



Description

Dynamic Warm Up (10 mins)

Set Up

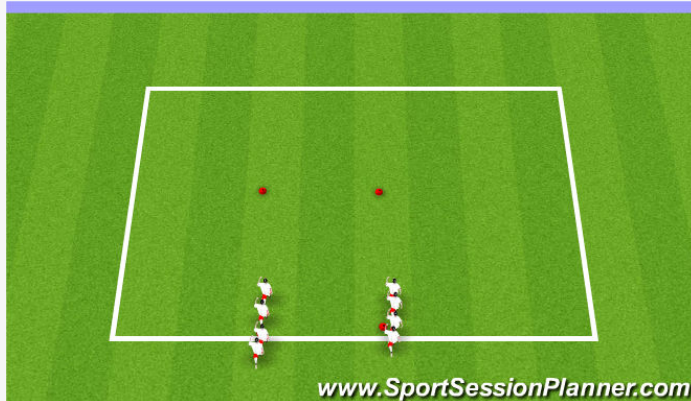
2 lines

Cones 12 yards apart

Exercise is only performed on the way out to the cone, not on the way back

Progression (Do each exercise 2x)

1. Jog
2. High Knees
3. Butt kicks
4. Side shuffle
5. Back pedal
6. Light skip
7. Leg kicks
8. Quad stretch
9. Figure 4 (I.T./Glute stretch)
10. High Knee Pull
11. Forward lunge
12. Side Lunge
13. Jog with a little more pace
14. Power Skip
15. Acceleration through the cone



Passing Warm Up (15 mins)

Set Up

2 Diamonds as shown above

each diamond should be 15 yards from bottom to top and 15 side to side

Instructions

Players pass and follow their pass. Once they get the ball moving with one ball add in a second ball. Start with mandatory 2 touch.

Coaching Points

1. Hit the ball with pace
2. Take your first touch across your body
3. Don't play a flat pass across the back or midfield
4. Every pass should be at an angle or vertical to target players



4v2 (25 mins)

Set Up

35x25 grid split in half

Instructions

4v2 in each half of the field. Positionally the back 4 start with the ball against the blue defenders. They are trying to find their 4 attacking players. The center mid (CM) is the only player that can play on both halves. Everyone else must stay on their half. If blue wins the ball they try to pass into the opposite small goals.

Coaching Points

1. Moving the ball quickly across the back.
2. Trying to play through the CM or finding the FWD to play off of.
3. When we find the CM or FWD can we then get the ball wide to our left midfielder (LM) or right midfielder (RM)
4. No square balls from back four, always be showing at a positive or supportive angle



8v6

Set Up

30x full width

Instructions

Have players organized by position in a formation similar to what you play. Have opposing group organized in a formation similar to what you play against. It's 6v5 in the grid with both teams trying to play to a target player for a point. White is playing to 2 target players.

Coaching Points

1. Passing and moving the ball at angles
2. Using full width by Outside defenders and/or outside midfielders
3. Finding CM feet to distribute and move the ball.
4. Keep the ball moving with the back 3



8v7 to Goal

Set Up

Remove one line of cones so opposing team can go to goal

Instructions

Same as before except opposing team is attacking a goal and the team with 8 is trying to pass or dribble across the line of cones.

Start the play by pressing everyone high and dumping a ball overtop so white has to work the ball out.

