

Warm Up

Small square, many touches - Timed taps/foundation (# in 30 seconds) dribble, better the number
Partners - wickets game

- Two players to a ball moving all over the field, pass and move using various passing combinations
- Assess the players as they are warming up
- Ask the player questions. What is combination play? A take-over? A give-and-go? A double give-and-go? An overlapping run? etc. Have the players try them
- Have players work on take-overs. Right foot to right foot then left foot to left foot
- The player with the ball makes the decision to leave for his teammate
- Players in groups of four moving all over the field. Must do a take-over followed by a give-and-go within the group
- Emphasis on players getting into a position where they could see the three other players in the group and as many players in the other groups as possible
- Don't get too close or too tight to your group mates
- Stop and ask players how many other players they can see and support?
- Players were not allowed to stand and wait for the ball. Must be constantly moving

COACHING THROUGH THE MARKERS
Instep drives, accuracy, ball control

Goal Scoring #2

#1 —Players work in pairs. Make a small opening with two markers halfway between the players. Players practice shooting a low driving ball through the markers.
Players must contact the ball using an instep or “shoelaces” kick and use both feet. Players count how many successful attempts they make.

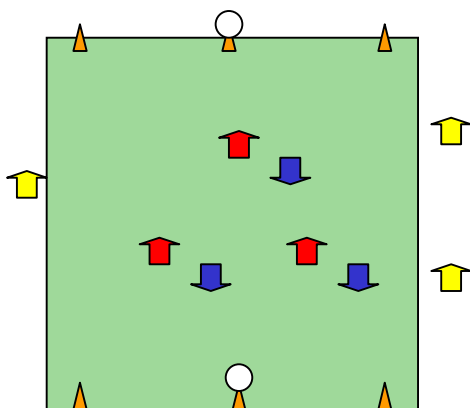
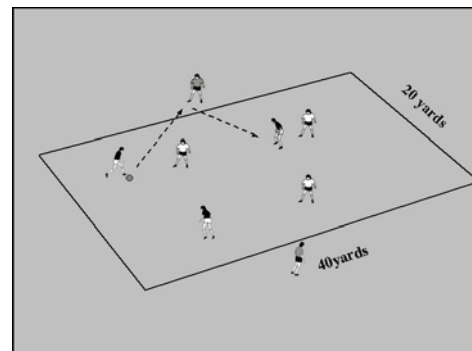
#2 —Players work in groups of threes. One player acts as goalkeeper. Increase the space between the markers.

VARIATIONS
Easier
— Decrease the distance between the players.
Harder (cont. on back).

Duration: 10 to 20 min.
Groups: pairs or groups of three, 1 ball per group.
Goalies: optional.

Organize a 3 v 3 game inside a 40 x 20-yard grid. Two neutral players outside the grid support the team in possession of the ball making the game 5 v 3.

- Score by stopping the ball on your opponent’s end line or by dribbling over the line
- Neutral players cannot score
- Encourage the players to demand the ball
- Look for combinations and take-overs practiced in the warm-up and exercise one
- Coach the correct angles of support



Timed scrimmage

“King of the court” 3 minutes hard charging

Most goals stay - OR - new team stays on