

Technical warm up

Organization: (10x20 each)

- Prog. 1: A to B, B drops ball to A, long diagonal to C, C dribbles to end line.

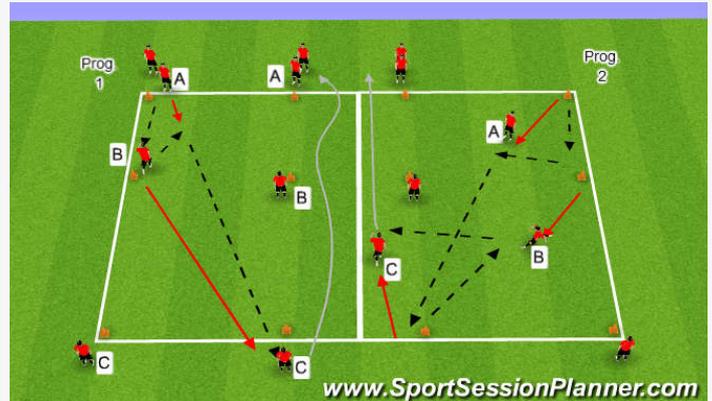
Group 2 begins to work once C from Group 1 is dribbling

- Prog. 2: Same as prog. 1 however B and C complete give & go after long diagonal pass.

- Ensure that first touch always sets player up to move quickly (pass, dribble) in the direction they want to go

Coaching Points:

- Quality of pass
- Quality of control
- Quick change of speed
- Dribble at speed once in 'C' is in possession



3v2 (+1) Transition

Organization: (20x20)

- 3v2 (+1) in one half of area, leaving 1v1 in other side.

- Team in possession keep's ball

- Defending team win's ball they must dribble through cones as quick as possible to other area

Prog.

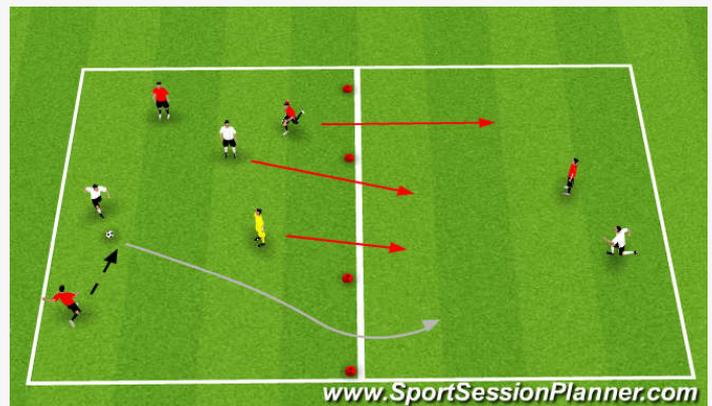
- Defending team must pass ball through gate to player to start possession

- Coaching Points

- Quality of passing

- Quality of control to allow rapid movement

- Use of space to penetrate quickly



3 Zone game

Organization: (20x40)

- 1v1 in each end and 3v3 in central area

- 3v3 in middle must combine to free a player to go into an end zone to go 1v1 with a defender.

- Must dribble ball out of middle zone to start, and then progress to passing ball through line to on running player

- 3 with the ball can play backwards to defending players to retain possession

Prog.

- Team in possession must play ball over line to on running player (through ball) to break into 1v1 situation

Coaching Points:

- Quality of passing

- Quality of control to allow rapid movement

- Use of space to penetrate quickly

- Creativity

- Speed of play

- Movement of players

- Awareness & Communication



Final game

Organization: (20x40)

-Same as in previous 3 Zone game, but no limit on where players can go.

-Must play ball through gate before they can score through either dribble or pass

Prog.

- Take away gates and have free play.

Coaching Points:

- Quality of passing
- Quality of control to allow rapid movement
- Use of space to penetrate quickly
- Creativity
- Speed of play
- Movement of players
- Awareness & Communication

