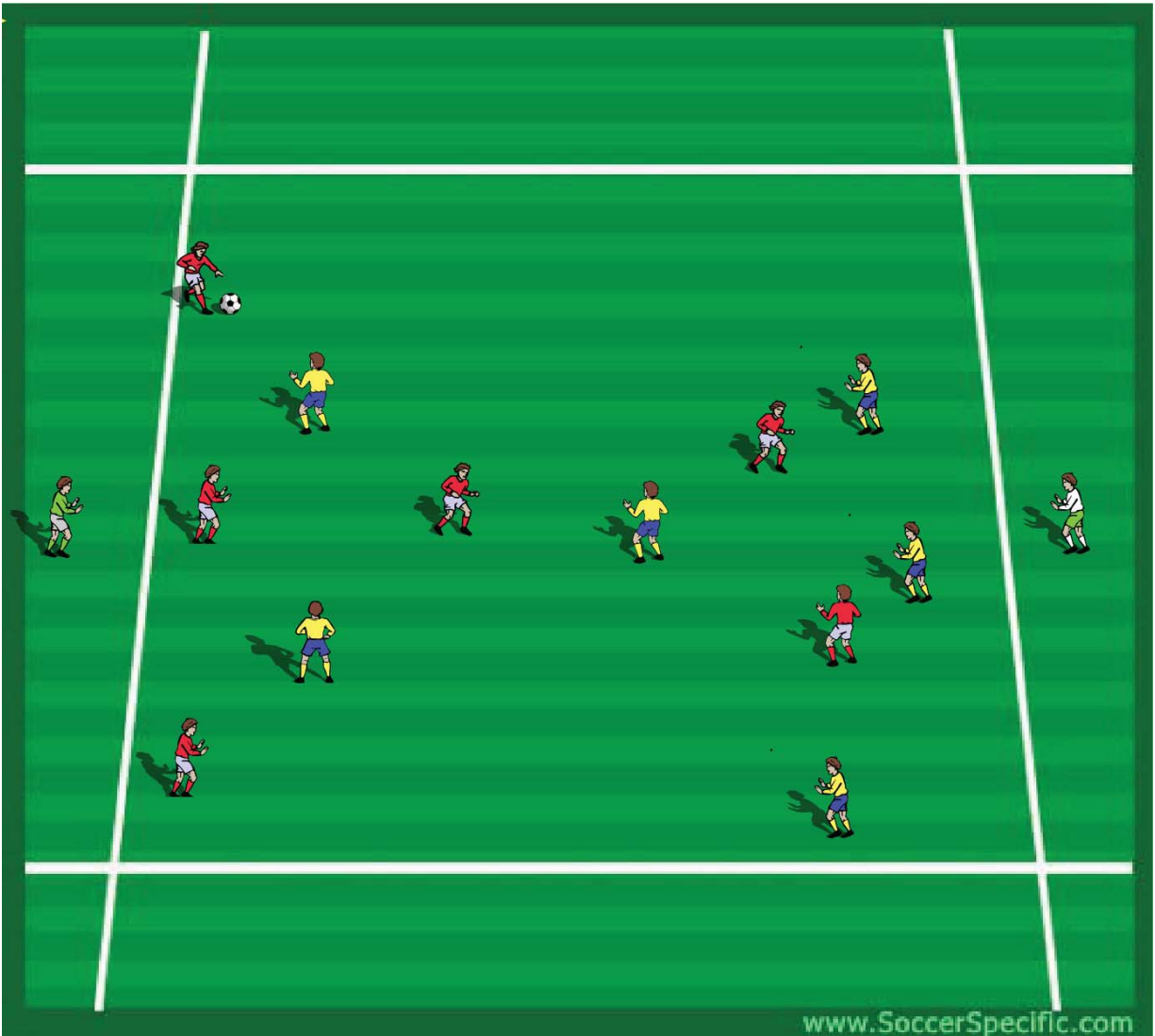


7v7 Scrimmage



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.

Opening Up Six



Opening up Six- Small sided exercise

Purpose- To improve opening up under pressure.

Organization- Set up a field 40x50 yards long. Players are split into three grids as shown above in the picture. In the ends by the goal, players are asked to play three touch only, both attackers and defenders. In the middle zone players are allowed only two touches, unless they receive the ball sideways on. If a player receives the ball sideways on, they can have as many touches on the ball as they want. Play for 20 minutes, winning team is the team who scores most goals.

Progression-Players in the middle grid, can follow their pass into the end zone where they can score.

Coaching Points

Good communication.

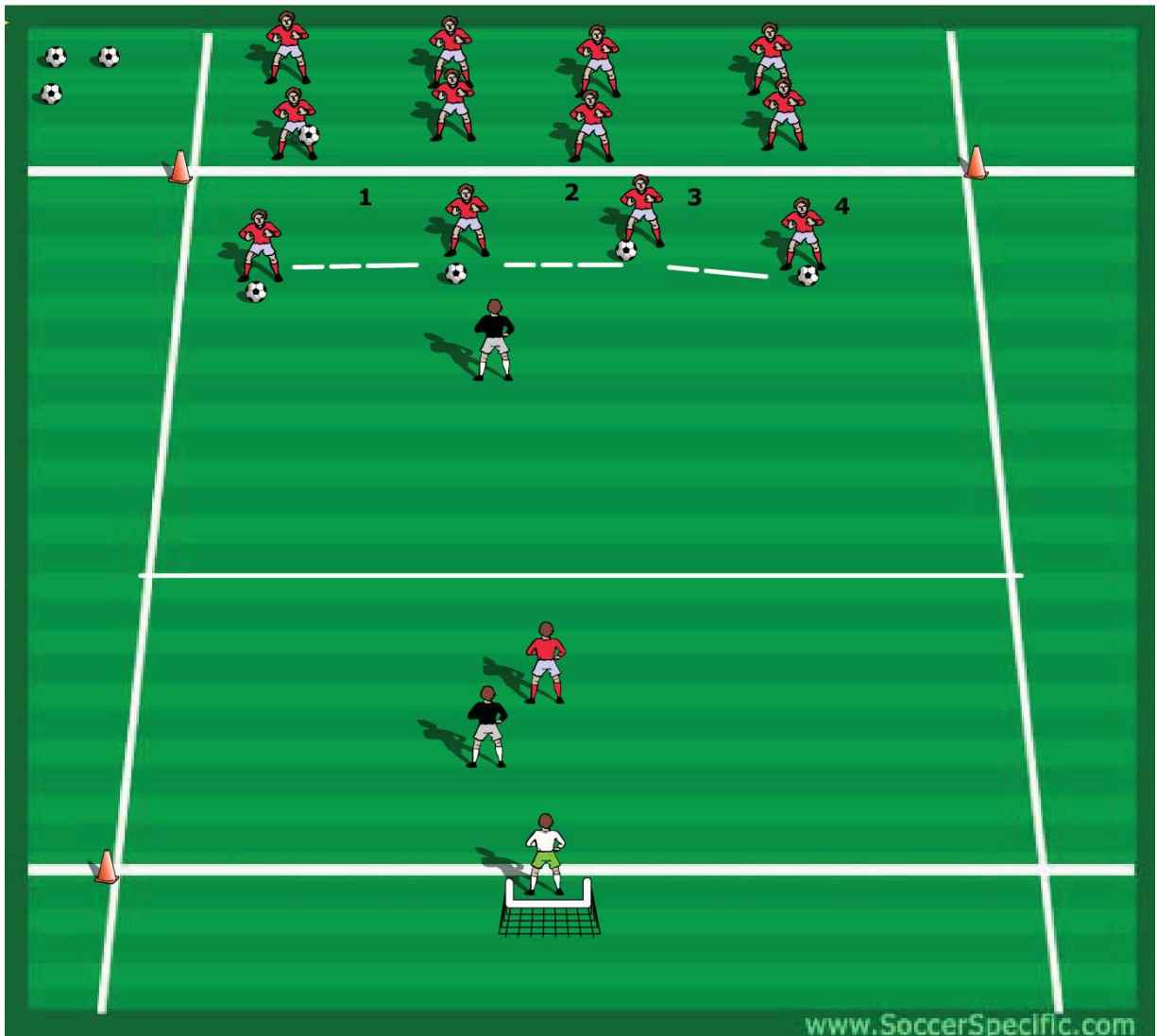
Play quickly.

Look to receive the ball sideways on.

Good weight of pass.

Look to develop overlaps, underlaps and combinations.

Opening Up Five



Opening Up Five

Purpose- To improve movement, opening up and receiving the ball with the far foot.

Organization- Use half field for exercise. Players are lined up in four, with one ball given to each group of four. Players are asked to move forward with the ball, while passing from side to side as shown above. An attacker and defender are added in the final third. Players are asked to move the ball from side to side using both undertakes and overlaps, while defenders attempt to win the ball. In the final third, of the field players they must play through alone attacker before shooting

Progression- Add three defenders, to pressure the player on the ball.

Coaching Points

Good communication.

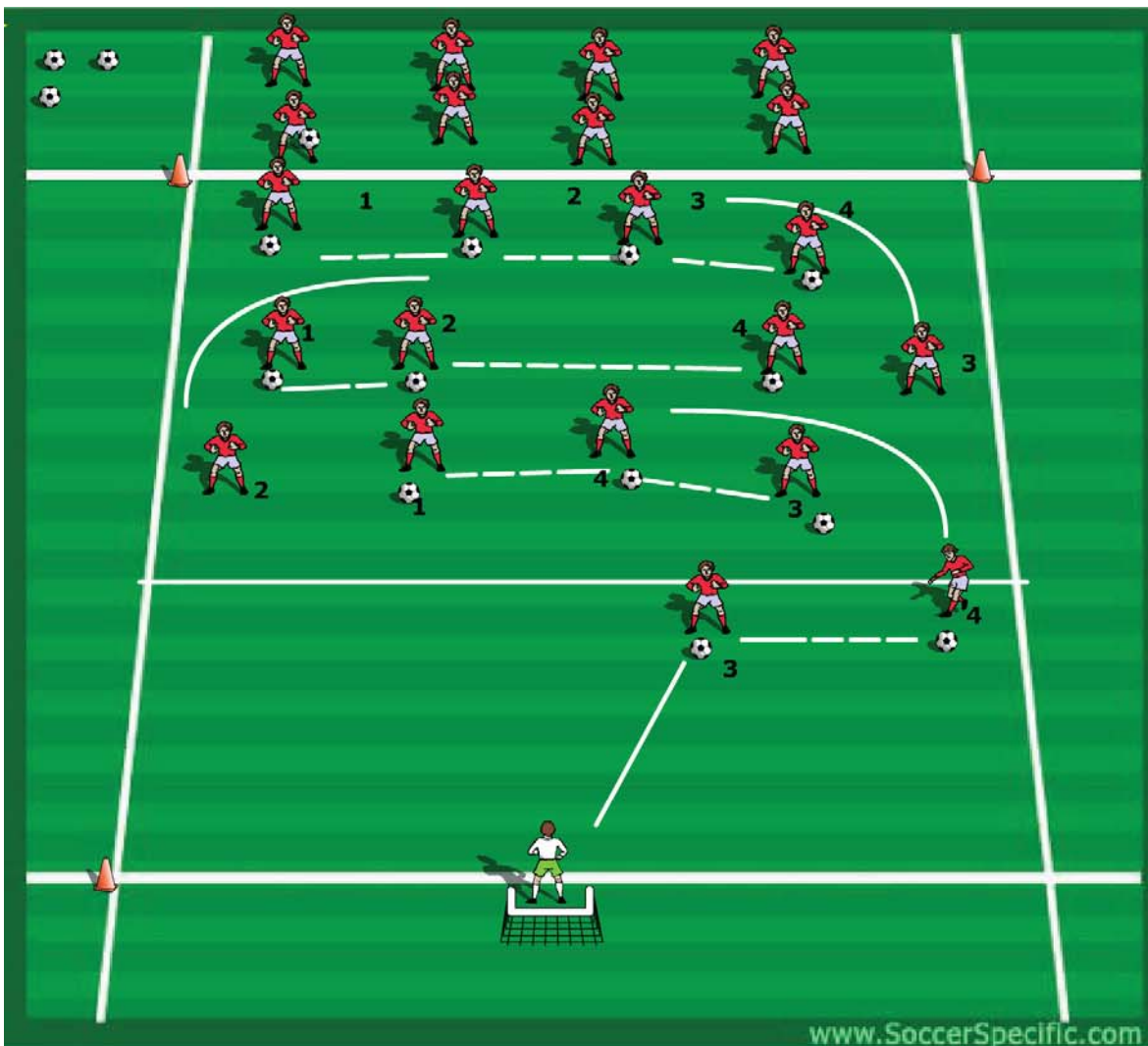
Good weight of pass.

Check shoulder, receive the ball with far foot and pass to next player second touch.

Good movement, overlapping runs, underlapping runs to confuse defenders.

Be aggressive to goal, through both shots and crosses to set up goal scoring chances.

Opening Up Four



Opening Up Four

Purpose- To improve movement, opening up and receiving the ball with the far foot.

Organization- Use half field for exercise. Players are lined up in four, with one ball given to each group of four. Players are asked to move forward with the ball, while passing from side to side as shown above. This time players are asked to create movement to confuse the defenders, with an overlapping run. The sequence is as follows Number 1 plays to number 2, number 3 plays to number 4 then number 3 overlaps number 4 to take the outside position from number 4, number 4 plays to number 2, number 2 then plays to number one and then overlaps to take the outside position on the opposite side and the sequence begins again. Number 1 plays to number 4, number 4 to number 3 and number 4 overlaps to take the outside position. When players reach the closest white line to the goalkeeper, one player attempts to score.

Progression- Add a defender to pressure the player on the ball.

Coaching Points

Good communication.

Good weight of pass.

Check shoulder, receive the ball with far foot and pass to next player second touch.

Good movement, overlapping runs to confuse defenders.

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.