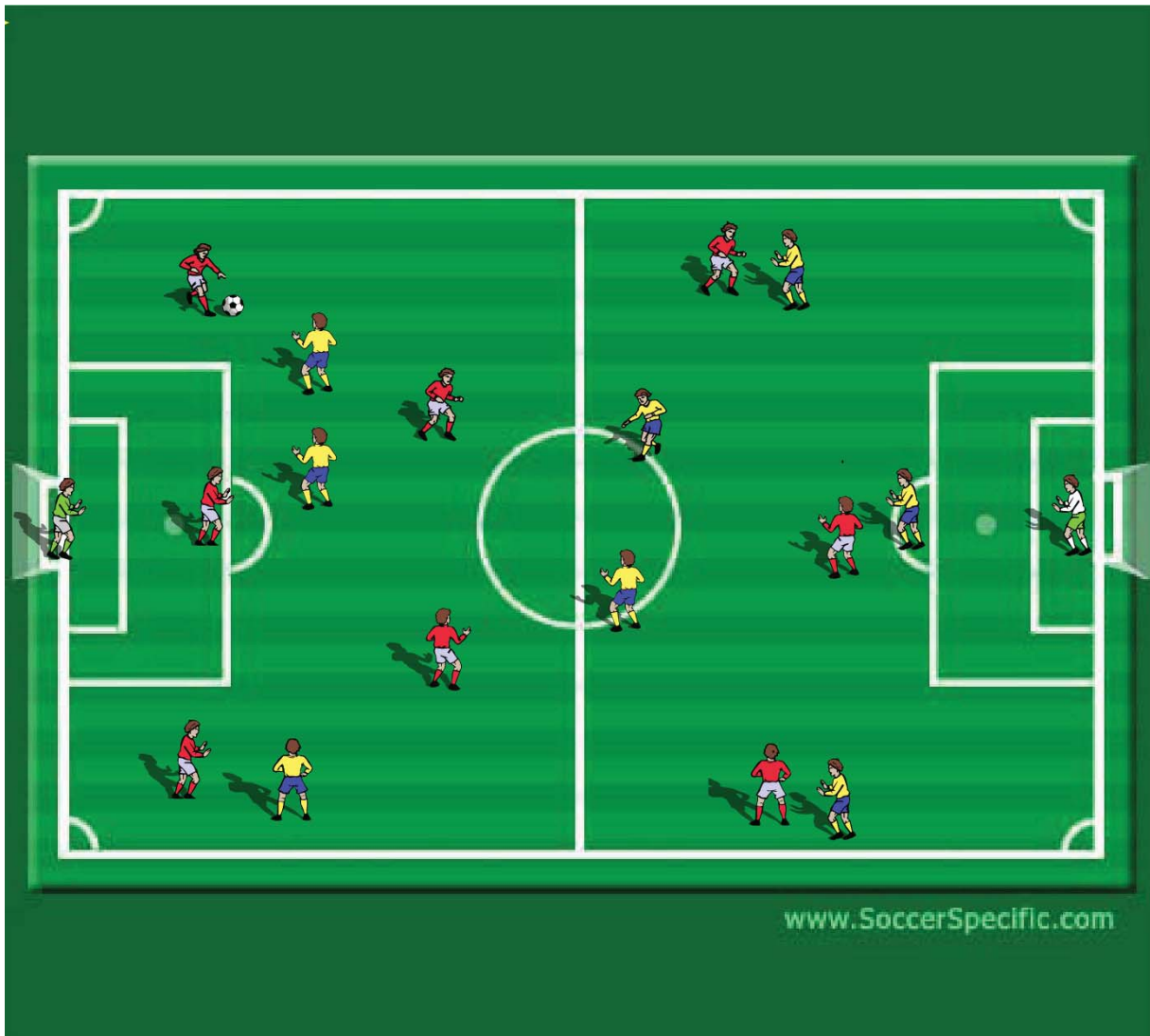


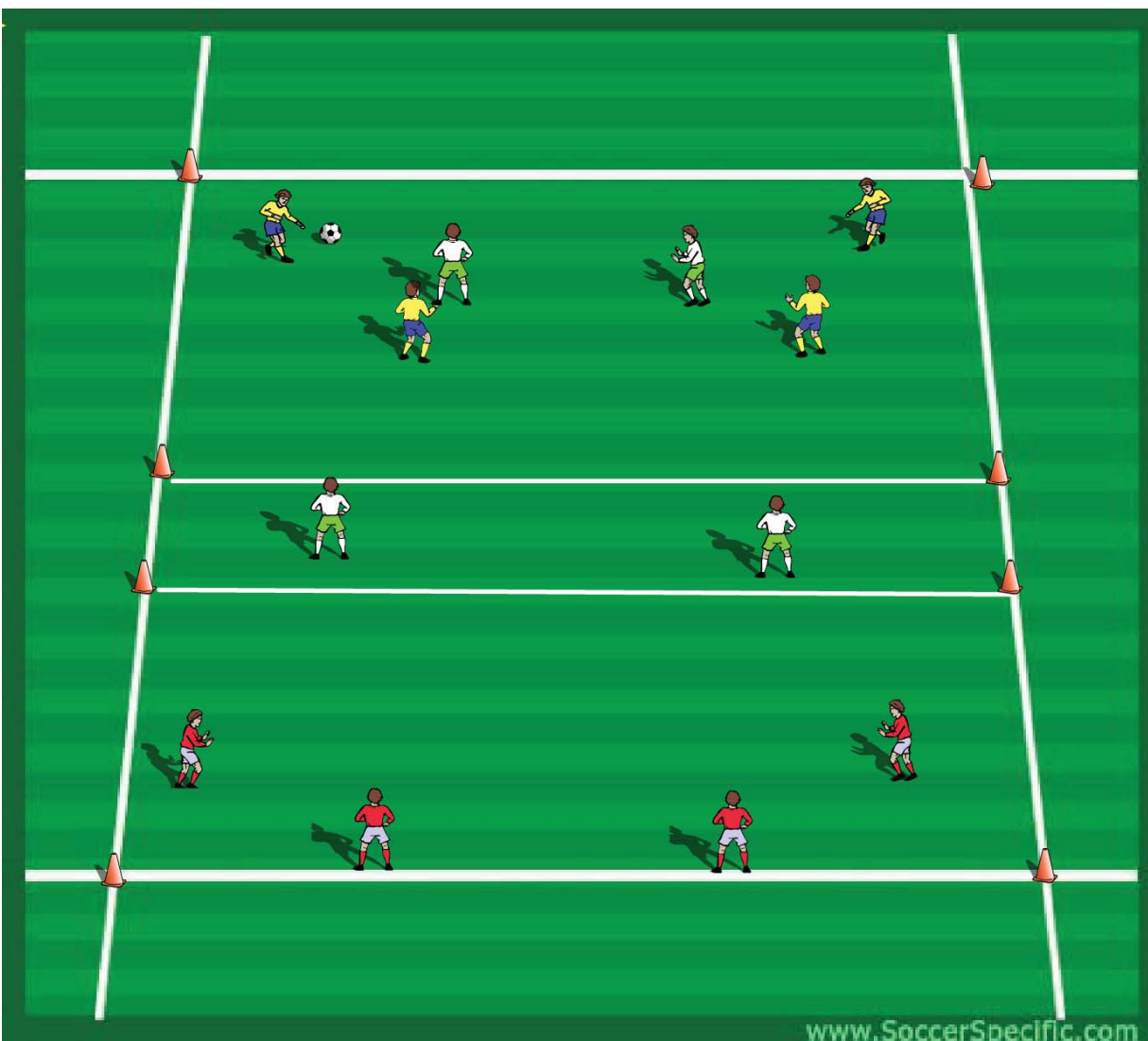
# 9v9 Scrimmage



9v9 Scrimmage Focusing on topic that has been worked on in training.

Purpose- To improve skills in game situations on topics that have been worked on previously.

# 4v4v4 - Middle Zone Game



4v4v4 Middle Zone Game 50x30 with a 10 yard middle zone

Purpose- To improve both accurate passing and transition

Organization- The yellow players must aim to make a minimum of three passes and send the ball over to the red zone. The white team attempt to win the ball back by either two defenders in the end zone or by the other two white defenders intercepting the ball in the middle zone. When the white team win the ball, the yellow team would become the middle zone and attempt to win the ball back in one of the end zones

Progression- Ask players to play two/three touches only.

Coaching Points

Make quick decisions and move early to support the player and ball.

Make Good and positive decisions

Keep your head up to scan field for best options

## Keep Away with Transition (5v2)



### Keep Away with Transition (5v2)

Purpose- To improve quick passing and taking up good angles and distant of support.

Organization- Set up two 10x10 yard grids, set up side by side. Five players are placed in each grid, with one ball placed in one grid. The team in possession of the ball attempts to keep the ball for as long as possible, through sharp passing and constant movement . The team opposite (yellow team), can send over two players to try and win possession of the ball. If yellow team wins the ball they must pass the ball back to their teammates in the opposite grid. The process continues again with the red team attempting to win possession and take the ball back to their grid again. Change defenders, every time a team loses possession.

### Progression

Play as game, every time team wins possession and makes 5 passes they gain 1pt. First team to 10 pts wins.

Ask players to play two touch only.

### Coaching points

Good communication within teams.

Passing must be sharp and accurate- keep ball moving.

Player must offer good angles and distance of support.

Defenders to apply as much pressure as possible to force a high tempo practice.

Players must stay focused during transition.

# Small Sided Activity in Keeping Possession



Small Sided Activity in keeping possession

Purpose- To improve possession under pressure.

Organization- Game is played on half field 5v5 plus two neutrals. Yellow team attack the three gates at the half line and the red team attacks the main goal. Play for ten minutes then team switch sides and roles.

Progression- Ask players to make five passes before taking shots at goal.

Coaching Points

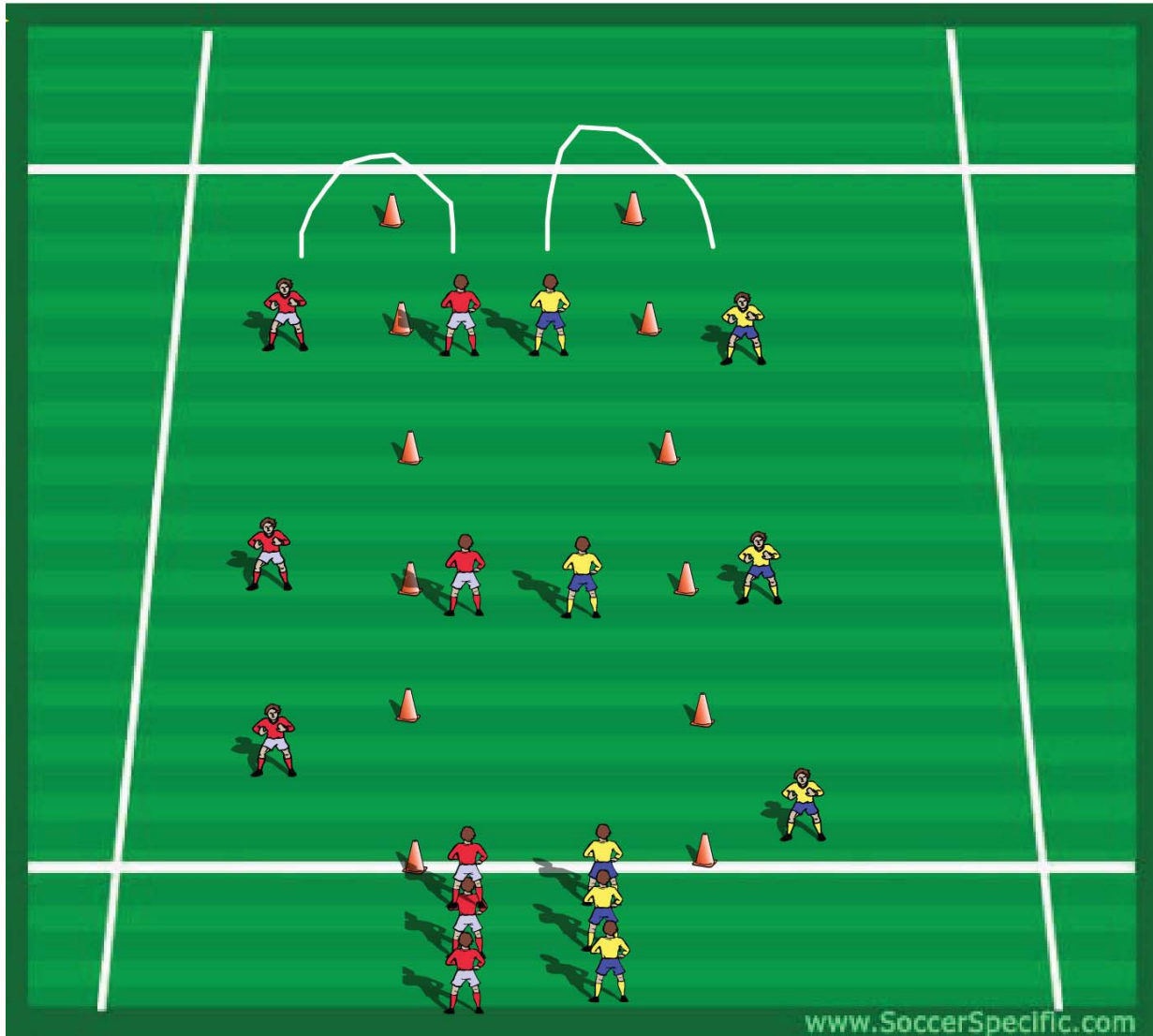
Good communication.

Move into space early to receive a pass.

Can you receive the ball sideways on, to give maximum passing options????

Shoot early and often. Be aggressive to scoring goals.

# Warm Up



## Warm Up

Purpose- To get the blood circulating around the body and the bodies muscles warm for exercise.

### Organization

Ask players to make two lines and jog up and down the cones as shown in the picture. Add soccer related movements on coaches call "sit down, stand up, open the gate, close the gate, foot to opposite hand, skipping, lunges etc.