
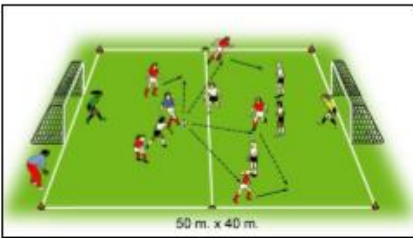




Phase	Time	Activity Name	Coaching Points
<b>Warm up/Agility</b>  Four groups of 3 players working in a 25x25m area as shown. <ul style="list-style-type: none"> <li>• A ball per player.</li> <li>• Nine markers breaking the area down into four quarters.</li> </ul>	10-12 mins		Carry out the exercises at a jogging pace. <ul style="list-style-type: none"> <li>• Exaggerate the movements.</li> <li>• Work in both directions so that each player gets to work with both feet.</li> </ul>
<b>Break</b>	2 min		Hydration/rest
<b>Small Sided Games</b>  Two teams of 6 including the GKs, plus 1 neutral player. <ul style="list-style-type: none"> <li>• Neutral player always plays for the team in possession.</li> <li>• Playing field of 50x40m.</li> <li>• All soccer balls in the goals.</li> <li>• Play starts with the GK.</li> </ul>	10 mins		Accurate passes with good ball speed. <ul style="list-style-type: none"> <li>• Open your body to the play when receiving a pass.</li> <li>• Support in triangles – wide and deep.</li> <li>• Don't support too close to the ball. Remember: distance = time.</li> <li>• Be seen between players</li> </ul>
<b>Break</b>	2 min		Hydration/rest
<b>Technical/Tactical</b>  Set-up area 30x15m <ul style="list-style-type: none"> <li>• Divide players into three groups of four and position them as shown.</li> <li>• Central area is a "no go zone".</li> <li>• Play takes place in the end zones only.</li> <li>• Teams must switch roles by going around coach.</li> </ul>	15 mins		Accurate passes with good ball speed. <ul style="list-style-type: none"> <li>• Open your body to the play when receiving a pass.</li> <li>• Support in triangles – wide and deep.</li> <li>• Don't support too close to the ball. Remember: distance = time.</li> </ul>
<b>Break</b>	3 min		Hydration/rest
<b>Small sided Games</b>  Two teams of 5 including the GKs. <ul style="list-style-type: none"> <li>• Playing field of 40x20m.</li> <li>• One goal at each end.</li> </ul>	10 mins		Draw the defender by running at him and get it back behind the defender. <ul style="list-style-type: none"> <li>• Disguise the pass (use outside of foot, open out and play back inside, etc)</li> <li>• Work in triangles with support player</li> </ul>

