

Dynamic Warm-up



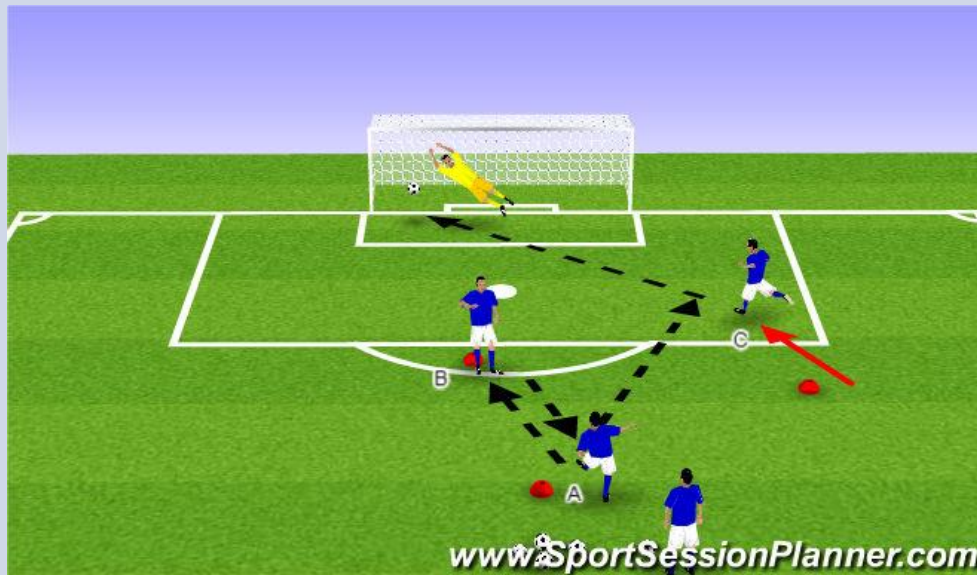
RULES

- In small groups
- Players perform dynamic movements through cones. Include lateral and backward movement.
- Ball can be added to warm up
- Make sure dynamic stretches are used throughout

POINTS

- Make sure players are focusing on the right technique
- Alternate activities to use different muscles

Shooting- running onto ball



RULES

- Player A passes to player B
- Player B touches it back to A
- A then passes the ball in front of player C
- Player C runs onto ball for shot
- Players rotate

POINTS

- Use quality passes
- Have good speed and weight on the pass
- All players should be on their toes
- Activity should be quick and explosive
- Look for shot across keeper

Shooting- adding players



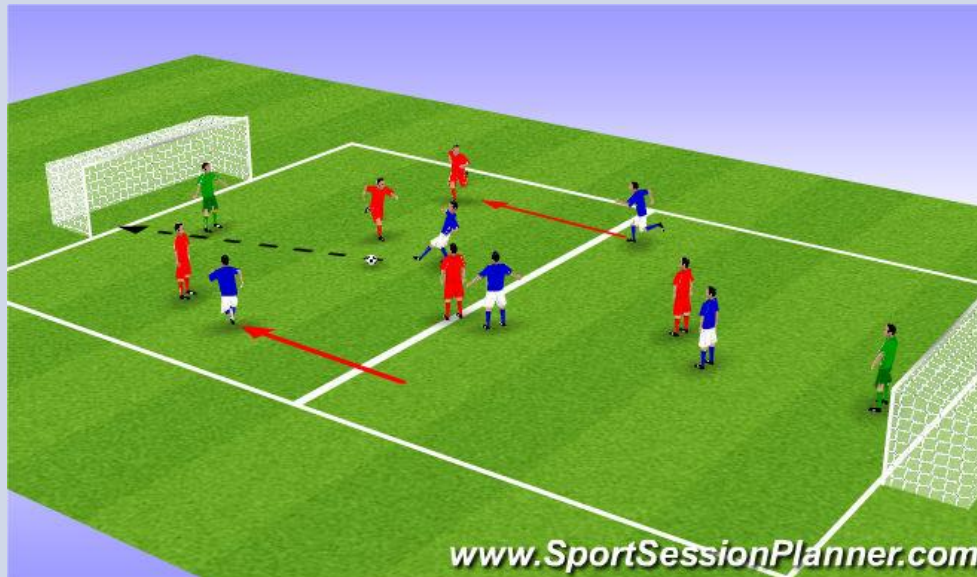
RULES

- 2 teams
- Game starts with 1v1
- Once player has shot, opposite team can add a new player, creating 2v1
- Look to create quick shooting chances

POINTS

- Quick looks to see where the keeper is
- Look to get quick shots
- Explode into spaces to get early shots
- Keep head down when striking ball

6v6 GAME



RULES

- 6v6 with goalkeepers

POINTS

- Look to create shooting chances
- Take quick shots
- Create space in final 1/3 to get shots off