

Warm Up



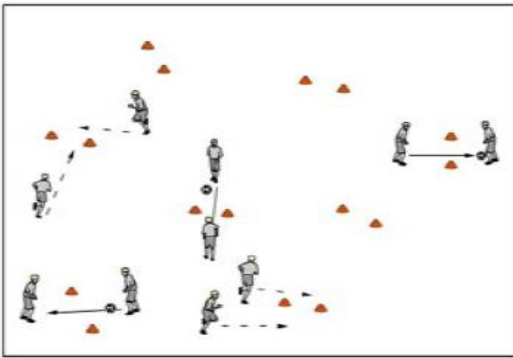
Organization

- As players arrive organize a small-sided scrimmage (play 2v2, 3v3, 4v4). Play until all players have arrived
- Play for 10-12 minutes
- The coach will feed the balls in each time one goes out of play

Key Coaching Points

- Try not to coach and allow players to play freely.

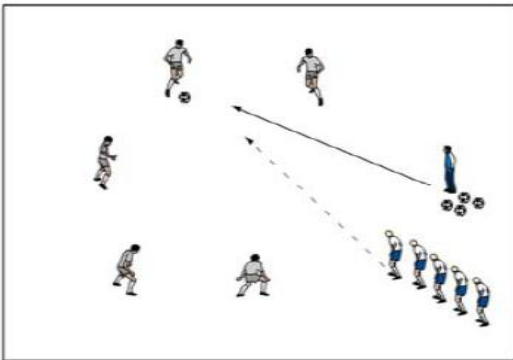
Small Sided Activity



- Organize players into groups of two with one ball per group
- Organize 8-10 small goals (2-3 yards apart) randomly around a small field
- Players score goals by passing through the gates
- Once they score at one goal they move onto another in no particular order and then try to score as many goals as possible in 30 seconds
- Challenge players to work together by passing and receiving to score as many goals as they can

- Explore using different parts of the foot to pass the ball through the gates.
- Square body up to the ball when receiving
- Weight and accuracy of the pass
- Moving to an open goal after you pass the ball
- Good first touch (absorb/cushion the ball when receiving it)

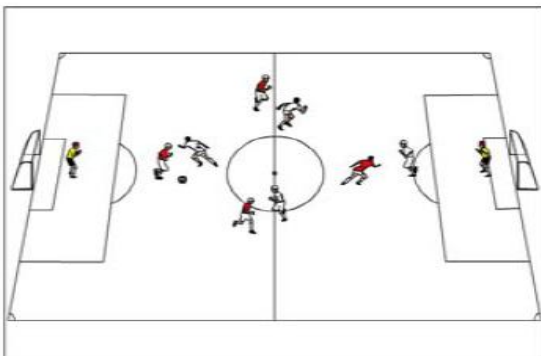
Small Sided Activity – Timed Possession



- Play 5 v 1 in a 20 x 20 grid
- 5 attackers start inside the grid and the other defenders start outside the grid
- The coach sends a ball into the grid and starts his stop watch
- As the first ball is sent in the first defender enters the grid to try to win the ball, when the defender wins the ball (by kicking it out of the grid) they go back and tag the next defender who enters and tries to win the ball
- After 5 balls have been played in the coach stops his watch and gives the team their time
- The teams then switch roles
- The team with the most time wins the ball, play 4-5 games

- Controlling touch away from pressuring defender
- Supporting players working to provide open passing lanes
- Weight and accuracy of pass
- Different types of passes to use in different situations.

The Game



- 4 v 4 or 5 v 5 + Keepers

