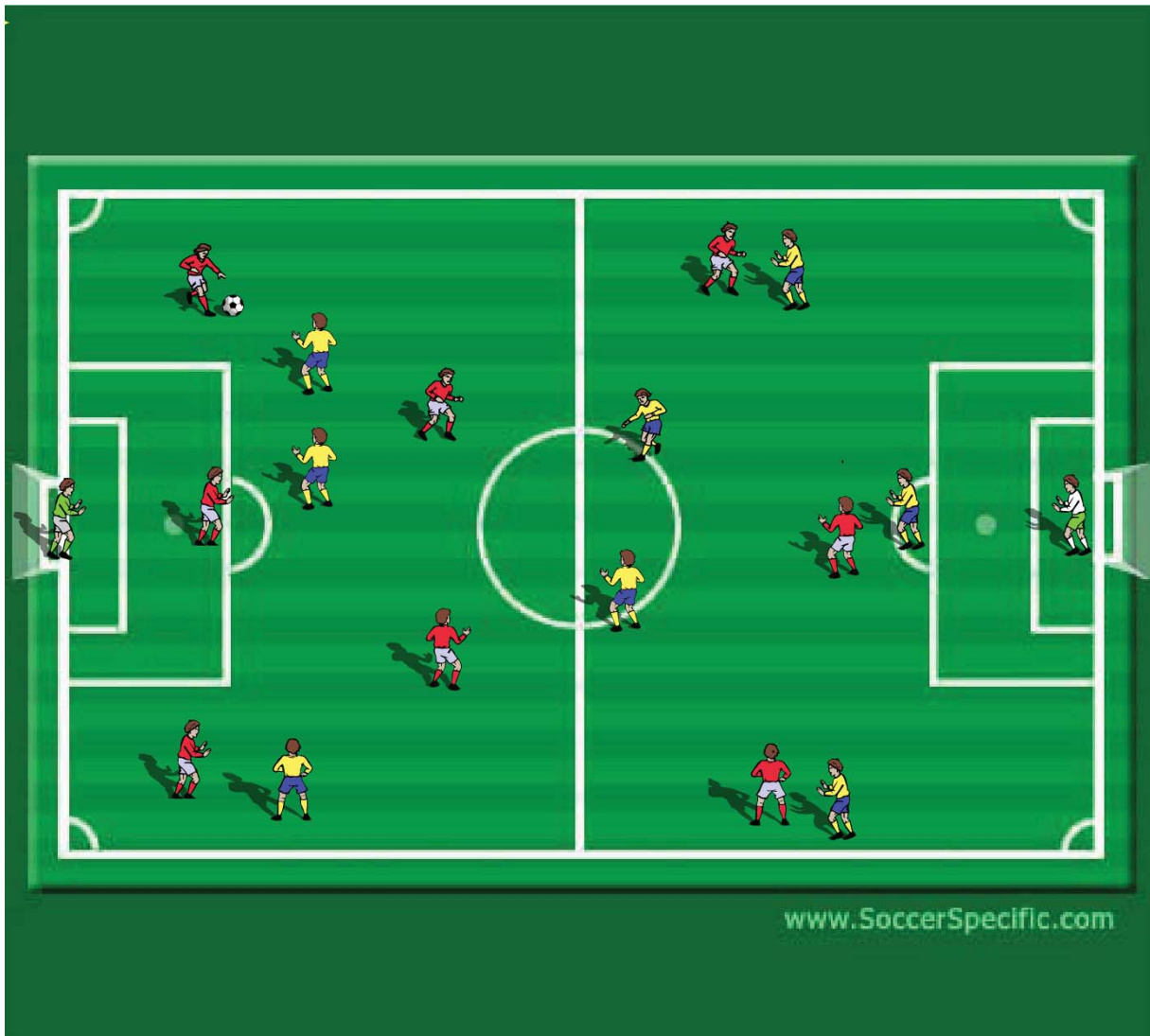


# 9v9 Scrimmage



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.

# Small Sided Shooting



## Small Sided Shooting

Purpose- Small sided activity to improve players ability to shoot on goal.

Organization- A normal 7v7 scrimmage is set up on a small sided field the size of two penalty areas, with an emphasis placed on shooting by the coach. The coach in this situation asks his/her players to shoot first pass second.

Progression- Ask players to shoot with weaker foot only.

### Coaching Points

Positive first touch out of your feet to set up shooting opportunities.

Communicate both verbally and visually.

Be aggressive to goal.

Frame the goal and hit the target.

# Small Sided Finishing & Possession Two



## Small Sided Finishing and Possession Two

Purpose- To improve possession and finishing in a small sided activity.

Organization- Players play 4v4 plus goalkeepers, in an area approximately the size of two penalty areas. Players can use their neutral teammates on the outside to help keep the ball. Field players are not allowed to tackle outside players. Encourage players to shoot early and often.

Progression- Neutral players can pass the ball to other neutral players.

### Coaching points

Good communication both verbally and visually.

Open hips when receiving the ball, positive first touch to pass or shoot early.

Frame the goal and hit the target to make goalkeeper work.

# Small Sided Finishing & Possession One



## Small Sided Finishing and Possession One

Purpose- To improve possession and finishing in a small sided activity.

Organization- Players play 4v4 plus goalkeepers, in an area approximately the size of two penalty areas. Players can use their neutral teammates on the outside to help keep the ball. Field players are not allowed to tackle outside players. Encourage players to shoot early and often.

Progression- A neutral player can be added to the game, who plays for the team in possession.

### Coaching Points

Good communication both verbally and visually.

Open hips to receive the ball, positive first touch out of feet, looking for early shots on goal.

Move early to receive ball in open spaces.

# 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.