

4 line warm up (15 mins)

Players have a ball each.

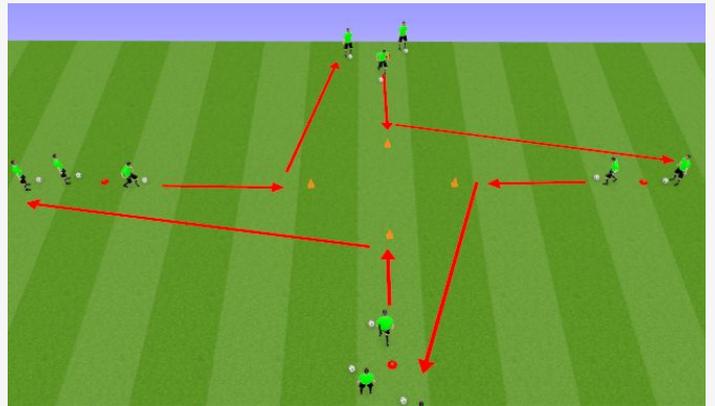
Travel one at a time, four in total, to a cone and perform a move to take them off to the left.

After players return to their original cones, change directions so players turn right instead of left.

Focus

- Maximum touches on approach - Lots of small touches
- Accelerate away - big touch into space away from the 'defender'
- Distance from cone to perform the move - do not be too close or too far away from the 'defender'

Moves can include but not limited to - Scissor, fake and take, step over, L turn



Running with Ball/Dribbling (20 mins)

Running with ball/dribbling

Defending players (A) start with the ball, they pass into the attacking player (B). As soon as B touches the ball player A can defend. Objective is to get dribble the ball through one of the 2 gates.

Swap lines (roles) after each go - If you attacked the gates that time, the next time you defend.

Point scoring - A point is scored each time the ball is dribbled through by the attacker. The defender wins a point if they win the ball.

Coaching Points

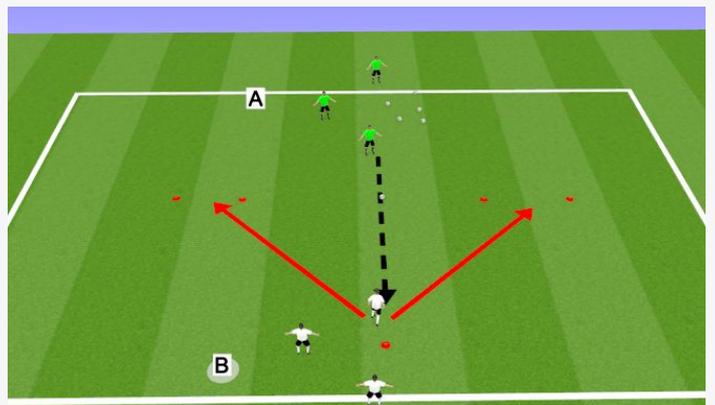
Receive with a good first touch towards goal.

Changes of direction and speed to deceive defender.

Use moves to put defender of balance.

Think about the distance between you and the opposition when you want to do move

Attack space behind / beside the defender



4 boxes (20 mins)

2 teams - 4 box possession game

To score you have to dribble the ball into one of the four empty corners/boxes. Defenders are not allowed into the boxes.

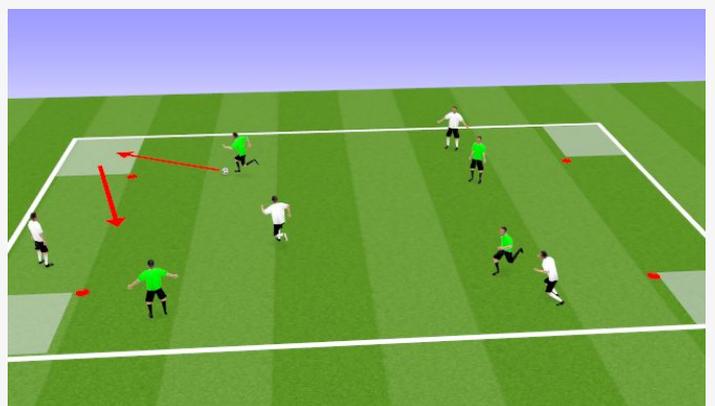
To score another point your team has to score in a different square therefore changing your point of attack and the direction in which you are playing

When in possession, pass and move, communicate and support your team mates

On the ball use small touches to keep ball under control in tight spaces and to protect it from opposition

Change direction and speed using different parts of the foot and acceleration to get into space/away from opposition.

Use laces and bigger touches to dribble and accelerate into space



End zones (20 mins)

Directional game - 2 end zones

Players split into 2 teams.

Objective is to dribble the ball into end zone to score a point. Once you score a point in one end, your team can only score their next point by getting to the opposite end.

Each time you win possession back from the other team, you can attack either end zone. Only once you score, do you need to attack the other end zone

Coaching points

Players off the ball create space for the possessor to run into or for themselves to receive a pass

When dribbling - draw the opposition in, use change of speed to get past them or find a pass and move to get around them into space that has been created by drawing them in.

Make penetrative runs through gaps using explosive speed, acceleration

Be aware of where your team mates are, where the opposition is, where you are on the field.

