



## Description

### Street Soccer (10 mins)

#### Organization

4v4 - No Goalkeepers - encourage the team to work together and play real soccer

Add the GK rule - so that players can not cross over until the opposition player has received the ball.



### Footskills - 1v1 (10 mins)

#### Organization

20 x 20 square split down the middle to create two channels. place a diamond shape in the center of each channel, no wider than 1.5 yards wide.

Players dribble up and attack the diamond in the middle - acting as if that is a defender, they then dribble across the line and join the group next to them.

#### Aim of the drill-

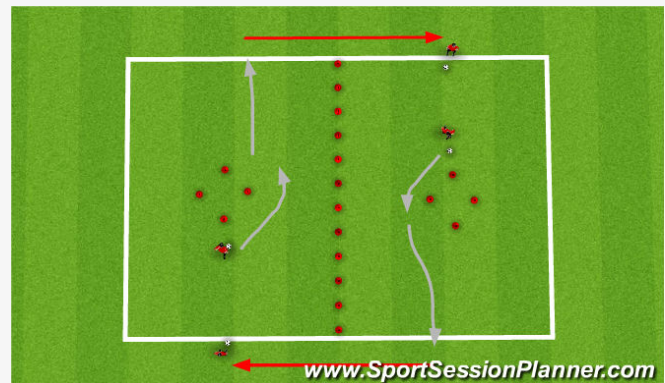
The aim is to help improve the player's ability to develop their 1v1 foot skills.

#### Coaching Points

1. Have the players attack the diamond as if it's a true defender. Don't let them cheat and go straight in to the space.
2. The distance between the defender and performing the skill is extremely important, players should perform the skill 1- 2 yards away from the defender, encourage players to slow down as they approach to perform the skill
3. After performing the skill - we encourage the players to push the ball diagonally away from the defender - so that they are still going forward passed the defender.
4. Accelerate passed the defender get away from the defender as quickly as possible. However keep the ball under control.

#### Footskills

1. Matthews 2. Scissors 3. Double Scissors



### Ball Mastery - Turning (10 mins)

#### Organization

20 x 20 square with a cone in the center, with a 5x5 square surrounding the cone.

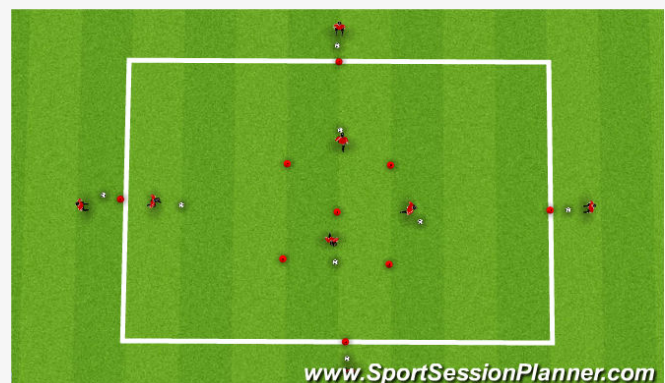
Split the group up into 2 or 3 lines, each player needs a ball. Players will need to dribble up a complete a turn once they reach the middle square. the player will then dribble back and the next in line will go.

#### Aim of the drill -

Is to help develop the players ability to turn and change direction quickly, while keeping the ball under control.

#### Coaching Points

1. Can we keep the ball under control, when dribbling forwards
2. Can we get our head up and recognize where we are - and make the turn?
3. Once we have completed the turn, can we accelerate away at speed - to get separation from the defender?



4. Can we keep the ball under control as we return?

**Turns**

1. Drag Back
2. In/Outside hook
3. Stepover Turn
4. Cruyff Turn

**3v3/4v4 (20 mins)**

**Organization**

4v4 - No Goalkeepers - encourage the team to work together and play real soccer

Add the GK rule - so that players can not cross over the halfway line until the opposition player has received the ball.

