

WARM UP (10-15 mins) – Passing & Dribbling Skills

Dribble to the cone bring it back with the inside of your foot of your right foot than come back to the starting point and bring it back with the inside of your left foot than go back to the cone and bring it back with the sole of your right foot than stop the ball with the sole of your left foot on the starting point than your partner goes. 5 minutes. Different Variations.

COACHING POINTS:

- Good dribbling technique.
- Change of direction very fast.
- Good quality passing.

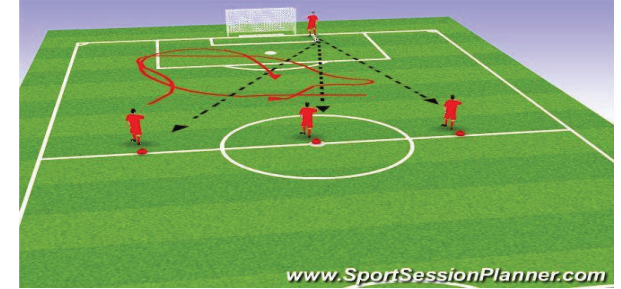


THEME #1 (20 mins) – Technical Work

Here we are focusing on controlling the ball with the inside of your foot than passing. Push the ball to the left with you're inside of the foot than they pass with there right foot - after 3 minutes they switch and push the ball with the outside of there right foot than pass with their left foot. Progression they now stop the ball with the sole of the left foot and pass it with the sole of there left foot (1 touch) quick side movements in order to get to the ball for 4 minutes - focus on communication and foot work.

Coaching Points

- Keeping the ball close. Good technique.
- Good first touch.
- Different skills.

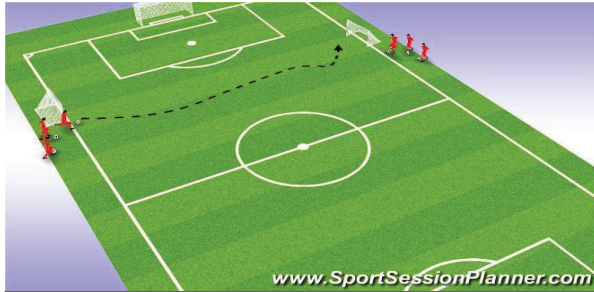


THEME #2 (20 mins) – 3v1 Attacking Transition

3 V 1 Here we are focusing on quick attacking play- dribbling passing movements . Focus on combination play and being able to break down the defender quickly. Lots of goals and it should be fast paced for 10 minutes - shooting, dribbling. -Focus is communication and alot of skills.

COACHING POINTS:

- Communication.
- Different Skills.
- Acceleration.
- Giving options/ passing lanes.



THEME #3 (20 mins) – 1v1 Transition

Every player has a ball- 1 player dribbles in the other player on the opposite line defenders- if attacker score now he becomes the defender. Stays on until someone scores on him. (King of the hill)

COACHING POINTS:

Going direct with full speed.

Changing direction.

Focus on players taking a touch direct and going good touches.



THEME #4 (15 mins) – Small-Sided Game

Bring goals forward. Play 3v3 or 4v4 - you may need to set up two games.

Allow game to flow however make sure the focus is still on 1v1s and give more points if players perform a skill successfully. Continue to make correct coaching points.

COACHING POINTS:

Let them play.

Make sure touches are direct and going forward.

Use a lot of skills and be confident with the ball.



THEME #4 ALTERNATE (15 mins) – Scrimmage

If space available - Allow the players to play with no restrictions. You can expand this to one game (6v6; 7v7) if field space allows. Always promote the session topic within the game and remind players of the coaching points.

COACHING POINTS:

Approach

Execute

Accelerate