



Technical Warm Up

Warm Up

Duration - 10 minutes (3 sessions of 3 minutes with stretches in between)

Organization - Grid sized to players 6-10 in pairs

Split into pairs only passing to teammate paired with

Progression

Change the partner (if pinnies in use, have players match one with pinnie and one without)

Receive to move to space behind, beside or in front in appropriate.

Final progression - change a pair to defenders(4v2, 6v3,etc)

Keep in imbalanced to allow possession with recognition of space/time.

Coaching Points

Body shape (open to space, side on)

First touch into space

0,1 and multi touch turns





Foundation stage - Receiving and turning

Skill Practice

Duration - 20'

Objective - Improve the players ability to receive and turn in a variety of directions

Organization:

- 3v3 to Target Players
- Directional Game (Reds play Vertically, Blues play horizontally)
- To Score, a team must connect with both target players within the same possession
- Rotate players every 3'

Progressions:

- Once a Target player receives the ball, they enter inside the grid and are replaced by their teammate who passed them the ball
- Can they minimize touches to increase tempo and rhythm
- Finish off by keeping score



Coaching Points:

- Protect the ball when challenged in tight areas
- Move defenders to create optimal receiving space
- Plays 0 touch, 1 touch and multiple touch turns to evade pressure
- Turn with speed and fluency in to space or away from pressure



Mini Game

Individual - Foundation Stage - Global Skills - Receiving & Turning

Duration - 20' - Half Grid

Objective - Improve players turning efficiency to maximize opportunities to face forward. After facing forward, coach their decision making on how & when to penetrate or secure possession.

Organization:

- 4+1 v 4+1 to 4 Goals
- Each Team is set up in a Diamond Formation
- To Score, pass into one of the two small goals (Each team is assigned two goals to attack, if no small nets a dribble through gate)
- Target player on the end line is available in the attacking half and is restricted to 2 touches (Players do not need to play into the target player initially to the score)

Progression - Add target player as required touch (promotes target player moving to support)

Coaching Points:

- Transfer the ball on the first touch to evade pressure and create space
- Move defenders to create optimal receiving space
- Play 0 touch, 1 touch and multiple touch turns to evade pressure
- Turn with speed and fluency in to space or away from pressure





Larger Game

Objective - Coach players how, when & where to turn based on cues & triggers. (Are you pressured? Where are you on the field? Who is in support? Can you attack space?)

Duration - 20' (Rotate Players every 3'-4')

Organization

Play to 4 goals or to single goal

Set offside line

Coaching points

- Recognition on when to play one touch to resist pressure
- Move defenders to create optimal receiving space
- Play 0 touch, 1 touch and multiple touch turns to evade pressure
- Turn away from pressure to change the attack and or to get out of trouble

