

Footwork/passing (15 mins)

Groups of 5 with multiple balls in area:

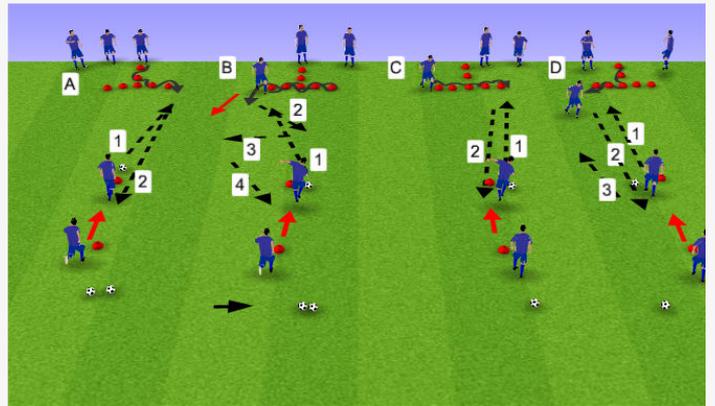
A: Weave thru cones forward and side to receive ball one touch, pass back to second player running in time the runs so consistent movement. After pass player 60% to 20 yard cone for next pass. Twice to left foot, twice to right foot

B: Player starts on one side of cone and weaves between cones there and back for G/G. Go thru twice on right and twice on left

C: Player starts on one side of cones and two step between cones for two touch outside of foot back to server line. Twice on right and twice on left.

D: Quick foot work between cone for G/G with players sprint to 20 yards after G/G.

Coaching points: lead player with pass, lock ankles, body shape around ball, time runs, create space, communication

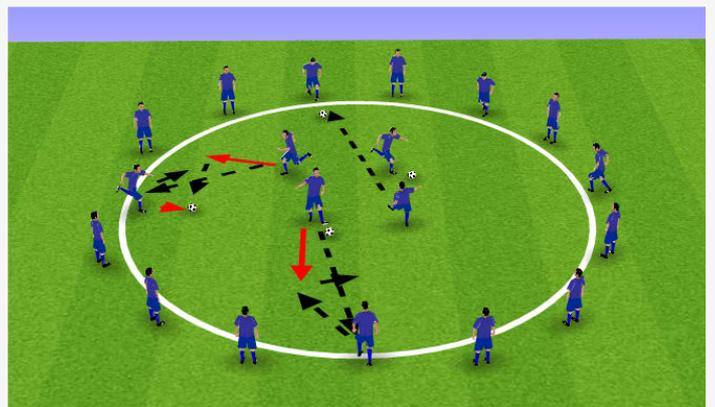


Combinations1 (5 mins)

Four soccer balls for 20 player, two players involved: 4 minutes

Player in middle has ball to pass to outside player for G/G. Soccer balls cannot crash in middle and must pass to player or team penalty for everyone. Game pace. GK use hands for scoop on G/G with arm distribution for long pass

CP: communication, quickly move to space for G/G, technical first touch, change of speed, head up/eye contact, use both feet, timing of second pass

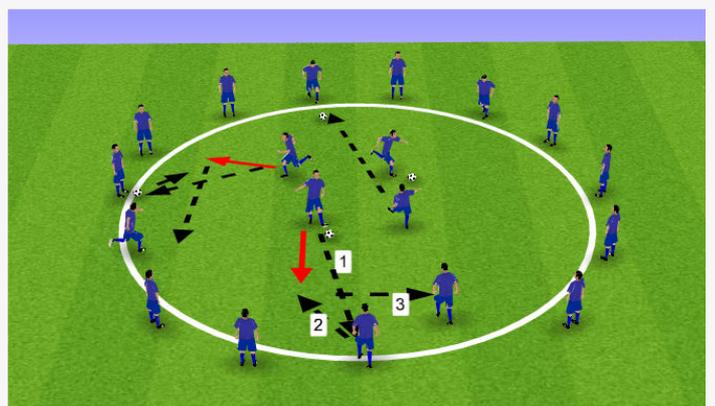


Combination2 (5 mins)

Four active players in middle, three players involved in combination: 4 minutes

Player calls name for person on outside center player and makes pass for G/G for third runner (player to right). Find new player on outside to connect but make sure they have player to the right. GK use hands for scoop on G/G with arm distribution for long pass

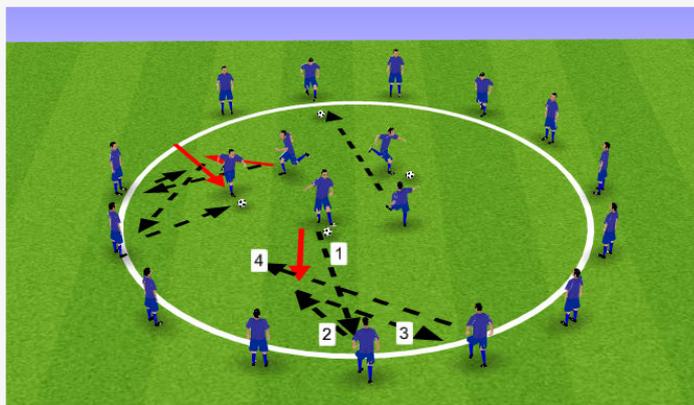
CP: communication, timing of pass, lead foot, movement off the ball, change of speed, attack space after combination



Combination3 (5 mins)

Four players active in middle, four players involved in combination:
5 minutes

Active player passes to outside center player and gets ball back to pass to player on right who makes final pass 4 to player on left. GK use hands for scoop on G/G with arm distribution for long pass
CP: fechnical first touch, timing of runs, communication, body shape for pass, lead player into space, game speed



6v6 Transition (20 mins)

22 players in space 60x50 with two teams of 11:
Transition 6v6 with GKs. if ball goes out on sides, starts with Gk. Transition new team if ball goes out on endline, defensive team stays. First game new team after every goal but make it, take it. Second game, finishing team stays on to defend but new team attacks. 10 star jumps to losing team after 8 minute games.
CP: quick transition to get into space, find combinations, movement off the ball, early shots, turn to attack, communication



10v10 +Neutral (25 mins)

10v10 plus neutral playing full width to top of 18 yard boxes:
12 minute games with losing team does 10 burpees on first game, losing team sings to winning team on second game
CP: third runner involvement, timing of runs, communication, attack space, find numbers up, technical pass to lead player, quality first touch

