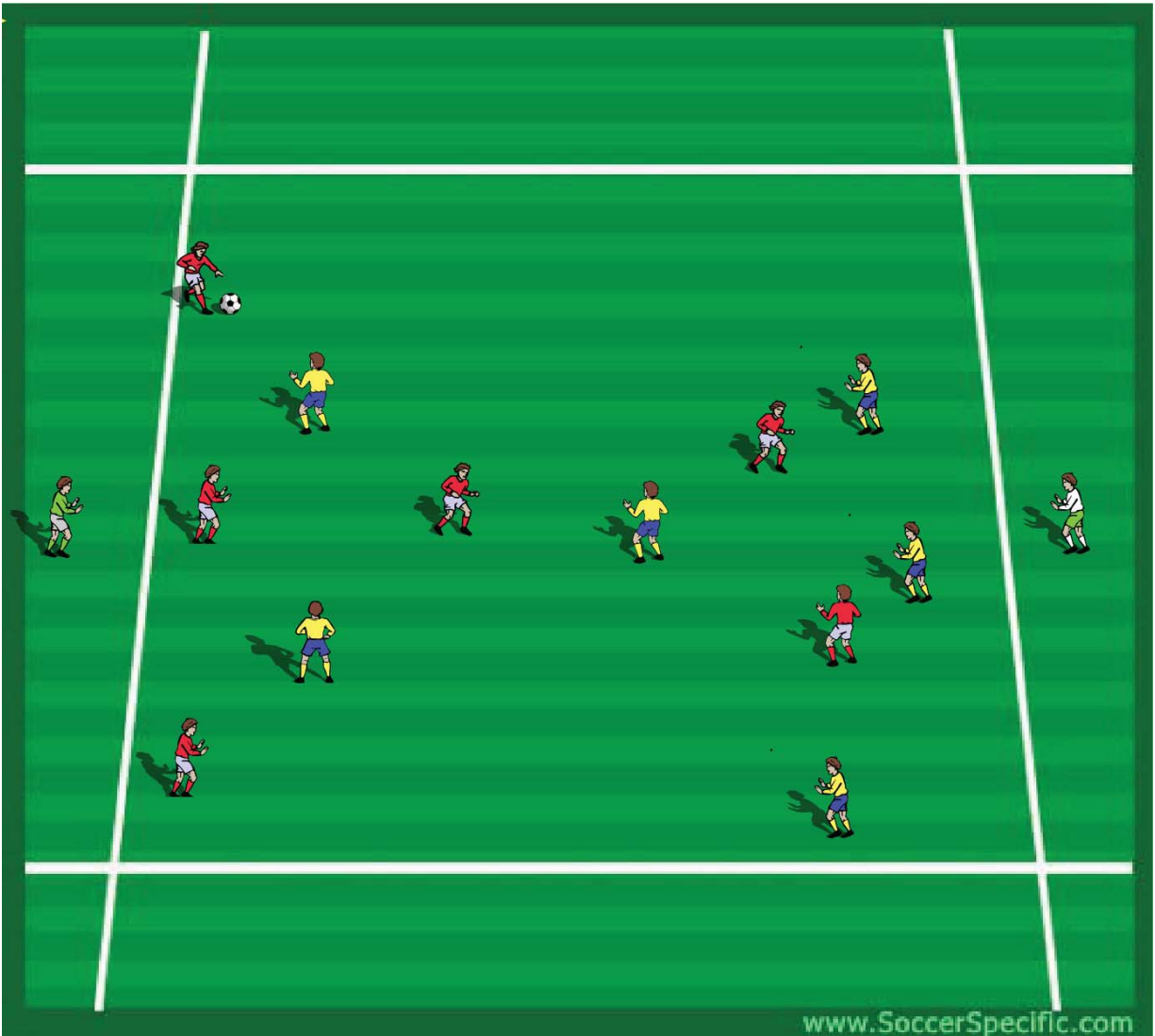


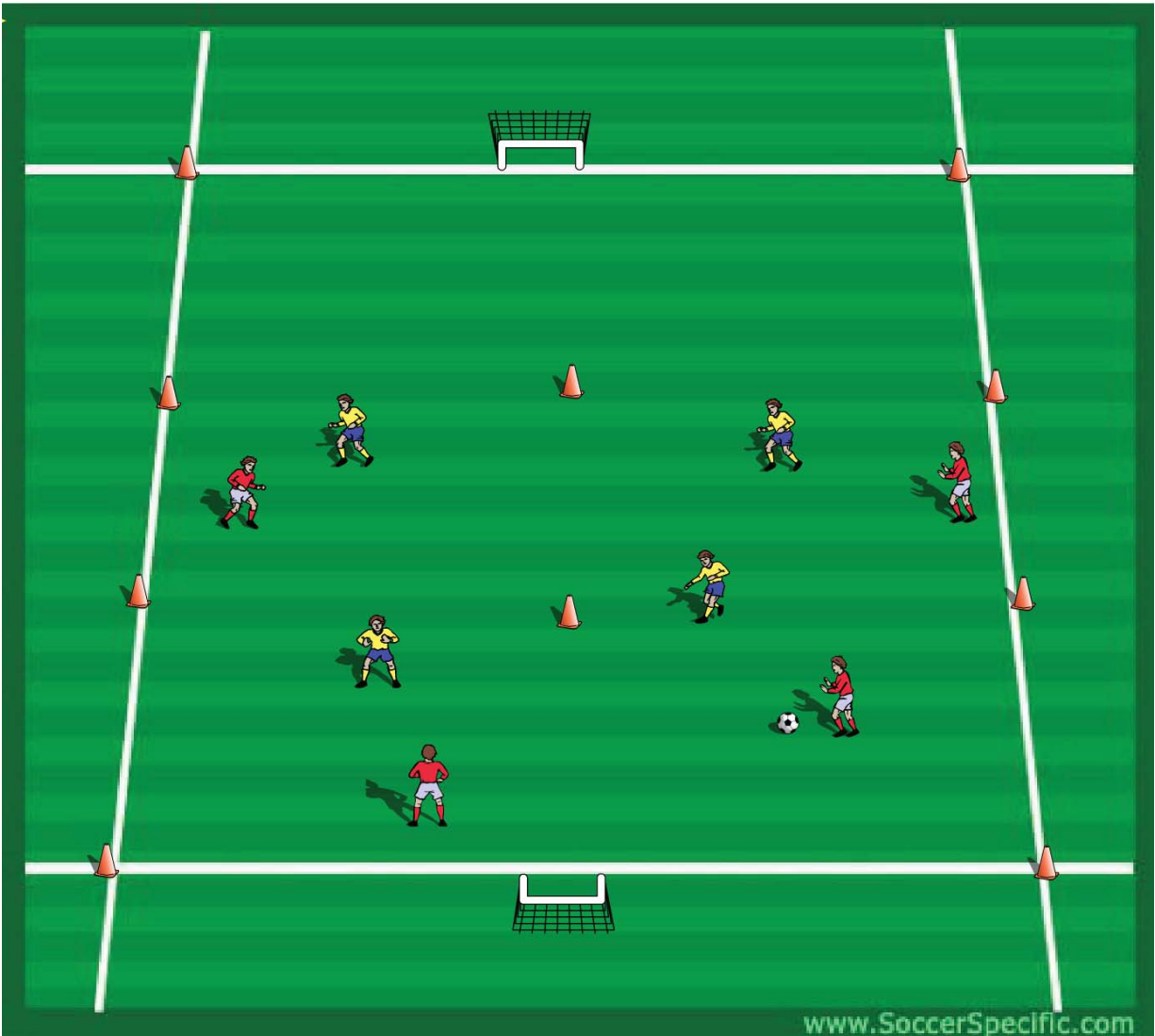
7v7 Scrimmage



7v7 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.

Playing Through Midfield Three



Playing through the midfield Three

Purpose- Small sided game to improve playing through the midfield.

Organization

A 30x30 yard field is set up with two big goals set up either end of the field. When a team attacks, the ball must be received by a player in the middle third of the field before a team can attack the goal. Both teams are asked to play a 1-2-1 formation. For every goal that is scored, a point is awarded.

Progression- 5 pts are awarded to a team if they can score a goal with a combination or overlap.

Coaching Points

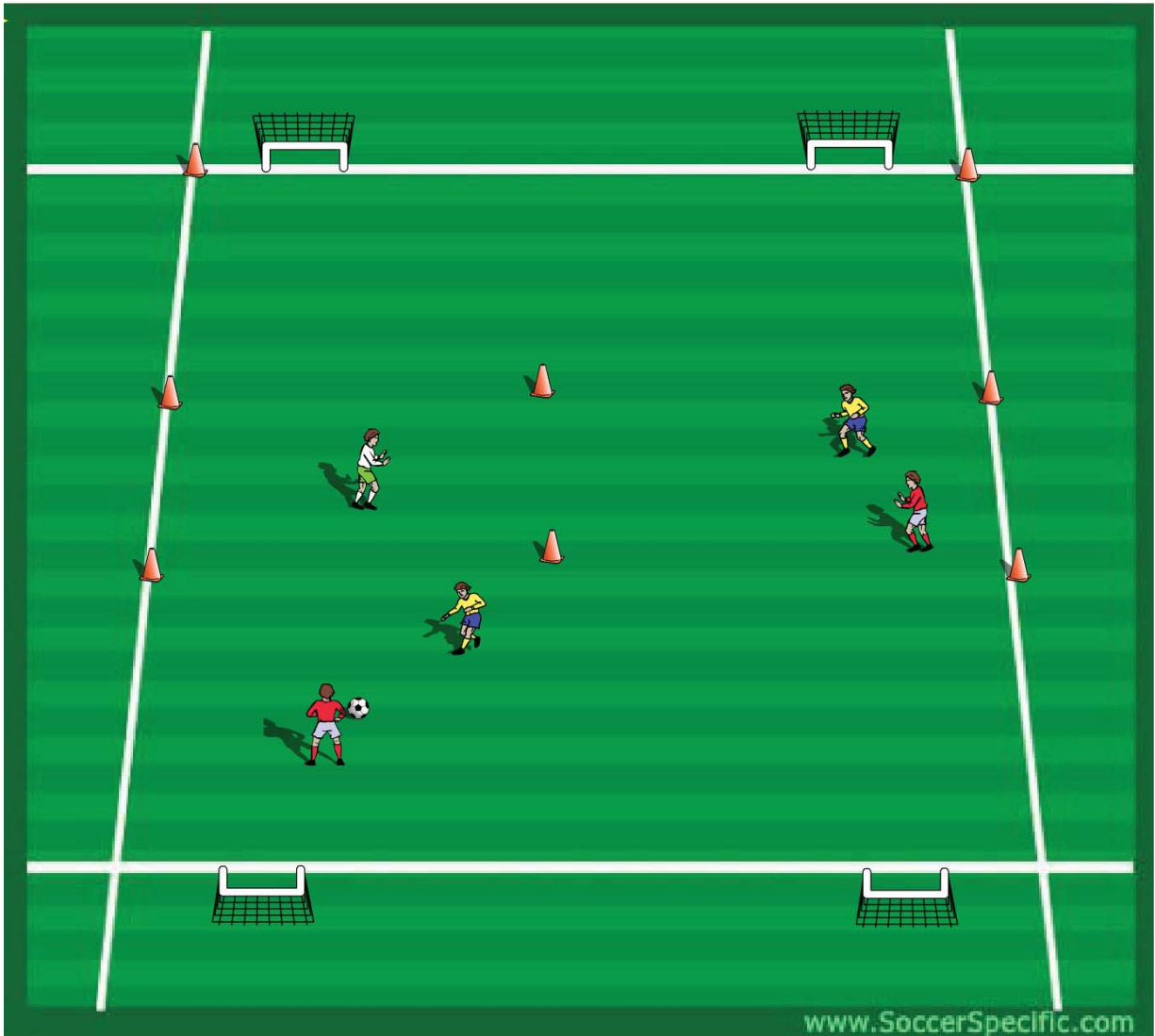
Good communication.

Good weight of pass.

Check shoulder, open hips.

Be direct and positive when going to goal.

Playing Through Midfield Two



Playing through the midfield Two

Purpose- Small sided activity to emphasis playing through midfield.

Organization- A 20x20 yard field is set up with four goals on the outside. The game is a 2v2 to goal with one neutral player. The neutral player, plays for the team who has possession of the ball and is attacking. Play for ten minutes and the winning team is who scored the most goals.

Progression- The attacking team must play to the neutral player before attacking the goal. If a goal is scored with a combination, this then counts as 5 goals.

Coaching Points

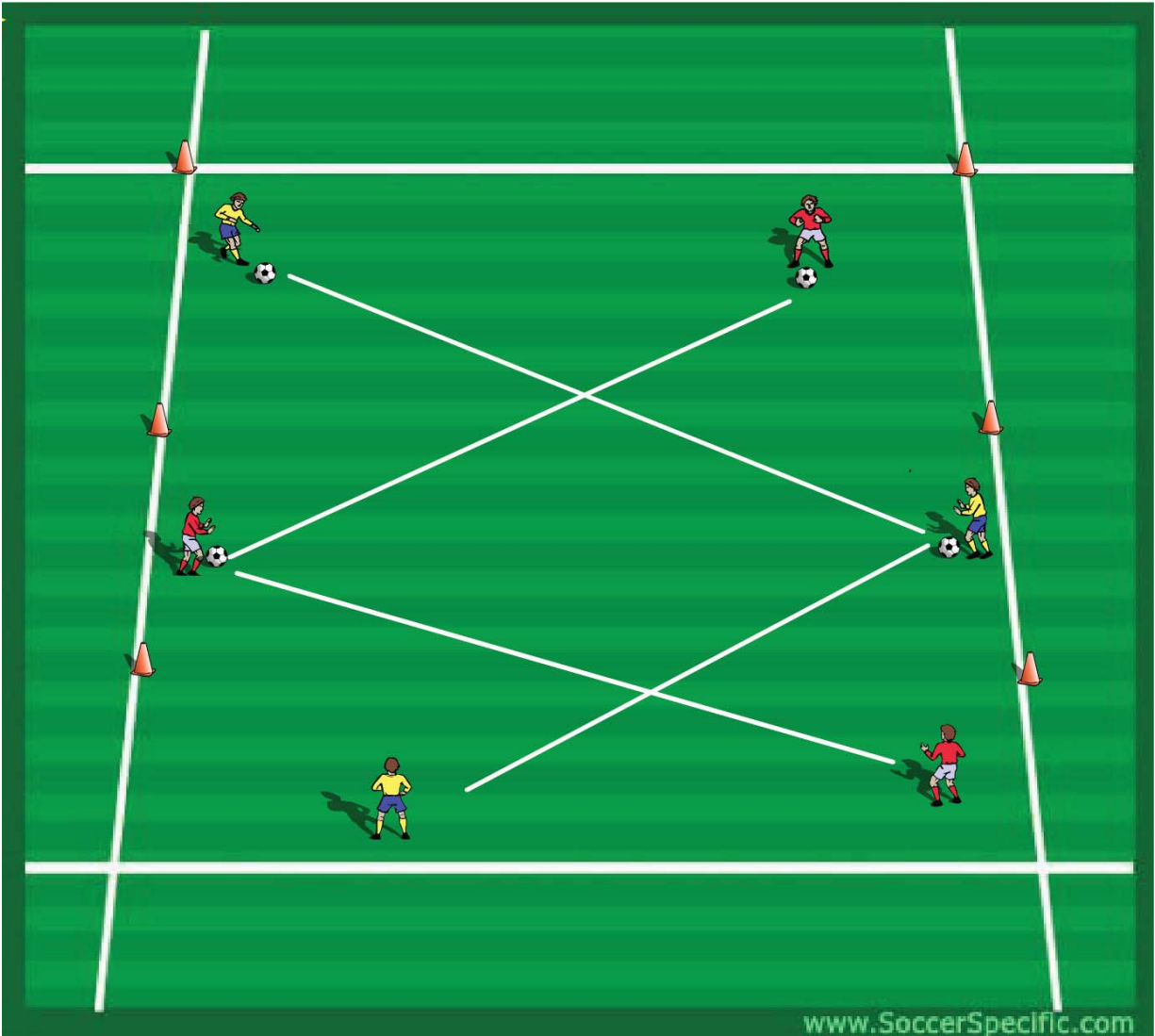
Good communication.

Good weight of pass.

check shoulder, open hips when receiving ball.

Shoot early and often.

Playing Through Midfield One



Playing through midfield one

Purpose-Technical passing warm up in threes.

Organization- The field is divided into thirds, with one player from each team in each third. Create passing sequences that always involve the player in the middle. Ask players to pass the ball into the middle and across to the far player.

Progression- Ask players to change sequence, for example end player to middle, pass back to end player.
Ask players to use weaker foot only.

Coaching Points

Good communication.

Good weight of pass.

Open hips to receive the ball.

Positive first touch out of your feet, so you can pass the ball with second touch.

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.