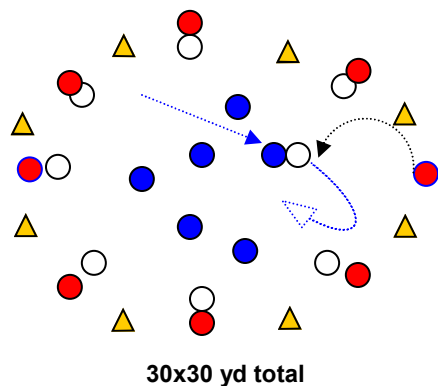


WARM-UP



Receiving and Turning 15 min

One half of the players begins the activity in the center of the grid; the other half spreads out around the cones. Players on the cones have a ball each. The inside group must jog around the inside of the grid then check very quickly to an outside player. The outside player then serves a ball from their hands for the inside player to receive and get under control. After controlling the ball it is quickly passed back to the original player.

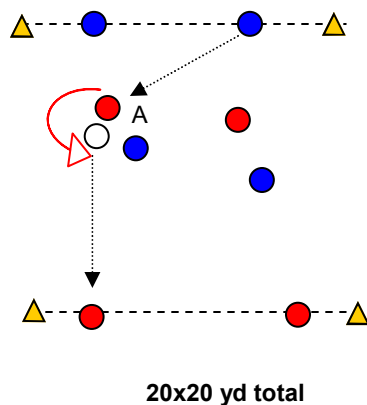
Progression 45 sec each session

- Start with outside players using inside foot pass to inside players who use a 1-touch inside pass back.
- Outside players toss balls for thigh trap and volley back
- Outside players toss balls for chest trap and volley back
- Outside players toss balls for a volley back with inside of foot
- Outside players toss balls for a header back.

Coaching Points

- Insider must “check” to outside player at speed, not jogging
- Inside players need to go to a different part of the circle each time, not around the circle slowly
- Repeat sequence if players are not doing it at speed.

EXERCISE 1



2v2 Quick Switch 15 min

Play begins with a pass from one of the target players on the end-lines. The team in possession must attempt to turn and play a pass to the targets at the opposite end of the grid. Player (A) has successfully turned and played a pass to the opposite target player. The target players must return the ball to whichever team passed to them. Play is continuous in both directions. Points are awarded for each successful pass to the target players. Players cannot score at the same side twice in a row. Back passes can be made to the target players. Switch inside players every 1 min.

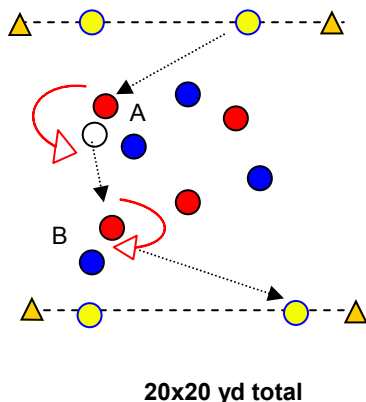
Progression

- Make field space smaller for players who needing challenge

Coaching Points

- Passing must be sharp and accurate – keep the ball moving.
- Players must try to receive the ball in a half-turned position.
- Communication is vital – “turn”, “man on” etc.

EXERCISE 2



4v4 Quick Switch 15 min

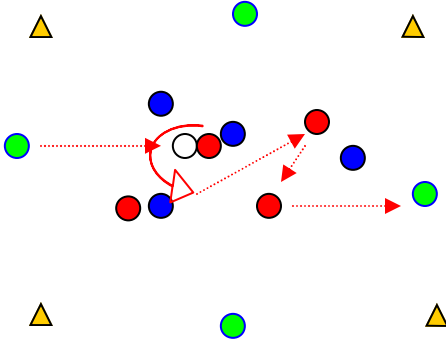
Play begins with a pass from one of the target players. The team in possession must attempt to turn and play a pass to the targets feet at the opposite end of the grid. Player (A) has combined with player (B). Player (B) has successfully turned and played a pass to the opposite target player. The target players must return the ball to whichever team passed to them within 2 touches. Play is continuous in both directions. Points are awarded for each successful pass to the target players. Players cannot score at the same side twice in a row. Rotate the target team in every 2 min.

Coaching Points

- Players need to “check to” space to get a pass and CHECK OUT from space when they do not get the ball.
- Players must try to receive the ball in a half-turned position.
- Play penetrating balls to the targets as quickly as possible – find their feet.

EXERCISE 3

20x20 yd



4v4 with targets 15 min

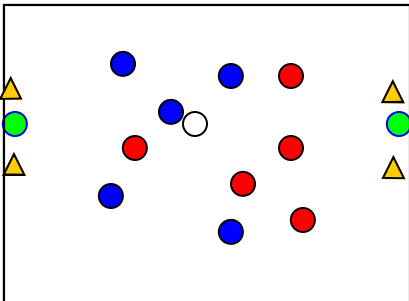
Keep away inside the square. Teams can pass to each other or to a wall player. The ball cannot go to a wall player twice in a row by the same time. Switch teams every 2 minutes.

Coaching Points

- Players check to and AWAY from the ball
- Player look to turn with the ball
- Teammates tell players when they can turn

EXERCISE 4

40x40 yd



6v6 Scrimmage 15 min

Encourage checking runs, passes and turning with the ball.

Coaching Points

- Players check to and AWAY from the ball
- Player look to turn with the ball
- Teammates tell players when they can turn