Fundamental - Warm Up (15 min)

Organization

» 5 minutes. All players with a ball. Dribble around using all parts of their feet. Random speeds (fast, slow, very slow, sprint).

» 10 minutes. Players pair up, one ball per pair. Pass back and forth with movement. Check location as they are moving (look for using the whole field, close to touch line, open stance, ready to receive and distribute). Players move around other players to create chaos.

Key Coaching Points

• Solid, accurate passes
• Proper passing technique
• Movement off the ball
• Can talk briefly about trapping, but do not focus too much on it

Match Related Activity (20 min)

Organization

» 2 minutes. Place all pairs around large circle, still working with each other about 5 to 8 yards apart. They have to stay within their space now.

» 2 minutes. Select one pair to get into the circle (no ball) and have them crisscross and call for the ball. They receive it and pass it back.

» 16 minutes. Add another pair, so you now have 4 in the middle. Increase players in middle as they get the rhythm. Switch inner with outer.

Key Coaching Points

• Good vision
• Proper passing technique
• Movement around other players in the middle to get open for a pass
• Vocal to get the ball

Match Related Activity (20 min)

Organization

» 5 minutes. Break players into 2 teams (include gk’s on the field). Have them work at separate ends of the field to get used to each other as a team.

» 15 minutes. Team with the ball moves toward opposing team by making passes only to teammates calling for it. Defense plays low key, not aggressive at all.

» As the activity progresses, allow the defense to play harder. The offense then has to keep pace.

Key Coaching Points

• Communication with other teammates
• Solid passing
• Talking off the ball = “man on”, “turn”, “shoot”
• Movement around the defense

Match Condition Activity (20 min)

Organization

» 20 minutes. Full game. All rules in effect.

Key Coaching Points

• Let the kids play

Conditioning (10 min)

Slalom, sprint, shot

Organization

» Set up 4 tall cones in a slalom, setup 1 flat cone about 15/20 yds from slalom, set goal past 15/20 yd cone. Set up 2 of these courses, next to each other.

Key Coaching Points

• In course one, side shuffle through slalom, sprint to next cone, take shot
• In course two, backpedal through slalom, turn and sprint, take a shot