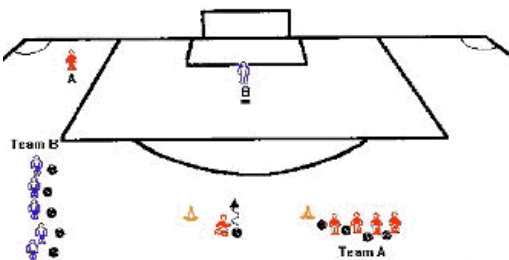
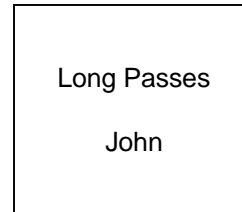
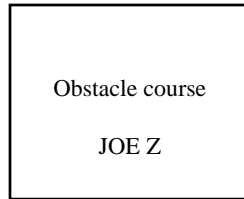


## Practice – General - Conditioning

Warm ups - 10 - 15 mins ball movement - end with a run with the ball

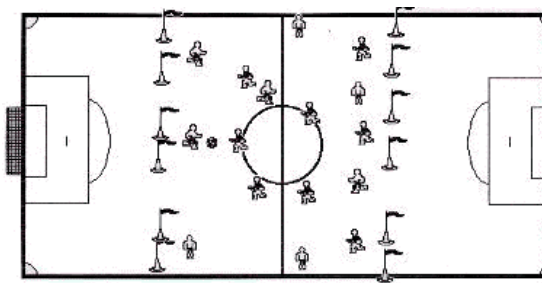
All parts of the foot  
 turns  
 lift and trap (flip on top of foot, lift and trap)  
 juggling

Three Stations - about 10 minutes each



- Team A is shooting on team B's goalkeeper, starting from the line that is 40 yards away from the goal.
- Players go in one at a time and only get one shot each time.
- As soon as the shot is taken, the next player may go. Players must retrieve their own ball.
- Each team gets 90 seconds to take as many shots as they can.
- The amount of goals scored is recorded and compared to the other team's score.
- Teams switch after 90 seconds.

- Break up the squad into 3 equal teams, A, B and C.
- Two of the teams are on attack (A and B) and C defends.
- If a B player causes the attacking teams to lose possession, then all of the B's become defenders while the A's and C's attack together.
- Make sure play keeps flowing.



### The Game

2 teams of 8. Each team defends their 3 goals, and tries to score in the opponents 3 goals. Team with most goals wins.

Either make small goals or bigger and force players to dribble through.