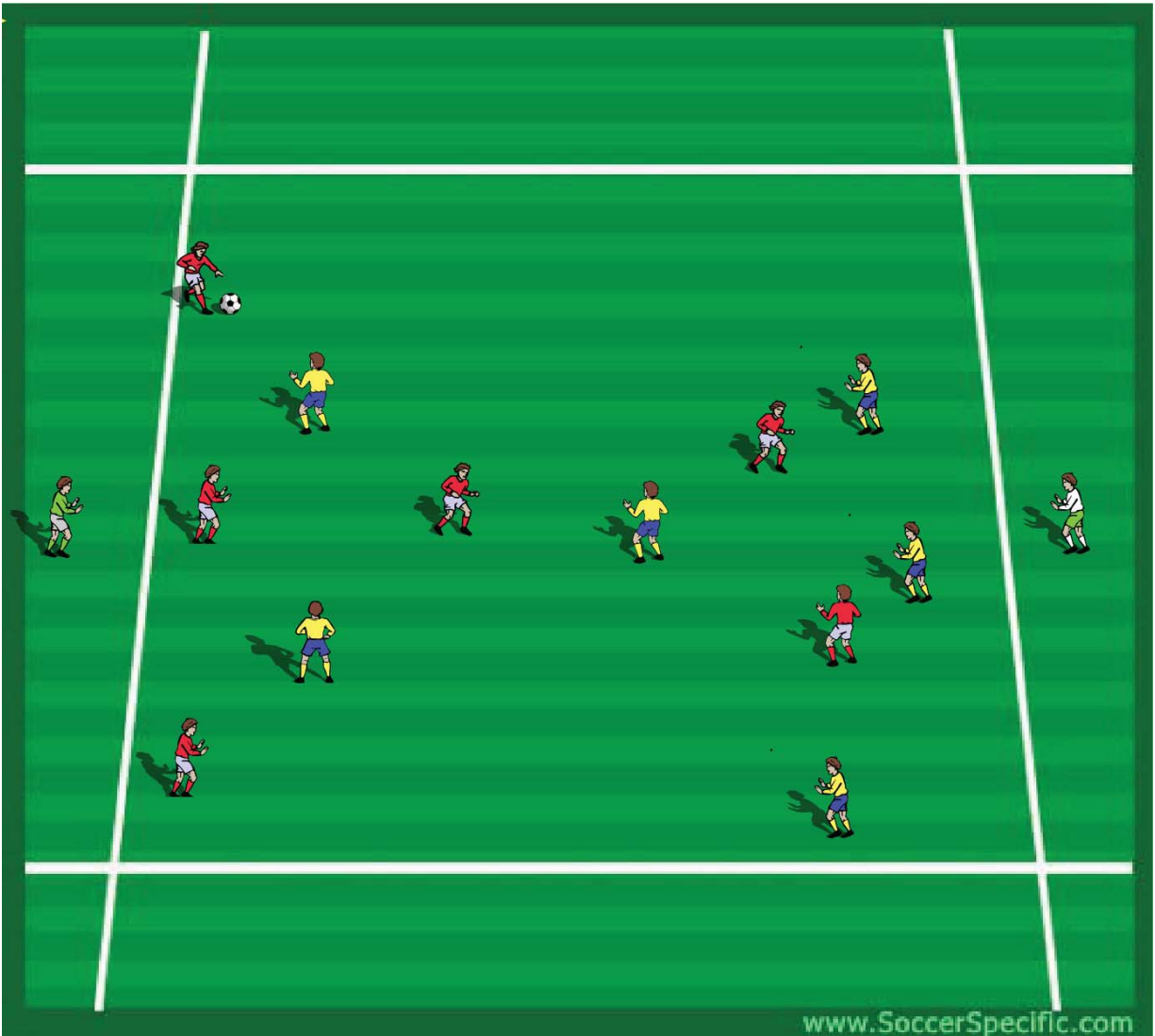


# 7v7 Scrimmage



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.

# Functional Training for the Center Forward Three



## Functional Training For the Centre Forward Three

Purpose- Small sided activity to improve centre forward play.

Organization- 3v3 to large goal, with two counter goals 30 yards away. The attacking team plays with two forwards and an attacking centre midfielder. The defending team has three defenders and a goalkeeper. Play the width of the 18 yard box, attacking team scores on big goal and defending team scores by dribbling through a gate.

Progression- Add a neutral player to play for the team in possession.

### Coaching points

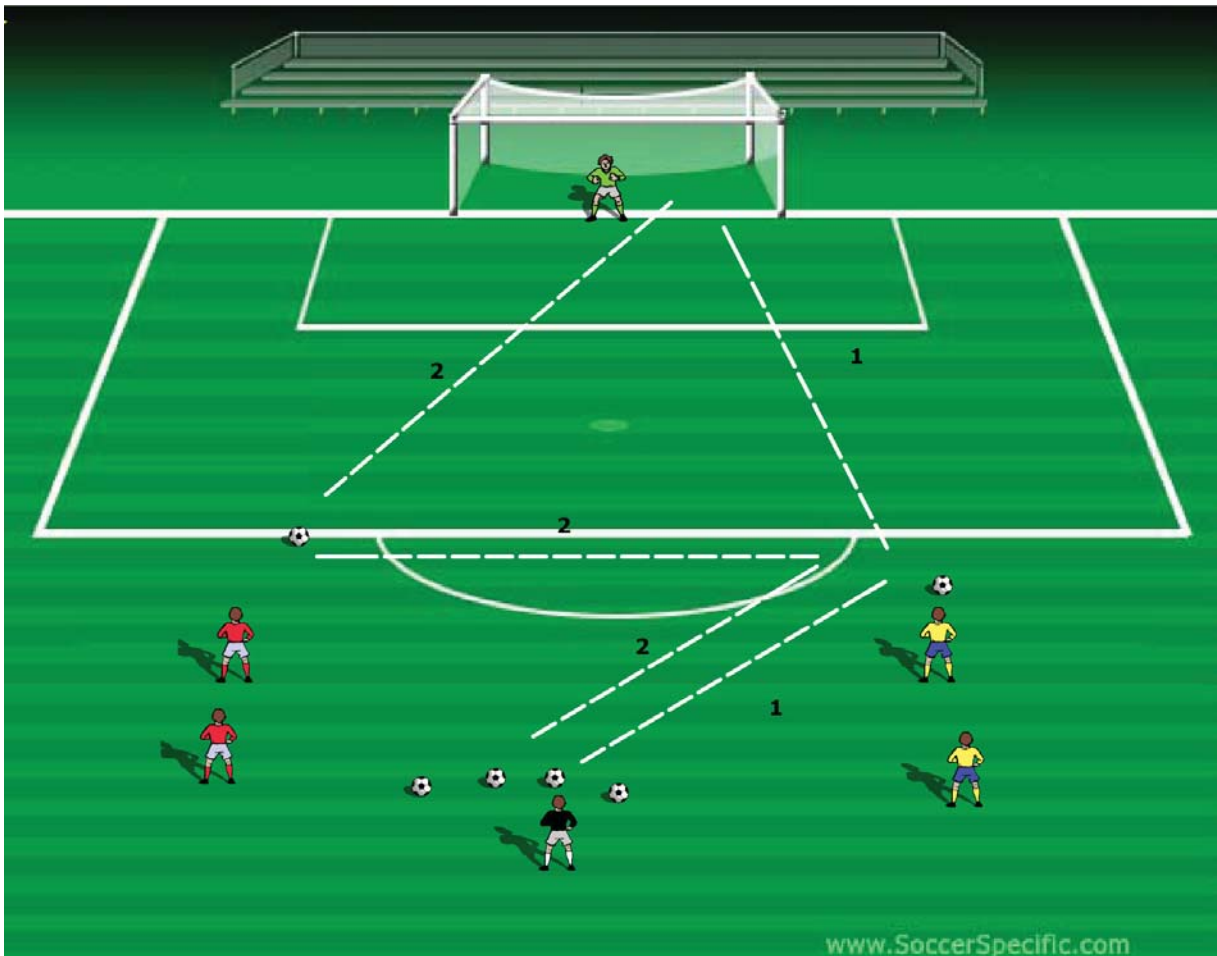
Encourage combinations and overlaps.

Good communication.

Attempt to play quickly one and two touch.

Frame the goal and hit the target.

# Functional Training for the Center Forward Two



## Functional Training for the Centre Forward Two

Purpose- Introduction of passing patterns for the centre forward.

Organization- Four players are on top of the 18, with a coach in the middle. The keeper is in the goal with a server between the players.

Server plays ball to striker who opens up and shoots

The shooter then shows back to the server , receives a second ball and plays it across for the teammate to shoot on goal.

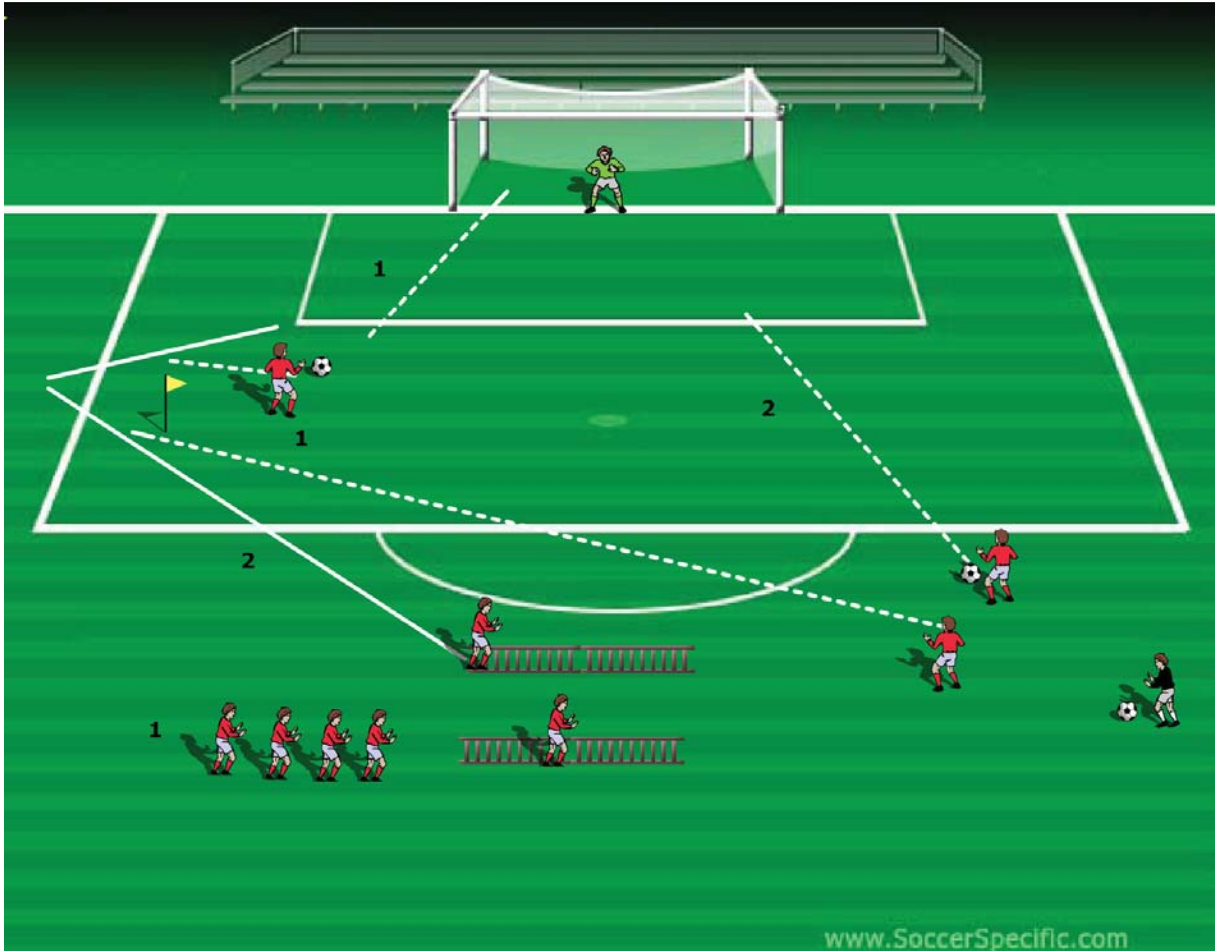
Progression- Ask players to play one touch only.

### Coaching Points

Be positive to goal, good first touch.

Frame the goal and hit the target.

# Functional Training for the Center Forward One



## Functional Training for the Centre Forward One

Purpose- Warm up for functional training.

Organization- Place two agility ladders near the top of the 18 yard box as shown. A server stands to the side with a keeper in goal. A player runs through the first set of ladders, around the flag and shoots. The player then immediately turns and runs through the second set of ladders, receives the ball and shoots again.

Progression- Give players a time limit to take both shots.

### Coaching Points-

Positive first touch towards the goal.

Open hips.

Shape to run to shoot the second ball first time.

Look to frame the goal, hit the target and shoot with power.

# 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.