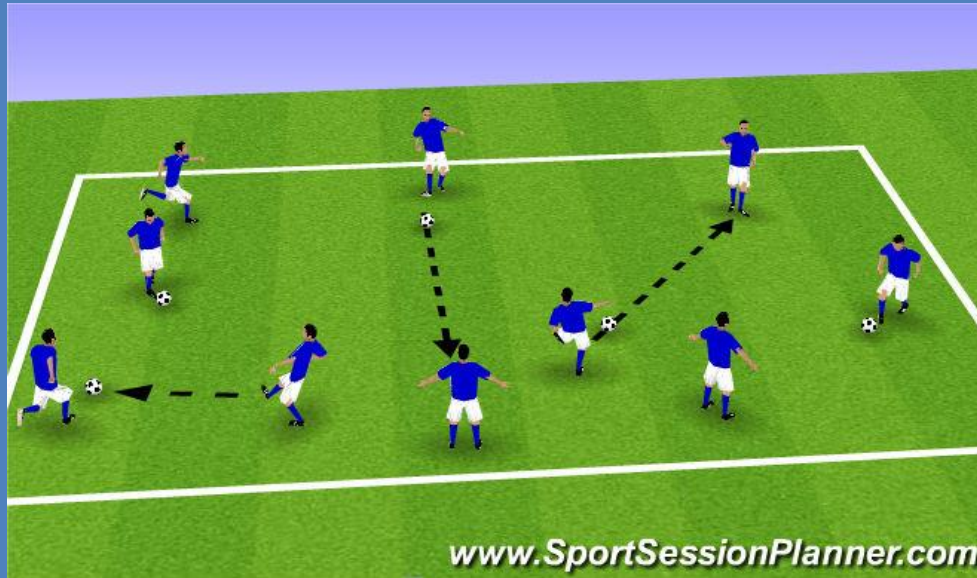


Warm up- Passing and moving



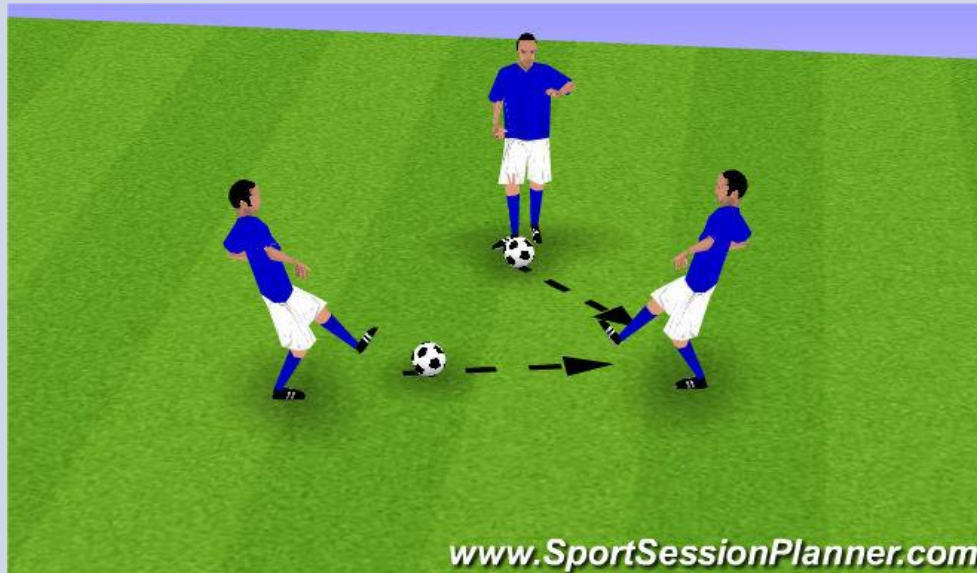
RULES

- Half players with a ball
- Players move around the box looking to pass and move

POINTS

- Communicate
- Don't stand still
- Get first touch out of feet
- Quality passes with the inside of the foot
- Hit a target
- Look for ball or a pass

Quick footwork passing 3 players



RULES

- 2 players with ball, one without
- All touches are 1 touch
- First pass is to one foot which then has a 1 touch pass back
- Next player passes again with a 1 touch pass back
- Repeat

POINTS

- Keep on your toes
- Little steps to adjust the body
- Focus on the ball
- Accurate passes to the correct foot
- Try and get a rhythm

3v3v3 (or 4v4v4)



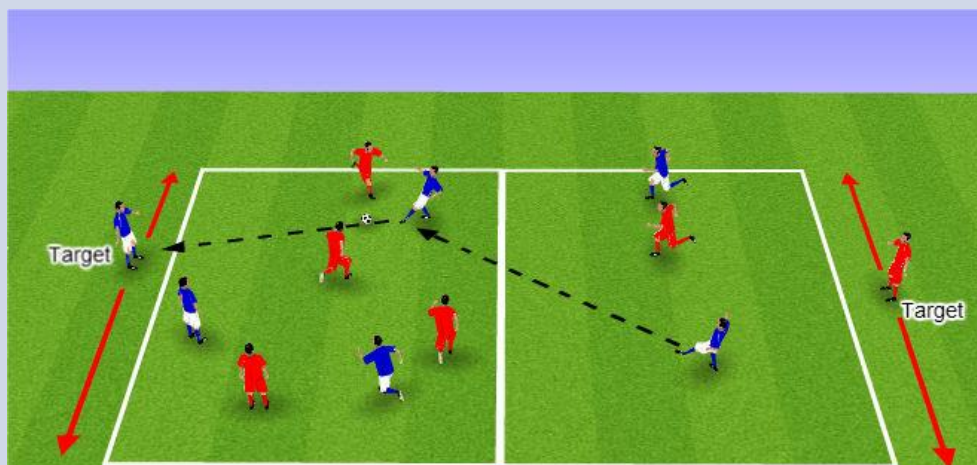
RULES

- Area divided into 3
- Middle zone is Neutral
- Team stay in area unless breaking into neutral zone
- Team starting in Neutral zone try and score by getting ball across the end line
- If defending team win the ball they try and get to the neutral zone and then in to the next box against the other team
- If a team scores on the end line, game starts with that team trying to get to the neutral zone (teams swap direction)

POINTS

- Quality passes
- Don't stand a wait
- Be ready on transition
- Know the boundaries

5v5 to targets (or 4v4 to targets)



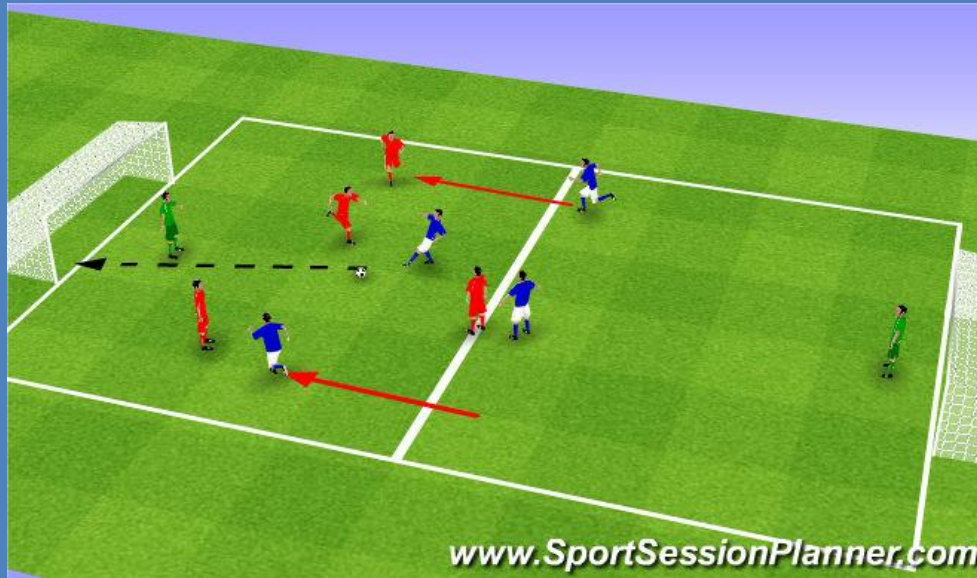
RULES

- 2 teams 5v5 in the middle
- On the end will be a target for each team
- Blues play into blue target and red play into red target to score a goal
- If a goal is score passes swaps to become the target

POINTS

- Quality passes
- Communicate
- Find spaces
- Hit target early

5v5 GAME



RULES

- 5v5 with goalkeepers

POINTS

- Find space to receive passes
- Quality passes
- Communicate with team mates
- Take shots when defenders are not blocking the goal