

Juggling



OBJECTIVE:

Each player has a ball and moves around the penalty area performing a range of juggling activities supplied by the coaching staff.

ORGANISATION

1 ball per player. Confined to the penalty area.

PROGRESSION

Strong foot - weak foot - alternate feet - alternate thigh - r/r/r/l/l/l - above head juggle - feet/head/feet/head.



COMMENTS AND COACHING POINTS

1) Eyes on ball; 2) soft touches on the ball; 3) use both feet; 4) Confidence with directional touches; 5) Avoid contact with other players by looking forward.

Relay Races



OBJECTIVE:

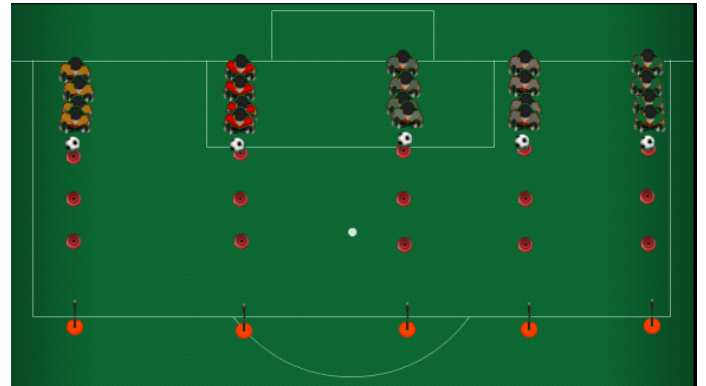
Relay races with the soccer ball. On the coaches command the teams compete over a dribbling course to complete it as fast as possible.

ORGANISATION

5 teams of 4 as shown above. Cones laid out as obstacles. Each team has a ball.

PROGRESSION

1) Speed dribble slalom cones; 2) bells in between cones; 3) dribble to top cone turn back to bottom cone then go; 4) side rolls between the cones.



COMMENTS AND COACHING POINTS

1) Close control of ball; 2) Accelerate in open space; 3) Head up when dribbling; 4) Arms out for balance; 5) Toe down.

3 man weave



OBJECTIVE:

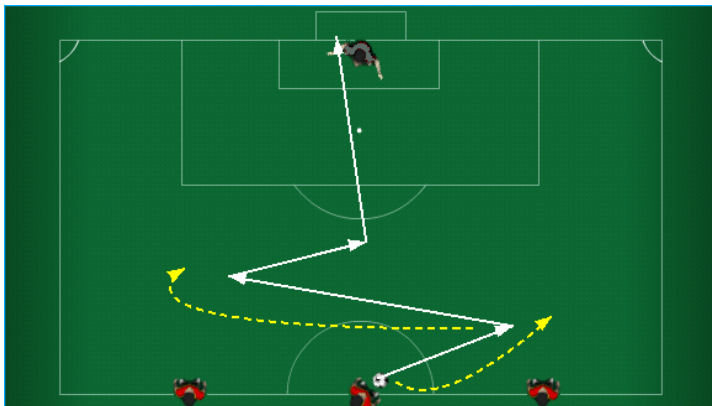
3 players perform a weave - after they pass it to another player they over lap that player. Once the play progresses to the edge of the 18 yard box whoever receives the ball next, shoots.

ORGANISATION

Lines of 3 at half way as shown. Central player has the ball.

PROGRESSION

1) Weave starts from the goal line away from goal - on coaches whistle last player to pass it becomes defender in 2v1; 2) In the 2v1 the attacker must score after an overlap or wall pass.



COMMENTS AND COACHING POINTS

1) Pass and move quickly; 2) Play lead passes; 3) Communicate; 4) Shoot from outside the 18.

3v3



OBJECTIVE:

3v3 game to goals. Regular scrimmage when the coach passes into one of the teams 3 players enter the field from each side to play 3v3. After the play those players leave the field and new 3v3 players enter.

ORGANISATION

2 teams split into 3s. 2 large goals with gks. Balls at coach for quick restarts.

PROGRESSION

1) limit touches; 2) 1 touch finish.



COMMENTS AND COACHING POINTS

1) Patience in attack; 2) Movement on and off the ball; 3) Play forward when possible; 4) Shoot on sight.