



Week 5 (5-8 90mins)

Category: Technical: Weak foot work

Difficulty: Beginner

Am-Club: TSF Academy
Daniel White, Fair lawn, United States of America

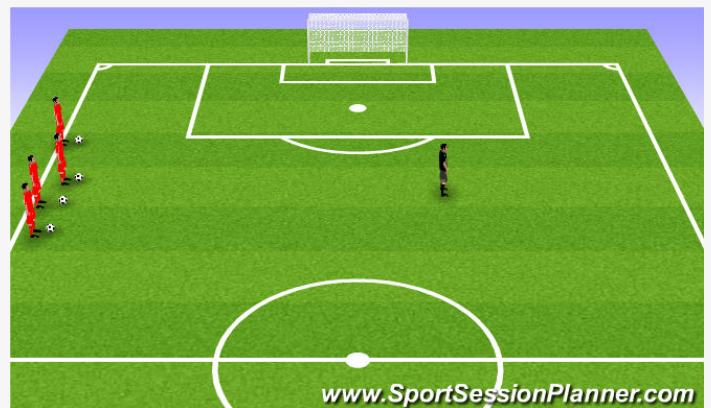
Ball Skills Warm Up (15 mins)

Ball Skills - Dribbling, part of foot, weight of each touch, every step touch ball, head up. Natural running style whilst dribbling.
Skills/Turns - drop shoulder/scissor/quick turn/drag back - be creative with combinations



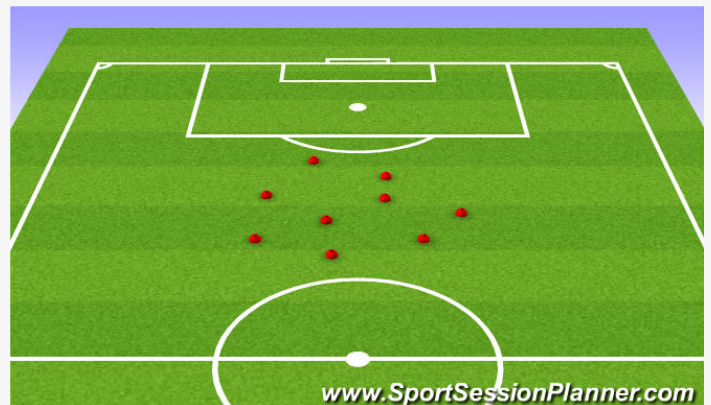
Chicken And Egg (15 mins)

Coach (Chicken) stands at one end of the field. Players are the foxes who have stolen the chicken eggs, they have to make it to the other side of the farm. If the chicken has their back towards the foxes they can slowly dribble their soccer ball. If the chicken turns around the foxes have to stand still. If the chicken sees them move he will send them back to beginning.



Mountians and Mole Hills (15 mins)

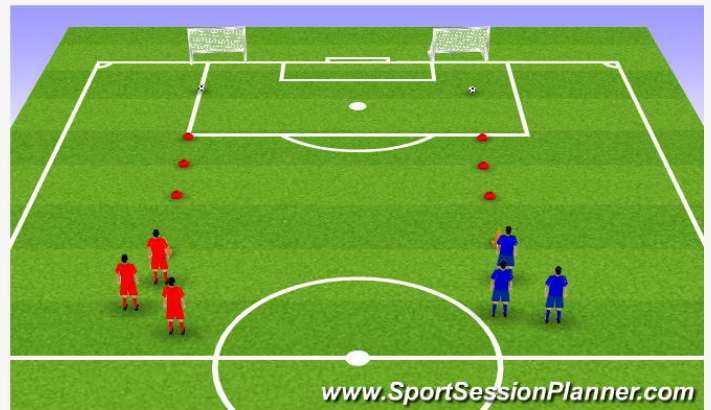
Coach puts out cones, some the right way up (mountians), some upside down (Mole Hills). Players split in to two groups Moles and Climbers. Moles have to turn all mountains to mole hills and Climbers have to turn all mole hills to mountains.



Fun PKs (15 mins)

Players split into two groups. one by one players have to do fun things before scoring a PK.

1. bunny hop over cones
2. bunny hop over cones, and do 5 toe taps
3. bunny hop over cones and do 5 boxes
4. balance a cone on top of their head
5. in and out of the cones, 5 times around the ball then score.



Small Sided Game (30 mins)

Small Sided Game

Head up, when to pass and when to dribble, try skills and be creative. Don't keep score.

Make sure players are engaged and enjoying the session - The coaches must be switched on at all times and ensure you are coaching and players are learning

