



Coerver Skills (15 mins)

Organization

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

Week 5

Inside outside rolls

Roll overs

Inside outside roll overs

Shuffle roll overs

Inside outside roll overs



Defending 1v1 to goal (15 mins)

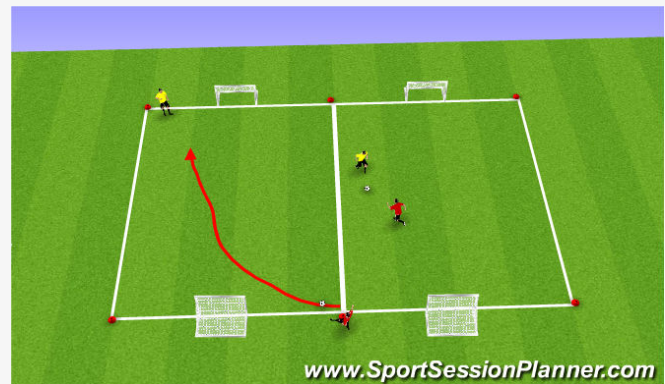
Organization

Setup a 20 x 30 square - split into two fields - with a goal at both ends.

The red player passes the ball up to the other player - as soon as the ball leaves the passing player they can become active. (If they are struggling to pass the ball up have a coach roll a ball up to the attacker).

Coaching Points

1. Pressure - out quick, slow down on approach.
2. Arc run, so not to expose space behind.
3. Jockey position - not too tight within touching distance - side on, knees bent, on the balls of our feet.
4. Can we see our position on the field? Can we use the outline as another defender? Force them towards it.
5. Eyes on the ball. Never look at the attacker's feet.
6. BE PATIENT - can we poke away with our front foot, if not be patient.
7. Back foot can be used to pivot if player dribbles across the front.
8. When we win the ball can we counter attack? Get forward as fast as possible



Finishing Dribbling Defender Chasing

Organization

Setup 2 goals With a line around 10 yards in front of the goal.

Players must dribble the ball towards the goal - they cannot shoot until they cross into the area. (Field 1)

Coaching Points

1. Can we keep the ball under control - but try and go fast.
2. Head up, as we are dribbling - find out when we cross into the area.
3. Finish with confidence - Use the laces

Progression (Field 2)

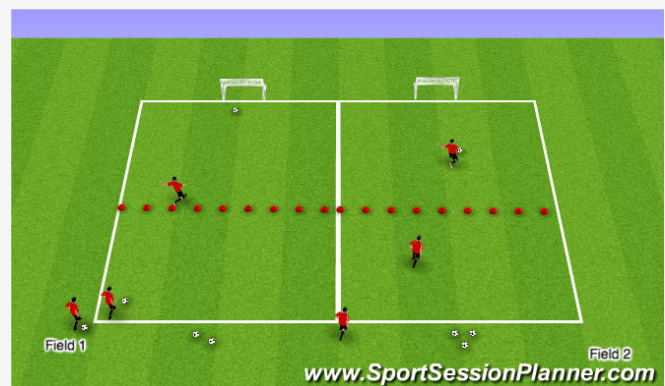
Pair up players - Player 1 dribbles after their second touch their partner can begin to chase them.

Coaching Points

1. As we are being chased can we dribble at speed - keep the ball under control
2. Head up and find the area and the goal.
3. Can we finish - if we hit the post can we rebound.

Shooting Technique

1. Non-Kicking foot next to the ball - don't reach
2. Keep knee and shoulder over the ball - to keep it low.
3. Strike through with our laces - Ankle locked and follow through.



4. Focus on the ball at the moment of contact - keep the head still

Finishing 1v1 to goal

Organization

Setup two fields with a goal at one end. Also set up a "Cone" defender. Players must attack the defender and score.

Coaching Points

1. Attack the defender - pretend it is real - perform as move and score.
2. After beating the defender can we have a quick glance and find the net

3. Follow the finishing techniques we learnt last week

Progression Field 2

Place a real defender inside the cones - They cannot leave to begin with

Coaching points

1. Quick Finishing - find the net and score
2. Don't be predictable - change up your moves
3. Be Confident.

Progression 3 - Defender is active. can defend as if its a real game. After a player shoots, they become the defender.



3v3/4v4 (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 the halfway line until the opposition player has received the ball.

