



Description

Technical Circle (20 mins)

Set Up

Players create a circle with a 15 yard diameter

Make a 4x4 yard box in the middle of the circle

Instructions

Have 4 or 5 players start with a ball in the middle with the rest of the players around the outside of the circle. Players dribble through the box in the middle and perform a take-over with another player on the outside. The new player with the ball will then have to dribble through the box in the middle before going to another player for a take-over.

Coaching Points:

1. Proper dribbling technique with their laces
2. A take-over is when a player with the ball leaves the ball off their dribbling touch for their teammate to go the opposite direction. It is not a pass.
3. Accelerating with their first touch off the take-over

Progression skills:

1. Players perform a fake, scissors, or pull back in the center box
2. Players go through the center box and then pass to their teammate. Players should use proper passing technique using the inside of their foot.
3. Players pass to the outside and continue to move for a 1-2 combination. For this skill players stay in the middle the whole time so use 30 second intervals and then switch players. Players should not just go around in a circle

Coaching Points:

1. When passing we want proper inside the foot passing technique. plant foot pointed towards the target, pendulum swing with the kicking foot, contact with the inside of the foot, follow through the ball
2. We need to pick our head up prior to passing so we know our teammate is ready for the pass
3. Can we communicate with our teammate by saying their name or using terms like take-over or 1-2
4. Use a positive first touch when receiving the ball using the inside of the foot



2v1 (20 mins)

Set Up

2 lines of attacking players about 30 yards from goal

1 line of defenders starting off the post

Instructions

One attacker starts with the ball and starts the play by dribbling towards goal. The attacking player in the line next to them joins in the attack. The defender may go when the attacker takes their first touch. If defenders win the ball can they find the coaches feet between the attacking lines.

Coaching points:

1. Can the attacking players combine using a take-over or 1-2 to beat the defender
2. Can the attacking player recognize when there is no pressure on them and continue dribbling
3. Use a positive first touch to move the ball in the direction you want to go. (this might not be to the goal)
4. Use proper passing and dribbling technique.

Progression:

1. Introduce an overlapping run by the attacker without the ball. For this the attacker runs around the player with the ball to the open space.



3v2 (20 mins)

Set Up

- 2 outside lines 30 yards out
- 1 center line 20 yards out
- 2 lines for defenders off the post

Instructions

Same as before with defenders coming from the post. Dependant on the formation you play you can have your target start 20 yards out. If you play with 2 forwards have the center line start behind the forwards acting as a midfielder. The ball starts with one of the outside players everytime. We want players to try and combine using a take-over, 1-2 or overlap when going to goal. Players get one point for each successful combination and one point for a goal. If the defenders win the ball can they find the coaches feet.

Coaching Points:

1. Everyone not running away from the ball
2. Proper passing and dribbling technique
3. Communicating with teammates when we want to do one of our combinations
4. Taking the space when a defender is not pressuring
5. Good first touch to set up our dribble or next pass



4v2 (15 mins)

Set Up

- 2 outside lines 30 yards out
- 1 center line 20 yards out and 1 at midfield
- 2 lines for defenders off the post

Instructions

Same as before with defenders coming from the post but adding a fourth player to utilize the diamond shape for attacking the goal. Dependant on the formation you play you can have your target start 20 yards out. If you play with 2 forwards have the center line start behind the forwards acting as a midfielder. The ball starts with one of the outside players everytime. We want players to try and combine using a take-over, 1-2 or overlap when going to goal. Players get one point for each successful combination and one point for a goal. If the defenders win the ball can they find the coaches feet.

Coaching Points:

1. Everyone not running away from the ball
2. Proper passing and dribbling technique
3. Communicating with teammates when we want to do one of our combinations
4. Taking the space when a defender is not pressuring
5. Good first touch to set up our dribble or next pass

