



3 player fundamental drill (15 mins)

Organization:

- Groups of 3

Instructions:

- the player in the middle will work on Passing Fundamental techniques.
- Player Must come to the cone and perform the technique.
- On one side they'll use the left on the other side they use their right foot.
- two touches stop with inside pass with the inside (same foot)
- two touches stop with one foot and then pass with the other.
- One touch back
- Receive the ball and turn to pass to the other player across.
- Each player will go for 1:30.

Coaching Points:

- Plant foot facing where we are going to pass.
- striking the middle of the ball to keep the ball on the ground.
- First touch should lead to the striking foot.



Keep away (20 mins)

Organization:

- Two or 3 grids if needed.
- 4v4

Instructions:

- Team will try and accumulate as many passes as possible. team with the highest score at the end of time wins.

Coaching Points:

- Passing technique.
- Positional awareness
- Spread out to be able to use the whole grid.

Progressions/Regressions:

- R. 5v3 and rotate defenders.
- P. Limited touches.



Conditioned game (25 mins)

Organization:

- Half field
- 2 teams

Instructions:

- Teams will have to make 2 passes before they can score.

Coaching Points:

- Passing technique
- Finding space to be able to receive the ball and make a pass.

Progressions/Regressions:

- P. Everybody must touch the ball before going to goal.
- P. Limited to 4 touches on the ball.
- R. 1 pass before you can score.



Scrimmage (30 mins)

Organization:

5v5 - Adjust to numbers

Instructions:

- Scrimmage
- Fifa Rules

Coaching Points:

- Attacking and defending principles of play.
- Bring out topic of the day.

Progressions/Regressions:

P. Limited touches.

