

Juggling Warm-Up



OBJECTIVE:

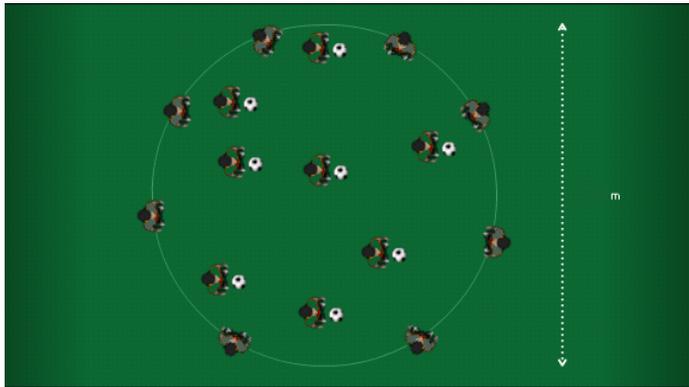
Green teams starts with the ball and juggle inside the centre circle. Every time they drop the ball they have to dribble and find a player on the outside. They then switch roles.

ORGANISATION

8 players on outside of circle. 8 players inside circle each with a ball.

PROGRESSION

Strong foot - alternate feet - alternate thigh - rt/rt/l/lf - above head foot juggle - feet/head/feet/head.



COMMENTS AND COACHING POINTS

1) Keep ball close to body; 2) Soft directional touches; 3) Eyes forward; 4) Keep ball under control.

Dribbling



OBJECTIVE:

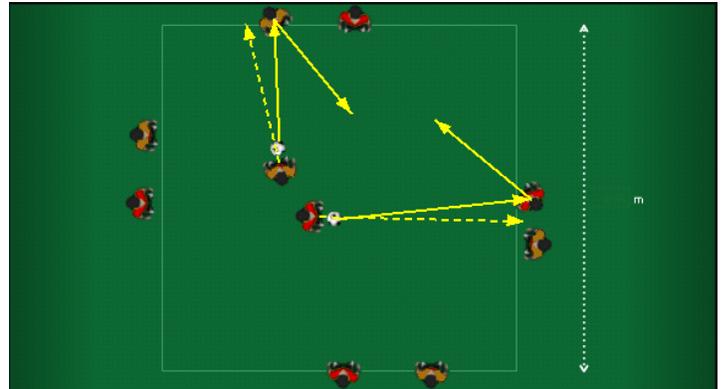
1 Red and 1 yellow dribble inside of the grid and when they want they dribble towards a teammate on the outside of the grid and perform a take over then the two players switch roles. On the coaches command a move or skill is performed.

ORGANISATION

2 teams, red and yellow. 1 player in the grid from each team with a ball, the rest are spread out around the outside of the grid.

PROGRESSION

1) step over; 2) double scissors; 3) cruyff turn; 4) step over turn; 5) inside cut - sole roll.



COMMENTS AND COACHING POINTS

1) Head up; 2) Dribble at comfortable speed; 3) Communicate at take overs; 4) toe down dribbling; 5) Quick change of direction.

1v1 Flying Changes



OBJECTIVE:

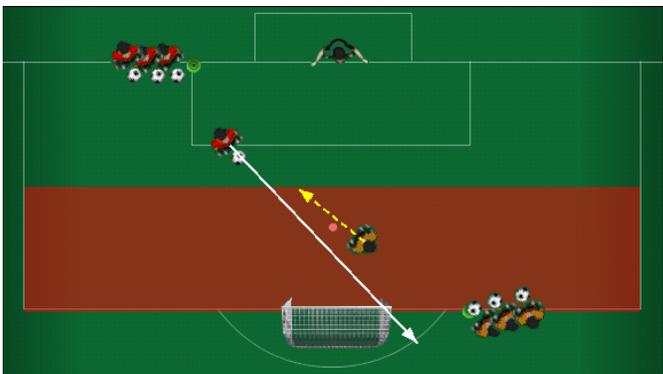
The red players dribbles and shoots at the goal behind the restriction line. As soon as the red shoots, a yellow will enter the field and attack the red goal. The red must recover to defend the oncoming yellow. The sequence of shoot and defend continues until one team scores 10 goals. All shots must come from behind the restriction line.

ORGANISATION

2 teams, all players need a ball. 2 goals with GKs as shown in diagram.

PROGRESSION

No progression.



COMMENTS AND COACHING POINTS

1) Attack the goal at speed; 2) Finish with power; 3) shoot on sight; 4) Transition after shot.

4V4 Long Distance Shooting



OBJECTIVE:

2 teams of 4 play a regular scrimmage with the restriction of only being able to score from outside of the arched zone.

ORGANISATION

2 teams with gks. Balls in goals for quick restarts.

PROGRESSION

1) 1 touch finish only; 2) 2 touch limitation on passing; 3) Can score in arch from cross or header.



COMMENTS AND COACHING POINTS

1) Shoot on sight; 2) Combine to get higher up the field; 3) Confidence in techniques; 4) Patience in build up; 5) Movement and communication off the ball.