

Technical Warm Up (5 mins)

Players will dribble around freely in a grid going in different directions. (5 minutes)

Coach will then have them:

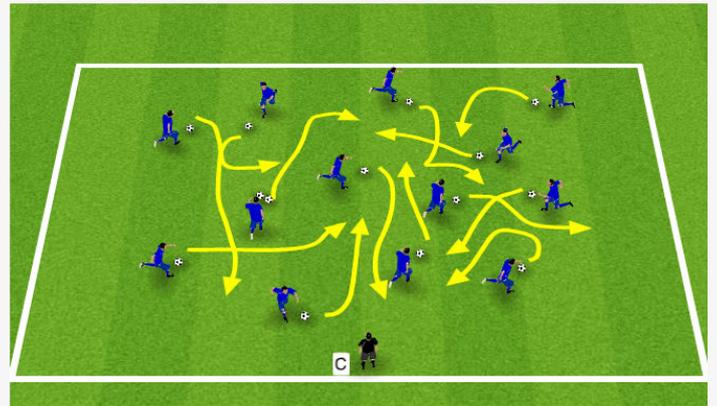
Dribble with right foot with touches inside and outside

Dribble with left foot with touches inside and outside

Change of direction and outside and inside turns with various surfaces of the foot

Have players burst on command to quickly take space

Keep ball in close possession with head up to avoid collision with other players



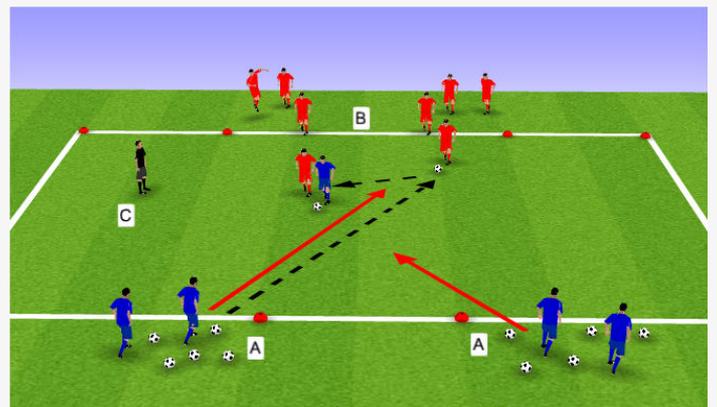
2 v 1 and 2 v 2 with Restrictions (10 mins)

Set up grid to play 2 v 1. Sort players in groups of 12-16 and put in appropriate colored bibs. Players will even themselves out as shown in diagram. (10-15 minutes)

Player A will pass to player B who will then quickly decide to dribble to space or use their teammate to get through the gate. If player A wins the ball another one of their teammates can join to provide support. They can counter and dribble to one of the opposing gates. Once someone has scored players will quickly jog around and get to back of line and next player A will start next round of 2v1 and 2v2 with the restriction.

Coaches will provide appropriate coaching points

- First touch and how important it is
- Supporting Player and distance as well as movement off the ball
- Can a combination be created to beat the defender
- What surface of the foot to use to quickly penetrate if defender giving space
- Change of direction and protecting the ball



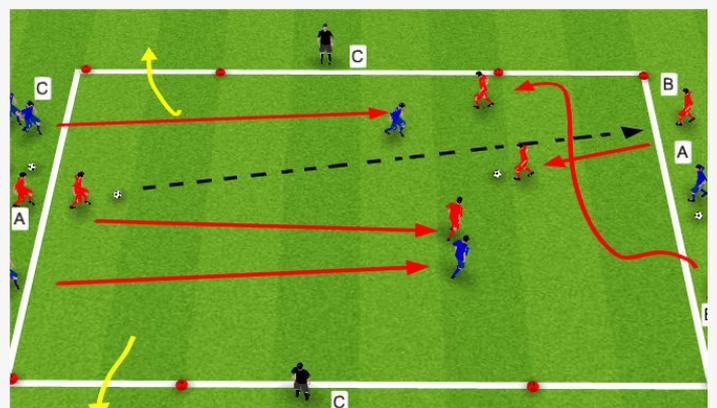
3 v 2 with restrictions (15 mins)

Player will play a 3 v 2 as shown in diagram playing in a 30 x 50 grid or depending on amount of players you would have in your group. (10-15 Minutes)

Player A will pass to teammates across the grid who will quickly come out and take the space. Player A after the pass will get into a space to demand the ball and create space and take advantage of numbers up by doing combinations and unbalancing the defense. If players in C win the ball they can counter and score on opposite end. Once someone has scored then player A from opposite side will pass to Player C who will do the same.

Coaches will provide appropriate coaching points

- First touch and quick transition
- Supporting Player and distance as well as movement off the ball
- Supporting Player who is giving depth are they checking in and making themselves available
- Can a combination be created to beat the defenders i.e. wall pass or overlap
- Passing and receiving as well as taking the space if defenders are giving it



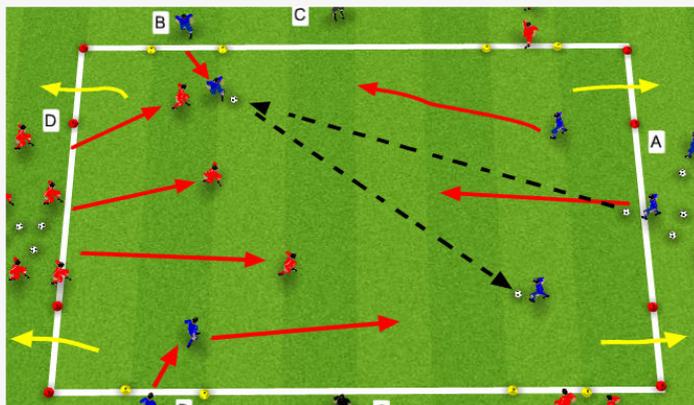
5 v 3 with restrictions (15 mins)

Sort out players in 2 groups of 12-16 players. Players will play 5 v 3 going to goal and dribble through for the goal. (15-20 Minutes)

Player A passes to any of the player B Players who will get pressure from D Players who should pass back to supporting players on a good one touch pass or if defenders giving space can they turn around and face. If the D players win the ball they can counter and score on opposing goal. Game will continue until someone scores. Start ball from other end of field to allow the other side to attack opposite goal with their teammates.

Coaches focus is technique of passing and receiving

- Moment off the ball
- Support and creativity
- Combination player
- Verbal and visual communication
- Take the space and create opportunities



Small Sided 4 v 4 or 5 v 5 (15 mins)

Set up a grid with two goals in the outside allowing players to score by dribbling through either gate.

Players can play 5 v 5 or 6 v 6 depending on numbers.

Focus will be:

- Control and Dribbling Skills
- Decision to take space or pass
- Movement after the pass
- Verbal and Visual Cues
- Accuracy and Weight of Pass

