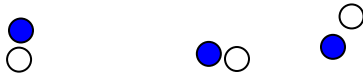


## WARM-UP



### Instep Warm Up

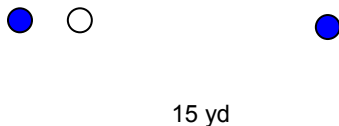
Start with players sitting down and kicking the ball out of their hands. Look for good technique - ankle locked, toe pointed. 10 min.

### Progression

While sitting

- Two insteps in a row
- Kick ball, stand up and catch it.
- While standing (moving), kick ball and catch it.
- Have the ball bounce in between touches, keep ball going.
- Two touches without ball hitting ground.

## EXERCISE 1



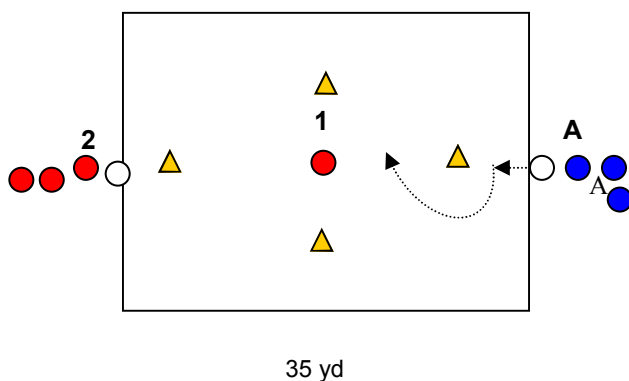
### Instep Passing (in pairs)

In pairs, players make instep passes back and forth. Receiving partner catches ball. Strike ball with laces, plant foot facing target, leaning forward, no spin on ball, toe pointed, head position over ball. Ball should have as little spin as possible. 15 min.

### Progression

- Start with ball being kicked after a bounce, dropped from hands and kick it as it rises.
- Ball should hit partners mid-section.
- Ball kicked from the ground.
- Increase distance.

## EXERCISE 2

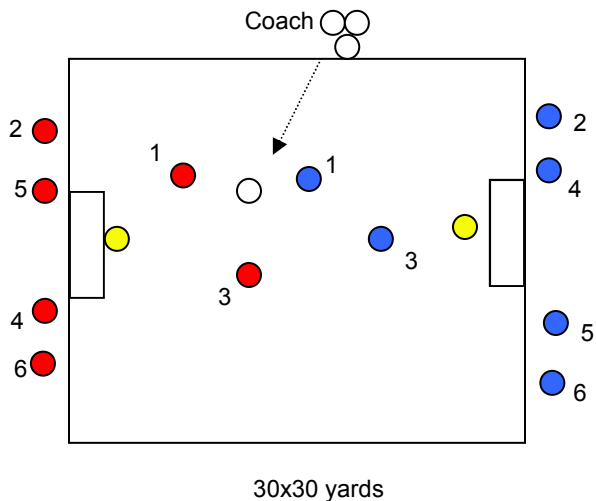


Player **1** starts in goal. Player **A** dribbles at speed to cone, makes a move around the cone and shoots for the far post. After the shot, player **A** runs to become the new keeper waiting for player **2** to shoot. Player **1** gets ball and goes back to his side. First to 5 wins or 3 minutes. 15 min.

### Coaching Points:

- There should be no extra steps
- Teams should not wait to advance ball to cone and shoot immediately after the opponent shoots.
- If shooting player does not get to the goal, the opposition will have an open goal to shoot at.
- Vary distance to goal and size of goal so players have success, then make it harder by increasing the distance or angle and making goal smaller.
- Encourage players to hit hard.
- If players are lazy about making moves, a coach can stand where one of the cones is.

### EXERCISE 3

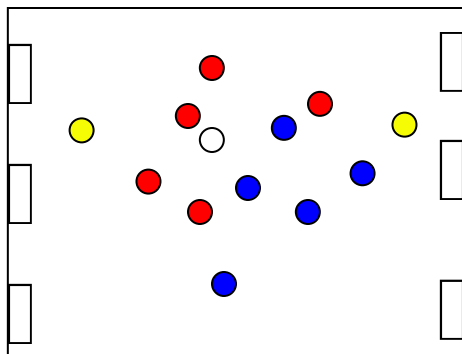


Two teams, each player is designated a number. The coach calls out the numbers of the players. These players then run out from the endline to play the game. The coach serves balls from the sideline if the ball goes out of bounds or into a goal. Each group should play for a minute and a half of continuous action. Players waiting to come on should return loose balls to the coach. This game is best played 2 v. 2 or 3 v. 3. 20 minutes

#### Coaching Points

- Attack the ball quickly and try to get a shot off.
- Don't stop with ball.
- Look for quick combination with teammate.

### EXERCISE 4



35 yds x 45 yds

#### 3 Goals Game

Start with two teams of equal number. Each team has 3 goals to defend and attack. Each team has one keeper who must defend all 3 goals. Play regular soccer rules.

#### Coaching Points

- Attacking team should try to change the point of attack away from the keeper, then proceed to get a quick shot off.
- Defending team must try to force the attackers in one direction so their keeper knows which goal to defend.