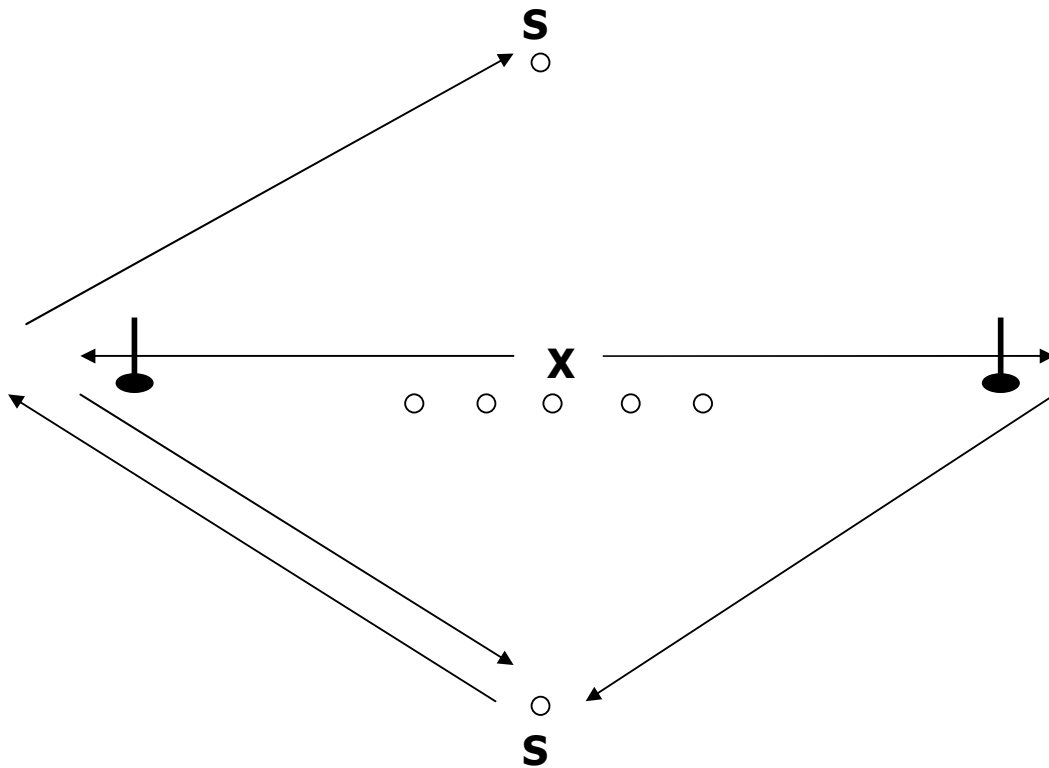


WARM-UP

I.E 5V2, 6V2, 7V2 ETC...

SPEED, AGILITY AND QUICKNESS



OBJECTIVES

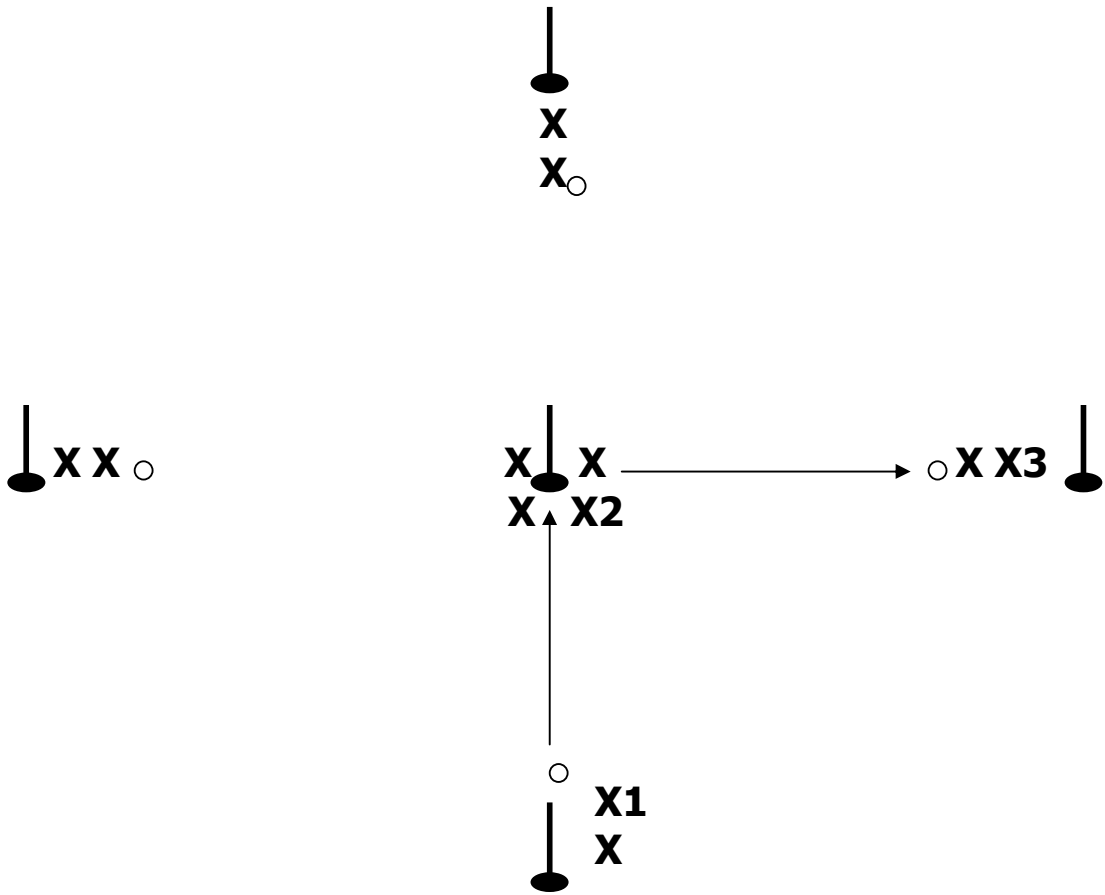
Increase feet movement to work both sides of the body and both feet by various movements and service.

CONDITIONS

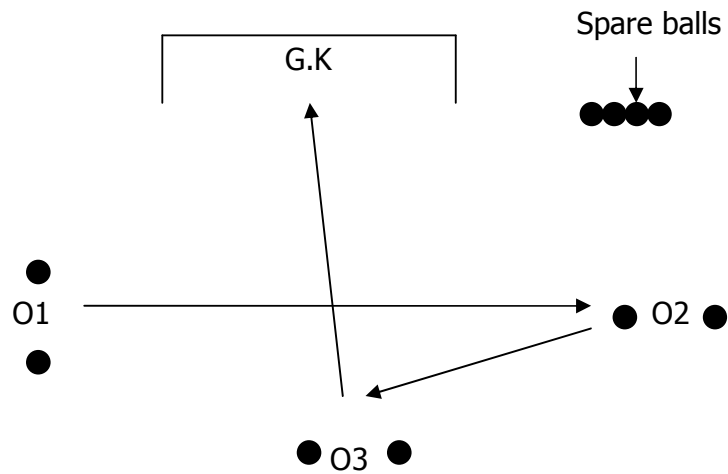
X from centre has to work forwards sideways and backwards into servers (S) on opposite sides. Various feet movements in centre of grid provides footwork before receiving ball from servers.

This can be either timed or a series of repetitions, although technical element remains the main priority.

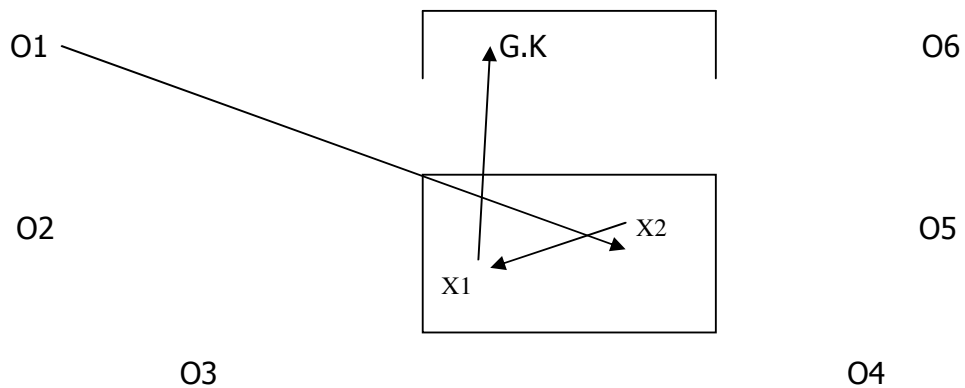
NON-CONTACT BALL WORK



SHOOTING DRILLS



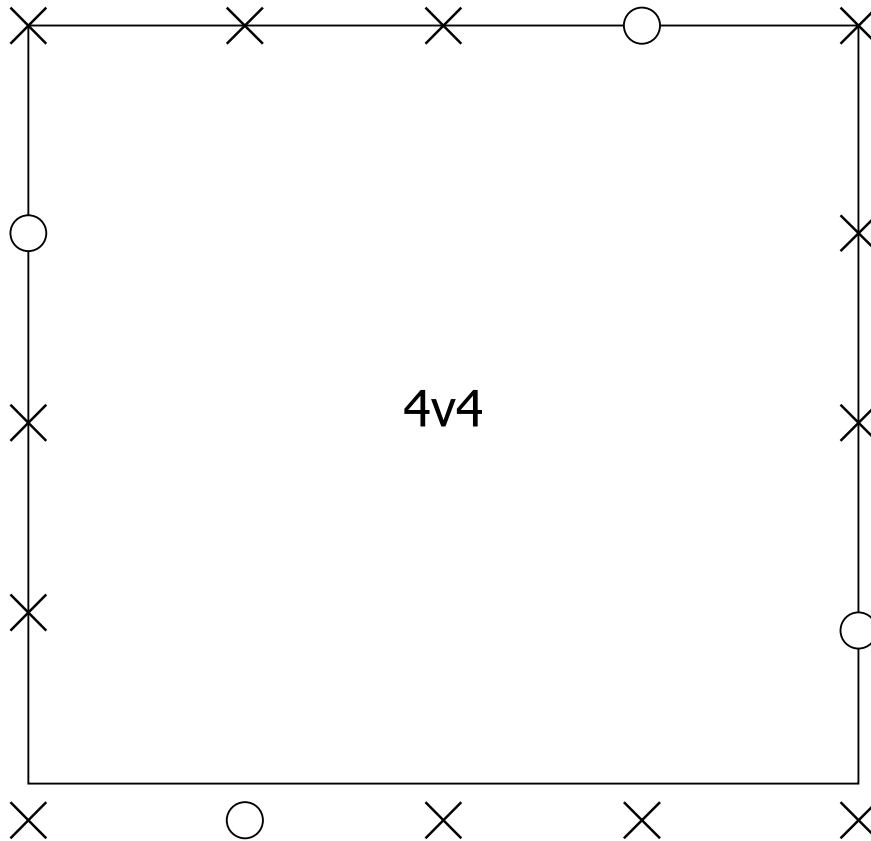
1. O1 plays to O2 who lays off for O3 to shoot.
2. O1 runs around O3 to replace O2. O2 replaces O3. O3 shoots and then collects a spare ball before dribbling around the back of the goal to replace O1.



1. O1 plays to X2 who lays off for X1 to shoot.
2. X2 and X1 only have one touch each.
3. When X1 has had 6 shots, the roles are reversed for X2 to shoot.

SMALL-SIDED GAMES

POSSESSION



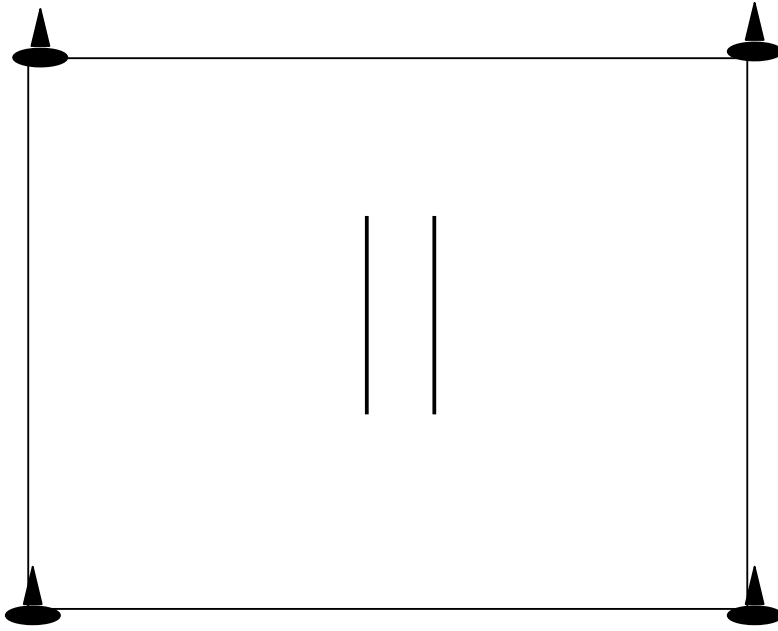
DEMAND

Tempo
Movement
Quick Play

CONDITIONS

1. All in
2. Two Touch
3. One Touch
4. Two Middle Touch Before Pass Out
5. Two Outside Pass Before Ball Comes In
6. All Middle Players Touch
7. Time 3 Minutes Number Of Passes

QUICK FORWARD PLAY



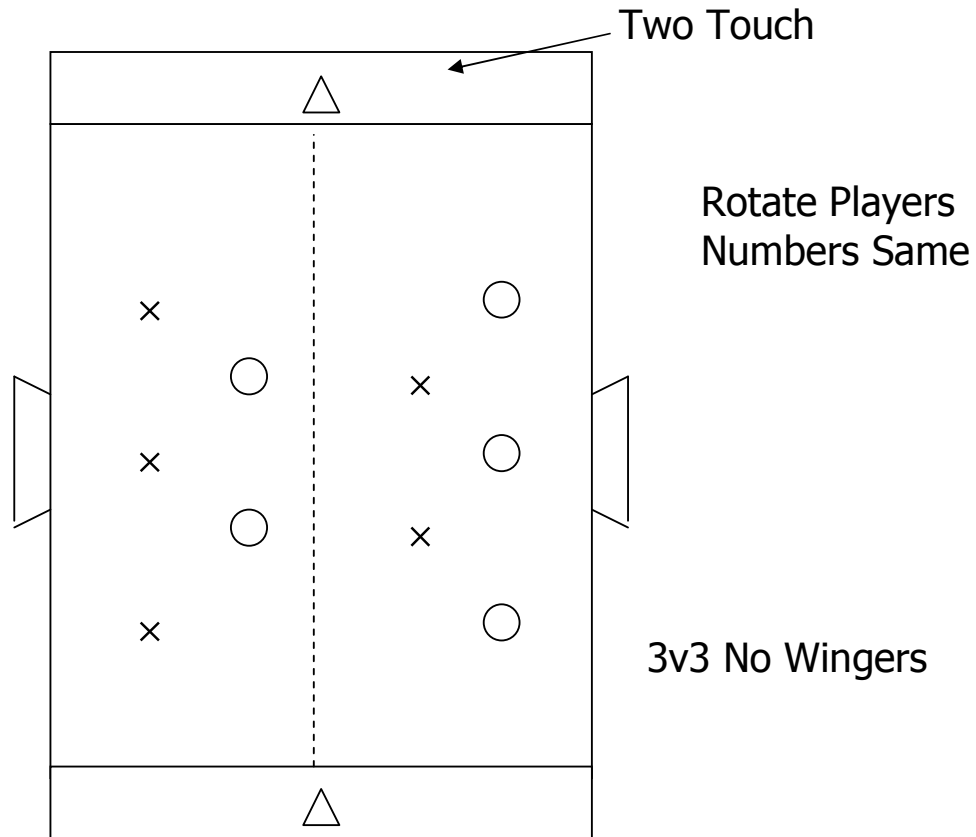
6v6 + GK's

Number of Players in each Half

CONDITIONS

1. End Players – Bounce Off To Score
- 1a. One Touch Finish
2. Score in either goal, once you have won possession take ball around any corner cone to score.

CROSSING, FINISHING AND SHOOTING



CONDITIONS

1. Only forwards can score
2. Only score first/second phase from crosses
3. Only defenders can score (encouraging shots from outside the box)
4. Any player can score – create realistic overloads. When possession is lost, drop into shape (starting)

NOTES