Warm Up

Organization:
- 40 x 20 yard area
- 12 players (2 groups of 6)
- Each player with ball

Instructions:
- Objective is to perform turning techniques on each side
- Players dribble in a zig-zag pattern to opposite side
- Once player gets close to the end turn outside towards sideline, dribble into the dribbling channel (b/w tall cones and disc cones)
- Challenge players to create a sense of ‘flow’ to their movement by staying connected with dribble, before and after, a turning technique
- Create a duplicate drill on the other side to have two going simultaneously

Coaching Points:
- (Inside Cut, Outside Cut & Step Over)
- A directional touch with the proper surface of the foot and weight
- Eyes look forward towards angle and space in which to attack
- To maximize optimal performance create strong athletic stance by keeping one hip in front of the other and lowering center of gravity
to pivot and explode off plant foot
- Drop shoulder, add feints

Psychosocial Development:
- Self Control
- Decision/Determination
- Concentration
- Self Confidence

Physical Development:
-- Explosive Strength
-- Aerobic Capacity
-- Reaction
-- Acceleration/Agility
-- Flexibility & Mobility
-- Basic motor skills
-- Perception & Awareness

Progression: Advance players, look to run with the ball throughout the entire drill without disconnecting from the dribble and breaking stride

Main Theme I

Organization:
- 10 x 15 yard area
- 12 players (4 teams of 3 per group)
- Extra balls on both side of the lines

Instructions:
- Player A passes to player B and applies passive pressure (not looking to win ball; shadow only)
- Player B dribbles forward on an angle then performs two turns to create space and separation; then passes to player C
- Player C then repeats

Coaching Points:
- Dribble at angle
- Speed of executions
- Protect ball with body positioned between ball and defender

Psychosocial Development:
- Self Control
- Decision/Determination
- Concentration
- Self Confidence

Physical Development:
- Explosive Strength
- Aerobic Capacity
- Reaction
- Acceleration/Agility
- Flexibility & Mobility
- Basic motor skills
- Perception & Awareness

Main Theme II

Organization:
- 10 x 15 yard area
- 12 players (4 teams of 3 per group)
- All balls on attacking side

Instructions:
- Player A passes to player B who attempts to score on either small goal
- Attackers must be inside shaded area to score
- Players rotate lines after every turn

Coaching Points:
- First touch needs to be positive towards open side - awareness
- Draw the defender in before turning quickly in a new direction
- Protect the ball with the body between the ball and the defender
- Check at an angle to receive the ball on the back foot
- Engage the defender and play with the outside of the foot to hide ball and disguise move

Psychosocial Development: [“”]
Physical Development: [“”]
Main Theme III

Organization:
- 20 x 10 yard area
- 4 to 6 players per group
- 1 ball per group

Instructions:
- Player A passes to player B
- Player B passes to player C and then applies pressure (not looking to win the ball only shadow)
- Player C combines with player D
- Player C then continue to go 1v1 against player A
- Rotate players up after each turn
- Player C has the option to combine with player D

Coaching Points:
- Check at an angle to receive the ball on the back foot
- Engage the defender and play with the outside of the foot for disguise when combining
- Decision making when to combine, when to dribble

Psychosocial Development: [”]
Physical Development: [”]
Progression:
- Provide Full pressure

Conditioned Game

Organization:
- 30 x 30 yard area
- 4v4 with GK’s

Instructions:
- 1 team resting
- 3 minute per game
- Messi and Xavi Rules: Players are not permitted to pass the ball forward
- Resting team assigned to evaluate player and count the number of Xavi and/or Messi
- Messi (Dribbles), Xavi (Turns)

* Lift conditioned after a set time or intervals

Coaching Points:
- Coaching the mindset of the players intelligence and analytical competency
- Player should be aware of team shape
- Mobility of players to maintain team shape
- Allow play to flow, players can problem solve inside the 3-minute game
- Confidence and Creativity

Psychosocial Development: [”]
Physical Development: [”]