

ACTIVITY #1

Set up: 14 players (3 Goalkeepers with GK coach) Players are organised into 2 groups as shown in diagram opposite. Cones are placed 10 yards and a further 15 yards ahead of each group.

Instructions: Players jog forward around the farthest cones before returning to the starting position - total 3 min.

Progressions - Perform the following movements to the first cone before jogging to far cone:

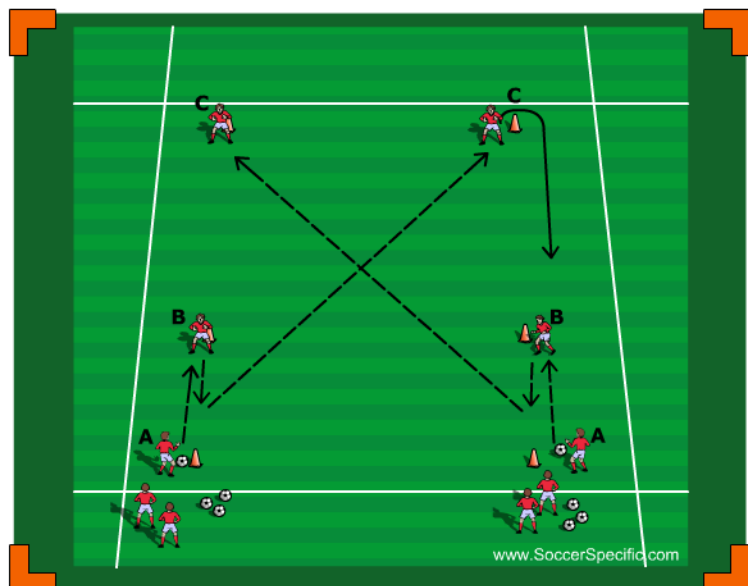
- (1) Skipping - forward / lateral
- (2) Lateral Shuffle
- (3) Walking Lunges
- (4) Hip Mobility - groins in / out
- (5) Leg Swings
- (6) Lunge & twist
- (7) Various dynamic movements

Total: 7 min

Coaching Points:

Increase heart rate / core temperature / increase mobility / flexibility

Prepare players for more intense activities to follow.



ACTIVITY #2

Set up: Cones from previous activity are used - a supply of balls is now required. One player is positioned at the first cone (B) and second cone (C) as shown.

Instructions: Players must pass the ball and change speed to advance to the next cone.

Sequence - Players (A) pass to (B); Players (B) lay-the-ball back to oncoming (A); Player (A) now plays a diagonal pass to (C); (C) receives the pass and dribbles quickly to the starting position to repeat the sequence. Player (A) advances to player (B) position, Player (B) advances to Player (C) position.

Both sides work at the same time.

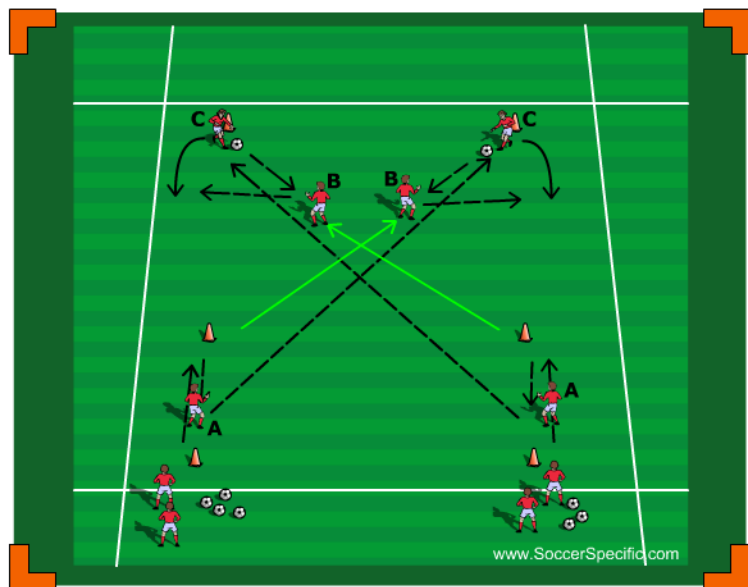
Coaching Points:

Sharp accurate passing

Quality of lay-off

Speed of movement - change speeds after passing.

Tempo must be high.



ACTIVITY #3

Set up: Cones from previous activity are used - a supply of balls is now required. One player is positioned at the first cone (B) and second cone (C) as shown.

Instructions: Progression:

Same sequence as previous with one additional pass- Player (A) makes the diagonal pass to (C); Player (B) must now travel quickly to support (C) and receive a lay-off in 1-touch; Player (B) plays a wall-pass with (C) as shown.

Coaching Points:

Sharp accurate passing

Travel quickly to support the play.

Quality of lay-off

Speed of movement - change speeds after passing.

Tempo must be high.



ACTIVITY #4

Set up: A 7v7 is organised inside the playing area as shown. Playing area is 44 x 25 yards. A supply of balls is placed around the playing area.

Instructions: Possession game - both teams compete for possession of the ball and attempt to win points for consecutive passes. 10 consecutive passes = 1 point. Players are restricted to 2-touch or 1-touch play. Games = 3 min; Recovery 1 min x 5 repetitions
Total - 20 minutes

Coaching Points:

- High tempo
- Speed of movement with and without ball
- Quality of passing and support play
- Pressing at ALL TIMES to regain possession



ACTIVITY #5

Set up: A 7v7 with goalkeepers and full-size goals is organised inside the playing area as shown. Playing area is 44 x half pitch. A supply of balls is placed around the playing area.

Instructions: Both teams compete for possession of the ball and attempt to score in their opponents goal. Emphasis is placed on "speed of play" and "pressing" to regain possession. Players are restricted to 2-touch or 1-touch play. Games = 7 min; Recovery 2 min x 4 repetitions
Total - 36 minutes

Coaching Points:

- High tempo at all times
- Speed of movement with and without ball
- Quality of passing and support play
- Pressing at ALL TIMES to regain possession