## WEEK 3 - SESSION 6

## Warm Up \#2

Warm-Up:

## Organization:

- Four groups of 3 players working in a $20 \times 20 \mathrm{~m}$ area as shown.
- A ball per player.
- Six markers breaking the area down into four quarters.



## Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.


## Description:

1 First player in each group dribble diagonally across the small square to his/her right and turns to the left using the left foot, just before the marker. Then turns to the left in the same manner and cuts diagonally across the square to the opposite marker turning to the right with the outside of the right foot, then dribbles back to the beginning. Then the next player performs the same action.
2 The first player dribbles the ball around the perimeter of the square to his/her right using the outside of the right foot to change direction. On returning to the starting point the begins the process again this time using the outside of the left foot to turn to the left repeating the process in the square to his/her left. This time when the player returns to the starting point the next player repeats the sequence.
3 Progression: Vary the turning technique being used with each repetition (inside of foot, step over, scissors, etc).

## Attacking \& Defending <br> One versus one with opponent chasing from the side:

## Skill Work:

1v1 Attacking \& Defending from the side
15 minutes

## Organization:

- Set-up area $25 \times 15 \mathrm{~m}$ as shown.
- Players are working in pairs.
- One GK.
- One Goal
- All soccer balls behind starting point.



## Coaching Points: <br> Attacker:

1. Ball within playing distance
2. Dribble and protecting the ball from opponent
3. Last touch at an angle
4. Ability to fake - tease your opponent

## Defender

1. Close down in a way to prevent a shot first
2. Get down
3. Stay down
4. Choose right moment to

## Description:

1. Team function: Attacking / defending
2. Meaning in the game: To keep the ball in possession and score / to defend the goal and to win the ball back
3. One player identified as the attacker position on the start line ( 25 m away from the goal) where another player acting as the defender positions at an angle - 2 m behind the attacker. The coach passes a ball forward for the two players to run onto. The attacker's aim is to score a goal against a goalkeeper. The defender is working on regaining possession. If the player succeeds, the aim is to turn and try to play the ball through the two doors created at the starting line.

## Defending - Man-to-Man Tight \& Loose Marking: Skill/Technique \#3

## Skill/Technique:

2v2 defending (Tight \& Loose Marking)
20 minutes

## Organization:

- Set-up area $30 \times 15 \mathrm{~m}$ as shown.
- Divide players into two equal groups and position them as shown.
- Two GKs.
- Two Goals



## Coaching Points:

- 1v1 Coaching Points from Session 8.
- Tight marking near the ball; loose marking away from the ball.
- See player your marking and the ball.
- 1112 jobs - Distance from player your marking vs. amount of space you can cover.


## Description:

1. The play begins when the Goalkeeper throws the ball to one of the white players by the side of the opposite goal. That player and a second teammate try to combine and score against that Goalkeeper. As the ball is traveling from the Goalkeeper's throw two red players close down their opponents and try to prevent the white players from scoring. If they win the ball they may try and score in the white team's goal. When a goal is scored or the ball goes out of play the exercise restarts with the other Goalkeeper throwing the ball to the next two reds in line and the next two white players have to defend. This process continues in both directions.

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WEEK 4 - SESSION 7

## Warm Up \#8

Warm-Up:

## 15 minutes

## Organization:

- Four groups of 3 players working in a $25 \times 25 \mathrm{~m}$ area as shown.
- A ball per player.
- Nine markers breaking the area down into four quarters.
- Repeat exercises as necessary.


Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.


## Description:

1. First player in each group dribbles towards the middle marker and turns to her/his right using the outside of the right foot. Then turns back using the outside of the left foot just before reaching the outside marker. The process is repeated until all the players reach their original starting point. Then the next player performs the same action. When all the players have gone through the cycle the process is repeated to the left using the outside of the left foot followed by the outside of the right foot.
Additional sequences:
a. To the right - Inside of left \& inside of right
b. To the left - Inside of right \& inside of inside of left
c. To the right - Step over right foot \& step over left foot
d. To the left - Step over left foot \& step over right foot.
e. To the right - Scissors/outside right \& sole of foot turn.
f. To the left - Scissors/outside of left \& sole of foot turn.
g. To the right - Circle inside of right \& inside of left.
h. To the left - Circle inside of left \& inside of right.

## SSG - Attacking \& Defending

Six versus six with goalkeepers:

## Small Sided Game:

6v6 Attacking \& Defending one goal
15 minutes

## Organization:

- Set-up area $40 \times 40 \mathrm{~m}$.
- Set up with 2 teams of 6 , playing on a small pitch
- Goalkeepers should be involved in the game where possible.



## Coaching Points: <br> Attacker:

1. Quality technical skills
2. Good decision making
3. Players off the ball look to support
4. Player are mobile rather than static
5. Look to score every time you can

## Defender

1. Apply good pressure on offensive players
2. Choose right moment to regain possession

## Description:

1. Team function: Attacking / defending
2. Meaning in the game: To keep the ball in possession and score / to defend the goal and to win the ball back
3. 6 v 6 game where players play freely.
a. Depending on standard end players should be restricted to two touches.

## Finishing from a Distance: Skill/Technique \#1

## Organization:

- Use the area as shown
- One group of 3 strikers and one group of 3 defenders.
- The group of defenders will defend from three different positions as the practice progresses.
- Goalkeeper.
- Play starts when the striker attacks goal.



## Coaching Points:

- Be composed.
- Look at goal on approach.
- Square hips toward goal.
- Look at ball \& head steady.
- Long step and stretch toe down, lock ankle.
- Drive through the middle of the ball with instep.
- Shoot low \& to the side of


## Description:

1. Players begin from two gates set up on either side of the coach, approximately 10 m from edge of penalty area. Red striker dribbles toward goal and shots before reaching the edge of the box. One white defender attempts to prevent the shot and if possible, tries to win the ball and score himself/herself. After the shot the striker joins the line of defenders and the white defender joins the line of strikers and roles reverse. Strikers should also switch sides for the shot before progressing in order to practice with both feet.
2. Progression: As above but defender tries to prevent shot from the side.
3. Progression: As above but the defenders try to prevent the shot by coming from the side of the goal.

Emphasis: Be composed and efficient. Kick through the middle of the ball.

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## WEEK 4 - SESSION 8



## WEEK 5 - SESSION 9

## Warm Up \#9

Warm-Up:

Organization:

- Set up a $30 \times 30 \mathrm{~m}$ area as shown.
- Players work in groups of three.
- One ball per group.



## Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.


## Description:

1. Players pass and support the pass as they move around the area. The coach asks them to perform various passing options as listed below.
a. Pass and look for space.
b. Pass with inside of right foot.
c. Pass with inside of left foot.
d. Pass with outside of left foot.
e. Pass with outside of right foot.
f. Short pass; long pass combination.
g. Receiving player turns with ball using inside of foot.
h. Receiving player turns with ball using inside of foot.
i. Receiving player lets ball run between legs and turns.

## SSG - Attacking \& Defending <br> Four versus four without goalkeepers <br> Attacking and defending one goal line:

## Small Sided Game: <br> 4v4 Attacking \& Defending one goal line <br> 15 minutes

## Organization:

- Using the real width of the pitch for games
- Set up with 2 teams of 4 inside players, 2 wide players and a GK
- Mark up outside channels for the wide players.



## Coaching Points: <br> Attacker:

1. Good technical skills
2. Decision making to go to goal or play wide;
3. Decision making of wide players to go in, dribble or use support

## Defender

1. Apply good pressure on offensive players
2. Choose right moment to regain possession

## Description:

1. Team function: Attacking / defending
2. Meaning in the game: To keep the ball in possession and score / to defend the goal and to win the ball back
3. 4 v 4 game where players play freely inside. Each team has two support players on the outside.
a. Option 1: wide players must take the defender 1 on 1 on the outside channel to play the ball inside for a goal
b. Option 2: wide players have the option to dribble inside to create a 5 versus 4 situation

## Finishing in the Penalty Area: Skill/Technique \#1

## Skill/Technique:

Fox in the box 1
20 minutes

## Organization:

- Use markers to set up a $25 x 20 \mathrm{~m}$ area as shown.
- Two teams of six plus a GK.
- Two goals
- Three players from each team on the field. Three supporting players positioned outside area as shown.
- Play starts with coach.



## Coaching Points:

- Find space and face the goal.
- Be prepared to move to the ball.
- Look to the side of the keeper.
- Choose your technique.
- Have a touch if needed.
- Pass the ball low past keeper
- Be composed.


## Description:

1. Players are restricted to two striker's v one defender in each half of field. Coach serves ball into red striker who must try and score directly, or pass to his/her teammate to score. The strikers can also pass to one of the support players who must try and set up a scoring opportunity for one of the strikers. The support players are limited to a maximum of three touches in which to pass. The defender must try and prevent the reds from scoring and, if possible, win the ball and pass to the white strikers who repeat the process in the opposing half of the field. Play continues until the ball goes out of play at which time the coach serves a ball into the strikers of the team which defended last. Players switch roles with supporting players every two minutes. Players switch roles within the groups of three also. Keep track of combined score.
Emphasis: Be composed and efficient. Receive the ball facing the goal. Pass the ball into the goal past the keeper.

## WEEK 5 - SESSION 10



## WEEK 6 - SESSION 11

## Learning to Train Warm up session

| Organization: <br> - Groups of five players - one ball for five <br> - Markers three metres apart in a diamond shape |  | Coaching Points: <br> - Be relaxed and light on the feet. <br> - Present playing surface to control the ball. <br> - Quality touches. <br> - Balance <br> - Quick feet adjustment |
| :---: | :---: | :---: |

## Description:

- Players move the ball, anti-clockwise. First player to start with a throw, receiver controls - two touches minimum and volleys/heads/other ball to the next player.
- Next player catches the ball and throws for the next player to control in sequence.
- Players follow their throw / pass.
- Game concludes when last player is back to the starting position.
- Who was the quickest?


## Attacking \& Defending <br> One versus one each player attacking and defending 2 target players:

Skill Work:
1v1 Attacking \& Defending two target players
15 minutes

## Organization:

- Set-up area $10 \times 10 \mathrm{~m}$ as shown.
- Players are working in pairs.
- Each player attacks and defends the one target player
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



## Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake - tease your opponent - dribble
3. Use of the body to protect
4. Ability to perceive and choose open target

## Defender

1. Close down - Get down Stay down
2. Choose right moment to tackle
TRANSITION - go to goal

## Description:

1. Team function: Attacking / defending
2. Meaning in the game: To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by playing the ball to the two target players. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play - to change to point of attack and give a player a chance to touch the ball - once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

## Passing \& Support: Skill/Technique \#1

## Organization:

- Set-up area $20 \times 10 \mathrm{~m}$ as shown.
- Divide players into groups of four and position them as shown.
- One group in possession against one opponent in one $10 x 10 \mathrm{~m}$ square.
- One square vacant to begin with.


## Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles wide and deep.
- Don't support too close to the ball. Remember: distance = time.


## Description:

1. Two groups compete against one another as follows: Four red players $v 1$ white player in a one square, with three white players resting outside the square ad the halfway line. The coach serves the ball to the red team and they must make at least three passes after which they can pass the ball into the next square for one of the group to run onto. If successful all four red players move into the next square and, again try to get at least three passes and play back into the original square. If the red team is successful the defending white player steps out and a new defender enters the next square attempting to win the ball. If the red team should pass the ball out of bounds, or the defender wins the ball, the coach serves the next ball into the other square to the white players and one of the reds becomes a defender, while the other rest outside the area. Every successful movement from one square to the next = 1 point. First team to 10 points is the winner.
Progression: As above but 3 v 1 in one square, with fourth player in other square. Switch squares with a pass to the fourth player.

## WEEK 6 - SESSION 12




WEEK 7 - SESSION 13

## Learning to Train: <br> Warm up

Warm up:
Dribbling and finishing in 1v1 situations
15 minutes

## Organization:

- Players are divided in 4 groups.
- 1 player start at the central cone.
- All other players from the group on the outside corner.
- 2 balls per group $=8$ balls all together



## Coaching Points:

- Small steps and touches on the ball
- Fake before changing direction
- Accelerate after dribbling the player
- Come back into the line of play.


## Description:

1. The action begins with two players positioned at the different cones - one outside corner, the other one on the inside corner.
2. The two players from each group start dribbling towards each other at the same time.
3. The players fake and change direction
a. First to the right
b. Then to the left


## Attacking \& Defending <br> One versus one each player attacking and defending 2 goals:

Skill Work:
1v1 Attacking \& Defending 2 goals
15 minutes

## Organization:

- Set-up area $10 \times 10 \mathrm{~m}$ as shown.
- Players are working in pairs.
- Each player attacks and defends two Goals each
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



## Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake - tease your opponent - dribble
3. Use of the body to protect
4. Ability to see the closes opportunity

## Defender

1. Close down - Get down Stay down
2. Choose right moment to tackle
TRANSITION - go to goal

## Description:

1. Team function: Attacking / defending
2. Meaning in the game: To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score on the open net. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play - to change to point of attack and give a player a chance to touch the ball - once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

## Dribbling \& Shooting Skill/Technique \#1

Skill/Technique:
Dribbling and Shooting under pressure of time.
20 minutes

## Organization:

- Groups of four working in a playing area of $30 \times 10 \mathrm{~m}$.
- A goal at each end
- Markers to indicate the playing areas
- Players rotate between being a defender and an attacker each turn.



## Coaching Points:

- Take a long first touch to take space quickly.
- Get head up to see what options you have.
- Cut across the defender when you get past them.
- Protect the ball; keep your body between it and the defender.
- Redirect the ball with the inside/outside of foot.


## Description:

1. Red player dribbles ball to half way line and shoots at goal. White defender starts 2 m ahead but on the far side of the playing area, and tries to take the ball away from red player to score in the red goal. The defender cannot start until the red player takes the first touch towards goal. Once the shot is taken the players switch ends/roles and two new players repeat the process from the opposite end. Repeat 10 times each
2. As above but the defender starts at the halfway line and the attacker has to try and beat them or create space for a shot.
3. As above but the defender starts at the corner by the opposite goal. The attacker has to decide whether to shoot early or beat the defender first.
4. Variation: Practice each move with the defender coming from the both sides

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WEEK 7 - SESSION 14

## Warm Up \#6

Warm-Up:

## Organization:

- Using marker set up a square as shown
- Form two groups with one group on adjacent corners.
- Players jog along the side \& carry out the dynamic movements as they move diagonally across the square.



## Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion.
- Focus on balanced movement on each side of the body.


## Description:

1. Players carry out dynamic movements as they move diagonally across the square to a new starting position. Working with a partner from the other group players should try to coordinate the movements. Each pair carries out the exercises at 5 m intervals. Repeat each exercise at least twice before moving on to the next. Example of exercises to use:
a. Jog
g. skip \& groin stretch (inside to outside)
b. Jockey backwards (right \& left)
h. skip \& groin stretch (outside to inside)
c. Skipping forward
i. skip \& kick (left \& right)
d. Skipping sideways
j. skip \& upper body twist (right \& left)
e. Heel flicks
k. cross steps
f. High knee raises
l. wide steps

## Attacking \& Defending <br> One versus one with opponent chasing from behind:

Skill Work:
1v1 Attacking \& Defending from behind
15 minutes

## Organization:

- Set-up area $25 \times 15 \mathrm{~m}$ as shown.
- Players are working in pairs.
- One GK.
- One Goal
- All soccer balls behind starting point.



## Coaching Points: <br> Attacker:

1. Ball within playing distance
2. Dribble and protecting the ball from opponent
3. Last touch at an angle
4. Ability to fake - tease your opponent

## Defender

1. Take the ball away by positioning between ball and attacker
2. Tackle the ball away
3. Choose right moment

## Description:

1. Team function: Attacking / defending
2. Meaning in the game: To keep the ball in possession and score / to defend the goal and to win the ball back
3. One player identified as the attacker position on the start line ( 25 m away from the goal) where another player acting as the defender positions at an angle - 2 m behind the attacker. The coach passes a ball forward for the two players to run onto. The attacker's aim is to score a goal against a goalkeeper. The defender is working on regaining possession. If the player succeeds, the aim is to turn and try to play the ball through the two doors created at the starting line.

## Heading: Skill/Technique \#1

## Organization:

- Set-up markers in a circle as shown with a radius of approx. 25 m .
- Divide players into two equal groups. One group with a ball each stands by the markers. The other group without a ball working inside the circle.
- Each player works for one minute and switches roles



## Coaching Points:

- Keep your eyes on the ball.
- Make contact with the forehead.
- Lean back from the waist and use your arms to "pull your head onto the ball".
- When jumping take off of one leg.
- Head through the ball to direct it.


## Description:

1. Servicer use a two handed, over-arm throw to bounce the ball initially when serving the ball in the air. Players without a ball jog around the area calling for the ball from the servers. The player receiving the ball must use a particular heading technique in passing the ball back to the server. Upon the command of the coach the players change roles.

## From Bounced Serve:

a. Run and head the ball forward to the server
b. Run in curve and head ball sideways to the server.
c. Jump to head the ball forward to the server.
d. Jump and head the ball sideway to the server.

## From Direct Underarm Serve:

e. Run and head forward to server.
f. Jump and head forward to server.

## WEEK 8 - SESSION 15

## Warm Up \#5 - Ball control

## Warm-Up:

## Organization:

- Use markers to set up a $25 m \times 25 m$ area.
- Players are split into two groups, one group on the outside of the area, with a ball. The other group works inside the area.
- Coach asks players to perform various tasks.
- Switch roles after 1 minute maximum.



## Points to Stress:

- Carry out the exercise at a jogging pace.
- Focus on balanced movement on each side of the body
- Pass, dribble and receive the ball using both feet.
- Vary the direction moved when performing each turn, direction change, etc..


## Description:

1. Servicer use feet to pass along the ground and a two handed, underarm throw when serving the ball in the air. Players without a ball jog around the area calling for a pass from the servers. The player receiving the ball must use a particular receiving technique and pass back to server or turn and pass to a different server then look for a pass from yet another server. Upon the command of the coach the players change roles.
a. Control \& pass back with inside of foot.
b. Control with outside foot \& pass back.
c. Control with laces \& pass back.
e. Control with chest \& pass back.
d. Control with thigh \& pass back.
f. Control with foot, turn \& pass to another server.
g. Control with thigh, turn \& pass to another server.
h. Control with chest, turn \& pass to another server.

## Attacking \& Defending <br> One versus one each player attacking and defending <br> 2 gates on same line:

## Skill Work:

## 1v1 Attacking \& Defending two gates on same line

## 15 minutes

## Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends two Gates on the same line
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



## Coaching Points: <br> Attacker:

1. Protect the ball from opponent
2. Ability to fake - tease your opponent - dribble
3. Use of the body to protect
4. Ability to see the closes opportunity

## Defender

1. Close down - Get down Stay down
2. Choose right moment to tackle
TRANSITION - go to goal

## Description:

1. Team function: Attacking / defending
2. Meaning in the game: To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by dribbling through the gates. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play - to change to point of attack and give a player a chance to touch the ball - once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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## 1v1 Dribbling: Skill/Technique



## Organization:

- Set-up areas $10 \times 10 \mathrm{~m}$
- 4 players in passing position
- 2 players in dribbling position, unopposed
- 1 mannequin
- 4 cones
- 2 balls.


## Coaching Points: Attacker

1. Execute fakes before turning;
2. After turn keep ball on foot that would be furthest away from the defender if chasing you
3. Accelerate away to leave chasing player.

## Description:

1. Two players in opposing corner start with the ball.
2. Pass to the middle player who turns and plays the ball to teammate in the opposed corner diagonally.
3. The ball is played across and the same scenario starts again.
4. When the ball has gone back to the first passer for the same central player, change central and outside players.

## Progression

1. Use only one ball and apply progressive defending pressure.

## WEEK 8 - SESSION 16

## Warm Up \#6

Warm-Up:

## Organization:

- Using marker set up a square as shown
- Form two groups with one group on adjacent corners.
- Players jog along the side \& carry out the dynamic movements as they move diagonally across the square.



## Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion.
- Focus on balanced movement on each side of the body.


## Description:

1. Players carry out dynamic movements as they move diagonally across the square to a new starting position. Working with a partner from the other group players should try to coordinate the movements. Each pair carries out the exercises at 5 m intervals. Repeat each exercise at least twice before moving on to the next. Example of exercises to use:
a. Jog
g. skip \& groin stretch (inside to outside)
b. Jockey backwards (right \& left)
h. skip \& groin stretch (outside to inside)
c. Skipping forward
i. skip \& kick (left \& right)
d. Skipping sideways
j. skip \& upper body twist (right \& left)
e. Heel flicks
k. cross steps
f. High knee raises
l. wide steps

## Attacking \& Defending <br> Two versus two each player attacking and defending

## Technical \& tactical <br> 2v2 attacking \& transition to defending <br> 15 minutes

## Organization:

- Set-up area $30 x 40 \mathrm{~m}$.
- Players work in pairs
- 2 yellows attack the other goal and try to score;
- When the ball is out or in the goal, the next two reds in line go to opposing goal;
- The 2 yellow players must now switch to a defending role.



## Coaching Points:

## Attackers:

1. Quality technical-tactical skills (passing, dribbling, shooting)
2. Decision making - passing to teammate - dribbling

## Defenders:

1. Adjust to speed of opponent
2. Try to gain possession back
TRANSITION - go to goal

## Description:

1. Team function: Attacking / defending
2. Meaning in the game: Quick progression with the ball to score a goal
3. Two players get forward and try to eliminate two opponents to score. If the defender recovers the ball, they must try to score while the two yellow players will work to prevent from scoring.
4. If the ball goes out of bounce, or in the goal, the next two red players in line will get going immediately while the two defenders teammate return at the back of the line. The same two yellows who were attacking must defend.

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## Passing \& Receiving: Skill/Technique \#3

## Skill/Technique:

3v1 toward goal.
20 minutes

## Organization:

- Use markers to set up a number of $30 \times 12 \mathrm{~m}$ areas as shown.
- Two teams of four plus a GK.
- Two goals
- Soccer balls in each goal.
- Play starts with GK serving a ball to 3 attacking players.



## Coaching Points:

- Spread out as a group to create space.
- Open out as you receive the ball.
- Keep ball out of your feet \& get head up to see passing opportunities.
- Pass into the space in front of teammate.
- Pass the ball firmly with inside/outside of foot.


## Description:

1. Three white players begin the attack from one end of the field as the GK rolls to the ball for one of them to control and build play towards goal $(A)$ in order to score. At the same time one red player runs forward from the opposite goal line to try and defend his/her goal and if possible win the ball and score against the white team. When a goal is scored or a shot is taken, or the ball is knocked out of play, the white players clear the field and line up at the side of goal (B) and the red defender lines up the side of goal $(A)$. The three remaining red players repeat the process toward goal $(A)$ against the remaining white defender. Continue this rotation.
Emphasis: Commit the defender by dribbling the ball at the goal. If the defender blocks your progress pass to a teammate in a better position. As a group pass the ball until you get an opportunity to shoot.

## WEEK 9 - SESSION 17



## WEEK 9 - SESSION 18

## Warm Up \#10

Warm-Up:

## Organization:

- Set up a $20 \times 20 \mathrm{~m}$ area containing four 10x10m squares as shown.
- Players work in groups of four.
- One ball per group.
- Players are asked to execute techniques while moving in their square.
- Ball move in sequence from player 1 to 4 .



## Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.


## Description:

1. Players pass and move around their square. The coach asks them to perform various passing techniques as listed below.
a. One touch passing.
b. Throw, volley, catch.
c. Throw, knee, catch.
d. Throw, thigh control-volley, catch
e. Throw, chest control-volley, catch.
f. Throw, instep control-volley, catch
g. Side to side Movement - volley, knee, head.
h. Dribble to middle, cut back to marker (inside \& outside foot). 2 players at a time .

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## Finishing from a Distance: Skill/Technique \#3

Skill Work (Advanced):
Shooting - King Louis 2
20 minutes

## Organization:

- Use markers to set up a $25 \times 20 \mathrm{~m}$ area as shown.
- Two teams of four plus a GK.
- Two goals
- All soccer balls in the goals.
- Play starts with GK.



## Coaching Points:

- Be composed.
- Look at goal on approach.
- Square hips toward goal.
- Look at ball \& head steady.
- Long step and stretch toe down, lock ankle.
- Drive through the middle of the ball with instep.
- Shoot low \& to the side of


## Description:

1. As the previous exercise but one additional player on each team is restricted to playing in the opponents half. The GK serves a ball into one of the red players who must try and score directly, or pass to a teammate to score. The reds must now make quick decisions as the opponent in their half can steal the ball and score. The white players must try and prevent the reds from scoring and, if possible, block the ball and shoot for the goal in the opposite half of the field. Play continues until the ball goes out of play at which time the nearest GK serves a ball into his/her players and the game continues. Players should try and shoot as the first option and only if they don't think they can shoot past an opponent should they pass to a teammate. Keep track of combined score. Encourage players to try various shooting techniques.
Emphasis: Be composed and efficient. Kick through the middle of the ball.

## Attacking \& Defending <br> Four versus four each player attacking and defending <br> 1 goal by using support players on end line:

## Skill Work: <br> 1v1 Attacking \& Defending one goal



## Description:

1. Team function: Attacking / defending
2. Meaning in the game: To keep the ball in possession and score / to defend the goal and to win the ball back
3. 4 v 4 game where players play freely but must hit end players with a pass before supporting and finishing on goal.
a. Depending on standard end players should be restricted to two touches.
