

Warm Up (15 mins) Ball Skills Warm up:

Laces dribbling

Inside Outside (Left foot, right foot, both feet)

Scissors

Drop shoulder

Ronaldo chop

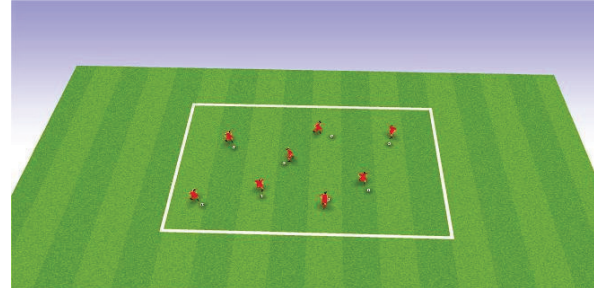
COACHING POINTS:

Keeping the ball close.

Small Touches.

Acceleration after doing a move, it has to be very fast once you do a move.

Start to gain confidence on the ball.



Theme #1 (20 mins) 1v1 to small goals:

1. Defender passes the ball to the attacker

2. Attacker tries to beat the defender to either goal

Progression 1:

Make it a competition for which team scores the most goals

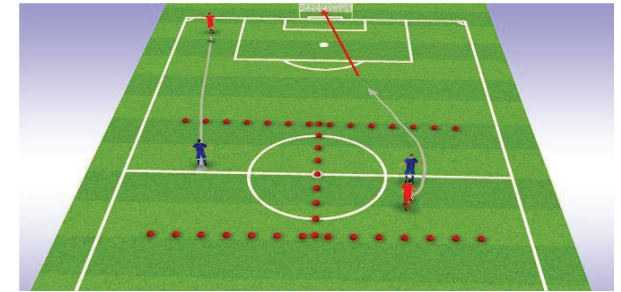
Progression 2:

Make the skills you went over extra points for the players that use them successfully

COACHING POINTS:

Making sure players are dribbling with their head up.

Dribbling with pace and being able to keep control at the same time.



Theme #2 (20 mins) 1v1 Past the defender then shoot on goal:

Attacker dribbles at the defender in the box and tries to beat them to get a shot on goal

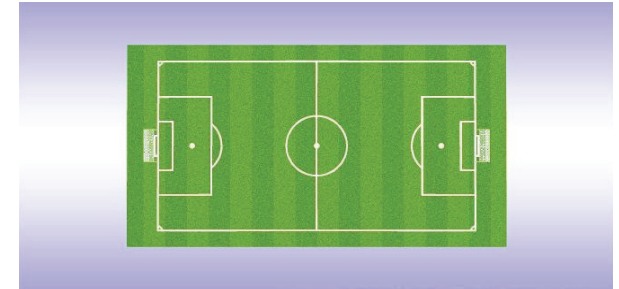
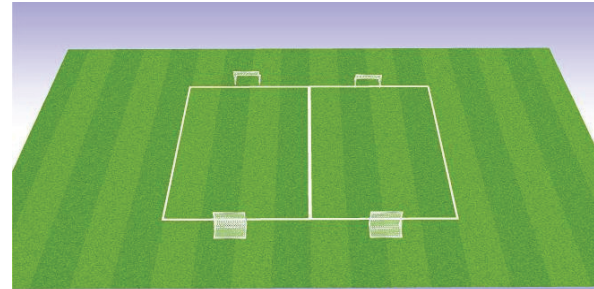
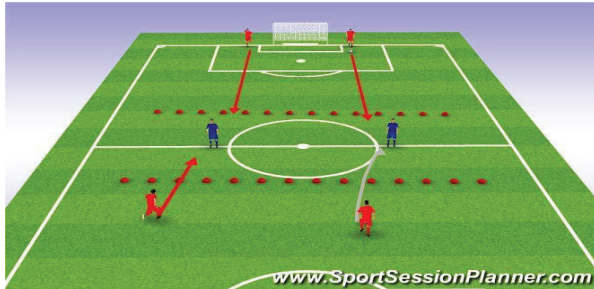
Defender cannot defend the attacker outside of the coned area.

If defender wins the ball, the attacker now becomes the defender until they win the ball.

COACHING POINTS:

Dribbling with speed and going direct.

Be confident on the ball and try all of the skills we worked on.



Progression (20 mins) 2v2 Through the middle:

2 players attack the defenders try to beat them to score.
Once the two attackers lose the ball or beat the defenders the next 2 on the other side go.

Encourage 1v1s in this situation to see what skills they have learned.

Rotate the defenders as needed.

COACHING POINTS:

- Good touch
- Encourage Skills
- Accelerating
- Confidence on the ball

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:

- Making sure the skills are being used
- Good first touch
- Confidence on 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