



Fitness with a ball

Category: Technical: Attacking and Defending Skills

Difficulty: Difficult

Am-Club: Omaha FC
Alex MASON, Omaha, United States of America

Screen 1 (10 mins)

Set Up: All Ages, adjust field space to age group.

6 players in Blue, 6 Players in Red -12 total (for large squads rotate players in sets of 3)

2 soccer balls behind each 1 yard gate/goal

place 2 players behind each teams opposite gate

1 Minute game, allow players to rest for 1 minute after every game

- set field for next game

On GO, Players dribble soccer balls and leave them in their teams set field gate

CPS:

- 1) Dribbling
- 2) Fitness
- 3) Change of direction
- 4) Change of pace
- 5) 1v1 skills
- 6) Defensive duties
- 7) Vision & space awareness
- 8) FUN

