FIFA 11+ (20 mins)
For full FIFA 11+ explanation go to http://f-marc.com/11plus/home/

Short-Short-Long (10 mins)

Short-Short-Long
One ball per group of 4. Players organized in opposite pairs.
Ball is played long to deepest player. Player walls with teammate and plays long. Ball striker becomes wall. Wall becomes new ball striker.
Switch activity on 2 minutes
Progression 1: 15-20 yard ball on ground
Progression 2: 20-25 yard ball driven for 1 bounce
Progression 3: 35-40 yard ball clipped, bent
Progression 4: 45-50 yard ball driven
Coaching Points
Ball striking technique - plant foot, follow through, surface | Timing and rhythm

Technical Shooting - Opposite Line (15 mins)

Technical Shooting - Opposite Line
Each player has a ball. Start lines 20 yards apart with 2 yard offset. 3 minutes per activity. Both feet.
Progression 1: Dribble to center, lay behind, shoot ball from other player
Progression 2: Basketball dribble to center, toss over head, volley ball from other player
Coaching Points
Done at game speed | Give quality pass | Technical shooting
4v4+1 Shooting Game (20 mins)

**Shooting Game - 4v4+1**
Game is played 4v4+1 with extra players off. Player is replaced on a shot that misses the target or loss of possession.

**Progression 1:** Shoot anytime

**Progression 2:** Shot after 4 passes, broken line or combination

**Progression 3:** 1v1 with goalkeeper after 4 passes, broken line or combination

**Coaching Points**
Mentality and confidence | Body shape to 1st touch shot | Think ahead to how you can shoot | Team shape

2v2 Flying Changes (15 mins)

Game is played 2v2 + GK. On ball over defensive end line new pair dribbles new ball on to field. (Origina pair is off.) Ball across touch line is played to appropriate team from teammates.

**Coaching Points**
Immediate transition | Attacking mobility | Defensive patience | Communication

Set Piece - Central Attack (10 mins)