

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
 - rt/rt/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.

2 Forward Combo



OBJECTIVE:

The activity starts with the ball being passed into the near forward and performing a give and go leading the pass into the wide channel. The player then crosses the ball as the 2 forwards perform a cross-over run towards the box. The ball is served and finished! After the reds have finished the play the white team performs the same activity to the opposite goal. After the players have mastered the activity have the teams compete against each other.

ORGANISATION

2 teams and 2 goals with goalkeepers. Goals are placed at the bottom of 2 x 18 yard boxes. Cones are placed as starting points for the forwards as shown in the diagram.

PROGRESSION

1) crosses low; 2) crosses to the back post with height; 3) varying crossing heights; 4) Front post give and go for crosser to finish.



COMMENTS AND COACHING POINTS

1) Check away before receiving pass; 2) firm, crisp passing; 3) Cross over Run with 2 forwards; 4) strike back to where ball came from; 5) body over the ball; 6) Confident finishing.

6V6+2 Wide Game



OBJECTIVE:

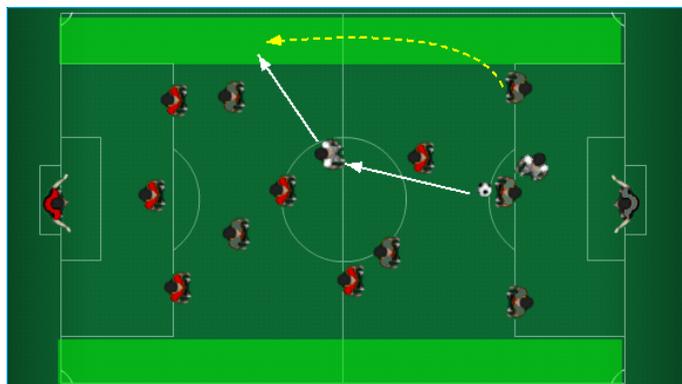
6v6+2 plus goalkeepers. Play game as regular scrimmage with one restriction; goals have to come by playing through the forward who then finds players in wide channels. From the cross goals can be scored. No combination through the forward neutral = no goal.

ORGANISATION

2 teams with goalkeepers 8v8. 10 yard Channels incorporated on outsides. Balls in goals for quick restarts.

PROGRESSION

Limit touches of forward neutral.



COMMENTS AND COACHING POINTS

1) Keep good team shape in offense with DCM always providing support and switching POA; 2) Incorporate full backs into play; 3) Move forward as a team; 4) Focus on good service and numbers in the box to score;

Full Scrimmage 8v8



OBJECTIVE:

To make the players more aware of the bigger picture.
 To start planning for tournament play.

ORGANISATION

2 teams of 8 including goalkeepers. Modified field is needed, balls in goals for quick restarts.

PROGRESSION

No progression with this game.



COMMENTS AND COACHING POINTS

If a team scores by a cross the goal is worth 2 points!
 Keep the game flowing by having multiple balls around the field
 Dont over coach, let the players make mistakes and at specific intervals go over problems.