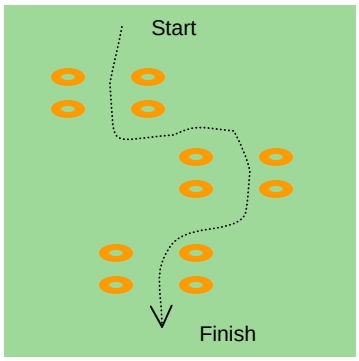
Foot skills 10 minutes

Review Passing - crisp - go to space - forward, crosses, backpass

Review Shooting Mechanics - Sitting drop ball - Partner drop ball - 1 on 1 mechanics with motion - shots

Joe's speed shooting drill 10 minutes Total 30 -45 minutes

Defense Positioning - Shadowing - Tackling - Outlet pass



Gauntlet Drill

3-4 Squares of defenders
Obstacle course style

Purpose: To practice timing tackles when fatigued and basic dribbling skills

Procedure: In an area 20X10 yards, two small goals are situated on the corners of one end of a rectangle which has been split into two halves. The squad is broken up into small groups, with one player acting as the defender; the rest line up facing him with a ball at their feet. On the signal each player, in turn , tries to dribble the ball past the defender to score in either of the small goals. The dribbler can only score from the shaded zone, while while the defender is allowed to tackle for the ball and knock it out of play from anywhere in the rectangle. As soon as this happens, or if a goal is scored, the next dribbler sets off to attack.

Development: (a) Use different techniques, e.g. block tackle or change-of-pace dribble. (b) Each defender can be given a set time period, e.g. 1 minute, and points awarded for the least or most goals scored in that time.

Purpose: To develop defensive closing-down, cover and balance.

Procedure: A large circle approximately 50 yards in diameter is marked around the centre circle with cones. One attacker is restricted to the area inside the centre circle, while his colleagues play six versus three soccer in the outer area.The six attackers play possession soccer and try to finish with a pass to the colleague inside the circle; the three defenders work to prevent them doing this. The defenders can run across and through the inner circle; however, they are not allowed to stop and intercept passes inside this area. Players change over after a set time period.

Development: (a) Initially, do not allow attackers to play the ball above knee-height, but as defenders improve withdraw this restriction. (b) Add more or fewer players, depending on the success of the game. (c) Time each trio of defenders for a given period: the group which concedes the least number of passes wins the game.

Basics - throw ins - corner kicks - goal kicks (<== clearing the ball)

Review tournament positioning show on the field.

Scrimmage