



Technique of Driving ball (15 mins)

Organization:

Players work in 4's with 1 ball per group

Instructions:

Players drive the ball across the field before playing a double pass with player in the middle.

Coaching Points:

- Locking ankle
- 2nd knuckle of your big toe
- Cutting across the ball
- Striking the ball off center

Progressions:

Different combinations with the middle 2 players



Main Activity (25 mins)

Organization:

4 vs 4 with 2 neutral players and 2 target players

Instructions:

Players score by transferring ball from north to south, they are able

to use neutral players on outside but they only have 1 touch.

Coaching Points:

1. Looking to penetrate forward 1st
2. position of deeper players to allow the switch
3. Angle of receiving player
4. Striking technique or combination

Progressions:



Wall Game (30 mins)

Organization:

70 yards by 80 yards, Cones spanning the width of the 18 yard box.

8 vs 7+GK

Instructions:

Both teams are looking to score.

Wall in the middle of the field is as high as a skyscraper, the ball CAN NOT pass through the wall but players can.

Coaching Points:

- Recognizing moments to exploit width
- Speed of play(technique to help with this)
- Movement of 7 and 11 to open up width for 2 and 3
- Patience to suck defenders in centrally
- Recognizing moments to play in behind

Progressions:

- When the opposition figure out to mark the wide area's and it becomes tough to play through the wings then I would add a 10 passes equals a goal to try to get the defenders to come out more.
- Additional I would give them the option to play in over the wall if defenders have 4 or more players in front of the wall.



Free Play (20 mins)

Organization:

Same as previous

Instructions:

Free play

Coaching Points:

- Reinforce previous points

Progressions:

