



Warm-Up (10 mins)

Description

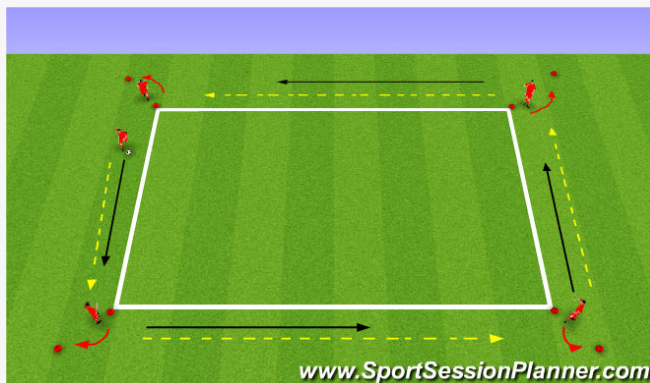
Groups of 6 in a 12x10 area.
Pass to corner and follow pass.
Receiving player checks to cone and opens up body to receive the ball.
Should receive the ball, opening up around the first cone (defender)

Variation

1. Play ball opposite direction.
2. Passing player follows is with speed to put receiving player under pressure.

Coaching Points

1. Non kicking foot planted next to the ball, pointing in the direction you want to pass the ball.
2. Hit the ball with the inside of the foot.
3. Strike through the middle of the ball.
4. Receiving player should open up to receive the pass.
5. Soft touch upon receiving the pass in order to keep control.
6. Check you shoulder before receiving the ball.



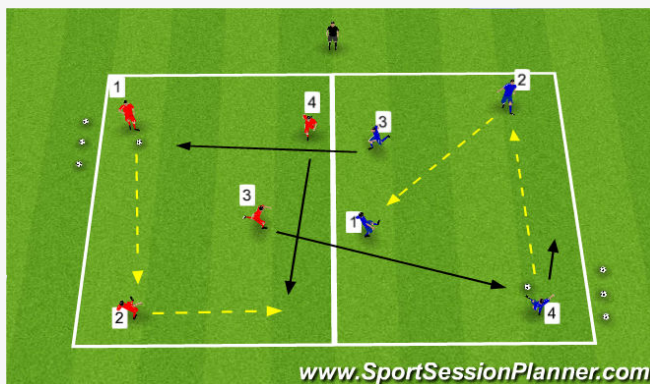
3v1 Explosive Squares (15 mins)

Description

Number players 1,2,3,&4 etc.
Players pass and move around the area.
When coach calls out a number that player leaves the square and goes into opposite square.
Defenders win a point each time they win possession or the ball goes out.

Coaching Points

1. Weight of pass
2. Keep the ball moving
3. Movement after the pass
4. First touch away from pressure
5. All from first excersize



5v2 Transition (20 mins)

Description

Play in a 20x50 area divided into two halves.
2 equal teams with one team having the ball.
The defending team sends in 2 players to try and win the ball from the possession team.
If the win the ball, they look to play the ball to opposite teammates and move to support.
The team that loses the ball sends 2 defenders into opposite grid.
Attacking team wins a point for every 5 consecutive passes they make.

Coaching Points

1. Team shape, wide and long
2. Support play
3. Communication
4. Defend to win possession

