



Coerver Skills (15 mins)

Organization

Inside the field of play the players must complete the footskills/ball mastery foot work

Week 4

Shuffle Stop slide
Slides
Roll up inside
Roll up outside
Heel toe rolls



Possession (10 mins)

Organization

30 x 30 Square.

Split group into smaller groups (no more than 4 players in a group)

Players pass and move inside the square - encourage 1 or 2 touch passing, encourage players to be creative try flicks and tricks.

Coaching Points

1. Support players on the ball. Offer them different options.
2. Can we use the full field?
3. Can we move the ball quick?
4. Follow good passing techniques - Inside of the foot - Non - Kicking foot next to the ball



Combination part 1 (15 mins)

Organization

Player 1 passes to player 2.

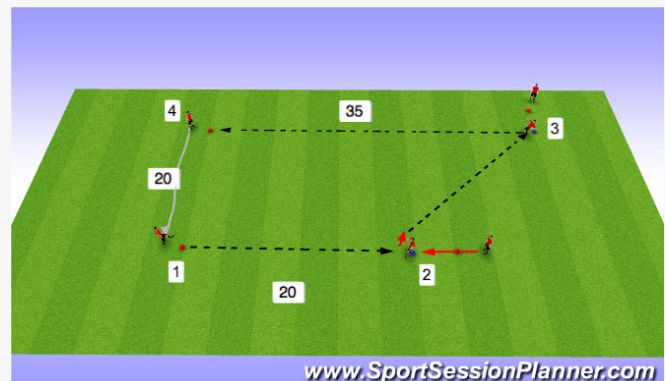
Player 2 checks in to receive the ball from player 1 - player 2 takes a first touch towards player 3, and then passes to player 3.

Player 3 receives the ball and passes to player 4.

Player 4 dribbles over and restarts the drill.

Coaching Points

1. Minimize the touches possible 3 or 2?
2. Check in and out at cone 2 and 3, can we time it to receive the ball and have additional space between the defender and the player receiving the ball?
3. Pass selection - 1 to 2- inside of the foot, 2-3 driven or inside of the foot. 3-4 probably a driven pass.



Combination part 2 (15 mins)

Organization 2

Same set up as before, add a small gate about 10 yards behind player 2

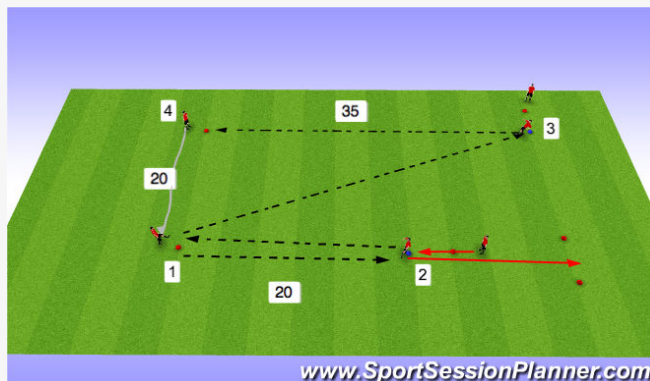
Change the pattern, Player 1 passes to player 2, who sets the ball back to player 1, player 1 then plays a diagonal pass to player 3.

Pattern

1. After player 2 sets the ball back to player 1, they should spin and sprint through the gate behind them.
2. Player decision - If possible player 1 should drive the ball first time across to player 3.

Coaching Points

1. Weight and accuracy of the pass, decision pass type - driven, inside of the foot.
2. Head, shoulder knee over the ball. This will keep the ball low.



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.

