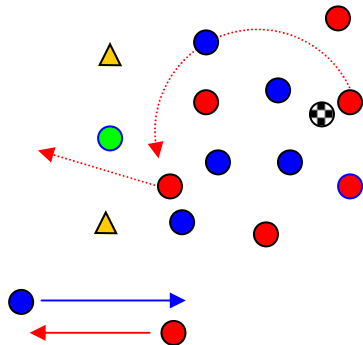


WARM-UP



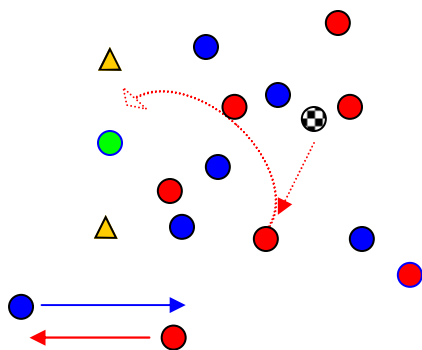
Keep Away with Hands and Header Goals 15 min

Set up a goal with cones and with a Goalkeeper anywhere on the field. Divide the players into two teams. One team can only score with a head on one direction of the goal while the other team can only score going the other direction. Players can only take two steps after catching the ball and then cannot move. If a ball is not cleanly caught by one team, it is automatically turned over to the other team. Keeper gives ball to the defensive team after a save.

Coaching Points

- Move quickly to space AND out of it if player does not get ball
- Angles of support.
- Don't be afraid to try headers from longer distances to the goal

EXERCISE 1



Keep Away with Feet and Shooting 15 min

Now put the ball on the ground and make everyone use their feet to pass and score. Keeper gives the ball to the defensive team after a save.

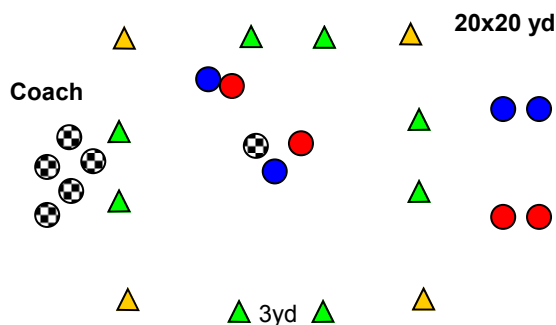
Progression

- After 5 minutes, make sure that all players from one team are on their half before a goal can be scored

Coaching Points

- Look for long pass into other half to counter and start new attack.
- Fast passes and quick shots
-

EXERCISE 2



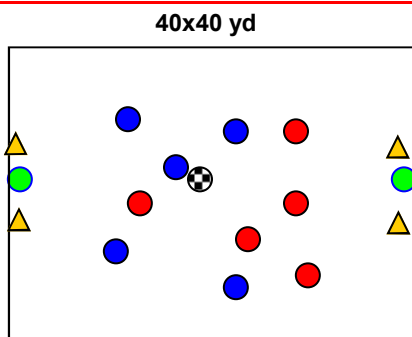
4v2 Quick Switch 15 min

Coach sends two groups of 2s from each team at a time. The coach tells each team which of the 4 goals they can score on. The coach sends in balls for 30 sec. and the teams work hard to try to score and defend the other team from doing so. After all players have gone through 3-4 times, ask for the score. Losing team does 3 pushups. After each set of teams go through, they need to bring the balls back to the coach.

Coaching Points

- Quick passes and shots
- Change direction quickly
- First touch must go to space and stay close to player

EXERCISE 4



Scrimmage 15 min

3 points for header goals.

Coaching Points

- Players check to and away from the ball
- Player look to turn with the ball
- Quick passes and movement