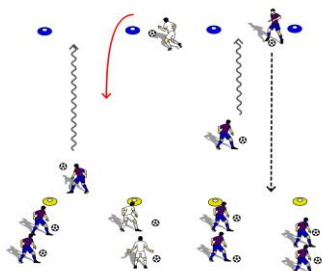




OBJECTIVES- ball striking



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TECHNICAL WARM-UP Grid Size: 20x30 Duration: 15 Mins

French Dribbling

Groups of 2-3 players max in each line, cones 10 yd apart
Player A dribbles to blue cone using different parts of feet.
Once to the blue cone he should perform a turn and speed dribble and return to the end of the line.
When Player A gets back to start Player B can proceed
Progression: After turn he can pass to the player at the back of the line

COACHING POINTS / KEY CONCEPTS

Heads up while dribbling. Go slow and perform the moves correctly.
Lots of small touches.



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ACTIVITY 1 Grid Size: 20x30 Duration: 15 Mins

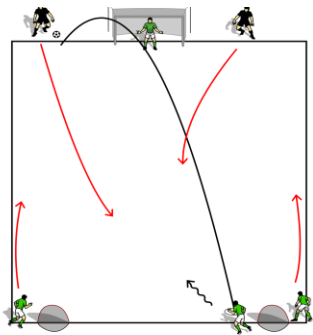
Ball striking with 'give and go'

Player 1 plays a long ball to player 2 who plays a give and go with player 3
After playing the ball Player 1 must move and play GK.

Switch each time. 1 goes to 2, 2 to 3 and 3 goes to 1

COACHING POINTS / KEY CONCEPTS

Passes - toe up ankle locked, plant foot in the direction of target.
Shooting- Head and shoulders over the ball, toe down and stike the ball with your laces. NO TOE BALLS!



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ACTIVITY 2 Grid Size: 20x30 Duration: 15 Mins

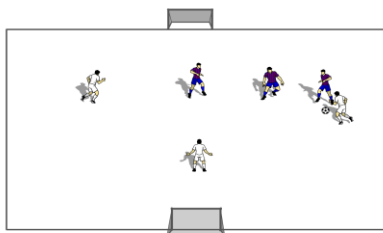
3v2 to goal

Defenders strike a long ball to the 3 offensive players who attack and try and score a goal
If defenders win ball they can counter on the 2 small goals

Coaches: Challenge players with only 2-3 touches and/or 3 passes before shooting.

COACHING POINTS / KEY CONCEPTS

Find the open player
Proper passing and shooting techniques



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ACTIVITY 3 3v3/4v4 game Grid Size: 20x30 Duration: 15 Mins

3v3 games

COACHING POINTS / KEY CONCEPTS

Team must make 2-3 passes before they can score.
Look for an open teammate to pass to so they can shoot and score