

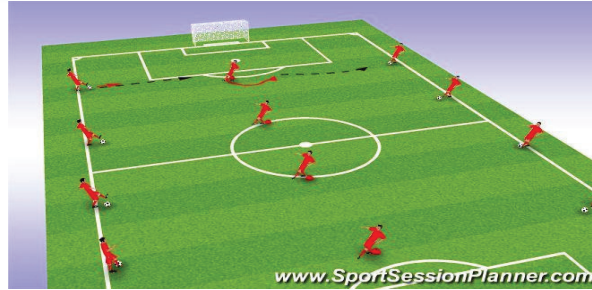


WARM UP (10-15 mins) – Play

Let players play 10 minutes free play. Make sure they are passing. Split them into 3v3 or 4v4 teams. We want to see a lot of dribbling and players enjoying themselves.

COACHING POINTS:

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



THEME #1 (20 mins) – Technical Work/ Passing

Here we are focusing groups of 3. Players in the middle will sprint to a player pass the ball 1 touch than spring to the other side pass the ball 1 touch. We are focusing on intensity and non stop work for about 2 minutes. Different variations can go into 2 touch, short short long, and then progress into turning and dribbling towards the cone and doing a skill (scissors) than passing.

Coaching Points

- Good technique.
- Locking your ankle (weight of the pass)
- Good first touch.
- Different skills.

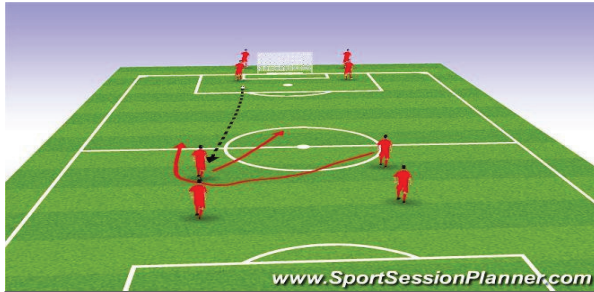


THEME #2 (20 mins) – Passing Patterns

A diamond shape where there are 4 players on each cone. Players will pass to the right to begin with controlling with their back foot and opening up there body and passing it to the next players. Players must follow there pass. Than switch to the left foot.

COACHING POINTS:

- Communication
- Movement off the ball
- Controlling the ball with their back foot
- Good first touch.



THEME #3 (20 mins) – 2v2 Exercise

2V2 players are focusing on taking a good touch forward and the player who doesn't have the ball is focusing on his/her movement off the ball - Different runs (overlapping runs)

COACHING POINTS:

Going direct with full speed.

Changing direction.

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

Movement off the ball (being an option)

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.

Movement off the ball, a lot of runs and making sure you are available to receive 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