



Angry Birds (10 mins)

All players without ball - they are the 'pigs'

Coaches start as the Angry Birds - have a ball and they have to try and hit someone without a ball below the knees. If players get tagged, they get a ball and become angry bird.

The angry birds can start by moving around on the outside of the field and aim from distance. As a progression, the angry birds can then move inside the area, trying to get closer to the targets / 'pigs'. Play multiple times starting with new 'pigs' each time

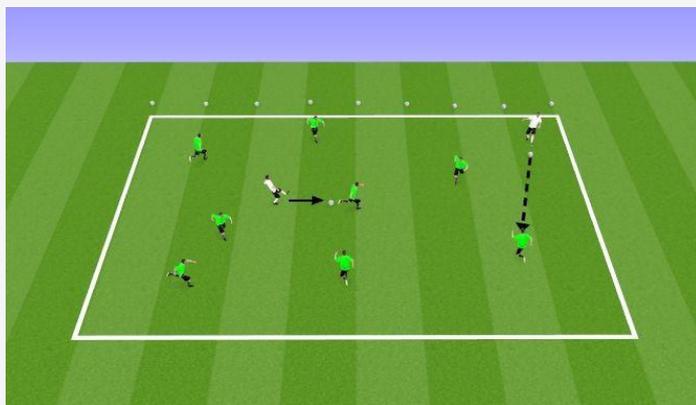
Coaching Points:

Heads up

Looking for space

Changes of speed and direction

Passing technique - inside foot, lock ankle, non-kicking foot, follow through



Escape the middle

Numerous players (no more than) defend the central area - a square of cones 5x5 yards in the middle of the playing area. The defenders cannot leave this area. Their aim is to keep it free from the attacking players.

The remaining players (attacking players) each have a ball and their aim is to travel into the central area and to stay there as long as possible, they get a point for every second they can be in the area, without their ball being kicked out. Defending players need to clear this middle square as quickly as possible (pressure the ball) and kicking the balls out of the area.

If the defenders are finding it easy, either remove a defender or make the square bigger therefore a larger area to defend.

If the attacking players have their ball kicked out, they try to re-enter from the side and observe where their space is and attack it.

Progression: Defenders no longer have to stay in the square, they can pursue the attackers in order to prevent them entering the square.

Coaching Points -

Defending the middle - on your toes, head up to look around and see where the danger is.

Low body positioning, ready to step in and win/poke the ball.

Attacking the middle - get into the middle and turned around for a quick escape. Keep head up to avoid the defender / pig but also look for space. Keep close control of the ball to protect it.

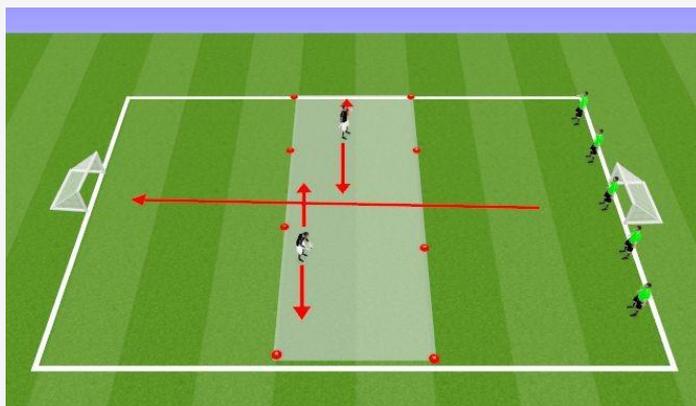


Break the lines (10 mins)

All players have a ball on the end line. 2 defenders in the middle 3rd of the field.

The players with the ball, need to try and get passed the defenders, getting across to the other side. If the defender wins the ball, they keep it and the person they won it from becomes the new defender in the middle area.

Progression - do not have the middle area - defenders are free to chase down the players anywhere on the field while they try to get from one end line to the other. If a player with the ball is on the end line, they cannot lose their ball and the defender must be at least 3 big steps away.



Scrimmage (15 mins)

2 even teams

Trying to ensure social distancing so no bunching up - If all bunched together, use different methods to spread them out -

- Magic word - if the coach shouts a certain word all players need to stop what they are doing and go find a space on the field.

- Freeze the game - have all the players stand still and explain that they are too close - not just for Covid-19 reasons but for soccer - more space will be a better option to pass to and use as help.

Encourage players to do what they learned in practice.

Play with throw ins

