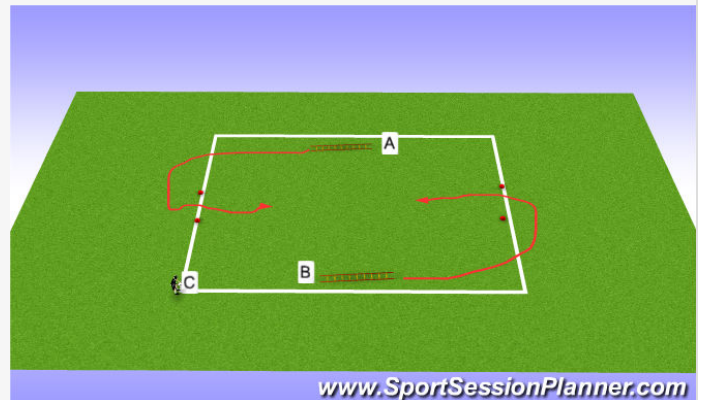
1 v 1/2

Organisation: Pitch 15 x 15 - short space to ensure quick positive decision is made.

Instruction: Play 1 v 1 - players A & B will start belly down and on instruction of coach get up run through ladder through their goal and play 1 v 1 (Progress to 2 v 2).

NOTE: Players to be asked to go through ladder in different ways.

Coaching Points: Quickness of run, first touch out of feet, positive play, keep ball moving & skill



SSG

SSG (20 mins)

SSG

Instruction Red goal = score 1st touch only, Blue goal = score if can dribble through.

20 x 20 pitch (dependant on numbers)

Coaching points:

Early season ask players to think when to pass or when to dribble

