

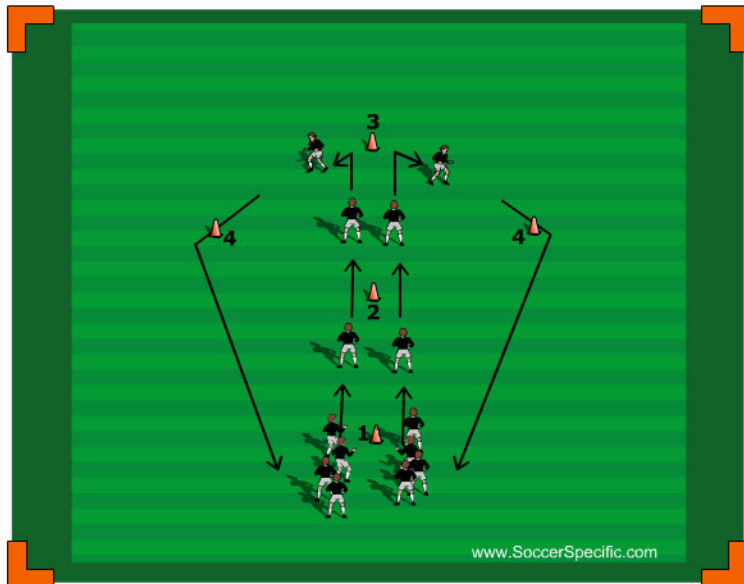
ACTIVITY #1

Set up: Cones 10m apart

14 Players in 2 lines

Instructions: Perform movement / exercise to Cone (1): Walk to Cone (3): Exercise to Cone (4): Walk back to starting position.

Coaching Points: Movements performed: Arm Swings, Carioca, Knee drives, Knee drives across body, Straight leg kicks, Groins turn-in, groins turn-out, Straight leg groins in / out.



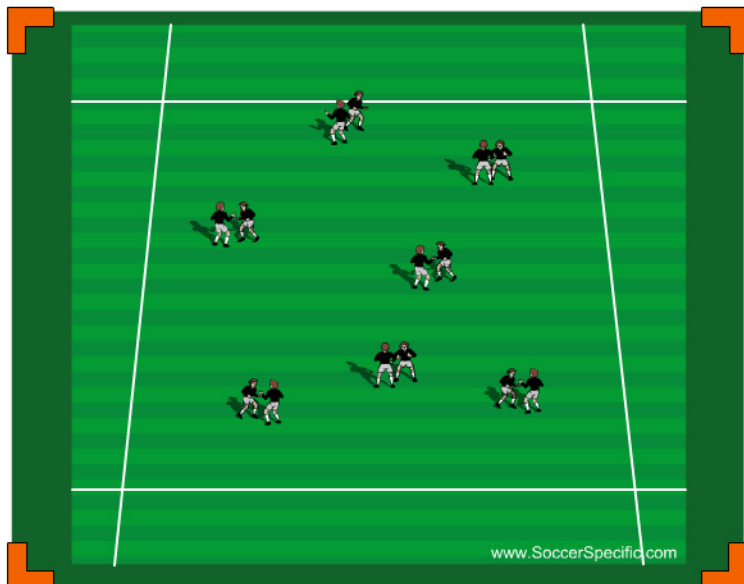
ACTIVITY #2

Set up: Players in pairs

Instructions: Players perform leg swings - Front and back leg swings

Abduction / adduction leg swings across

Coaching Points: Full range of motion must be used



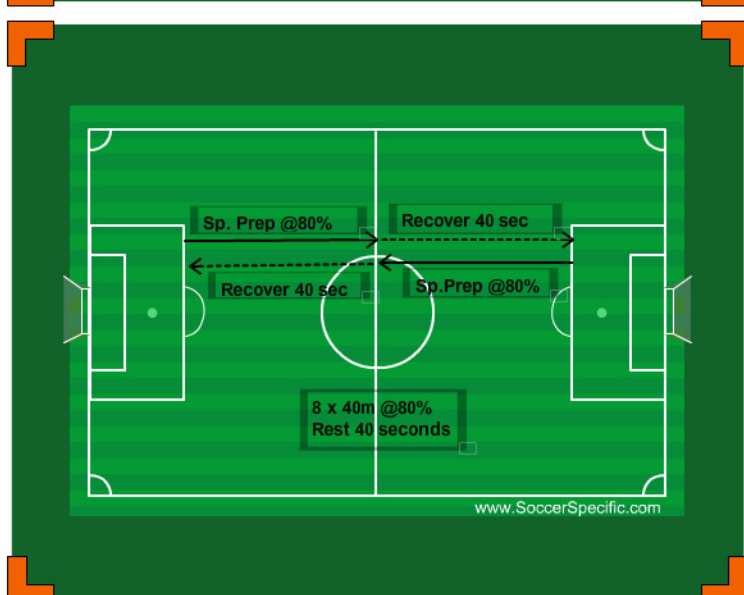
ACTIVITY #3

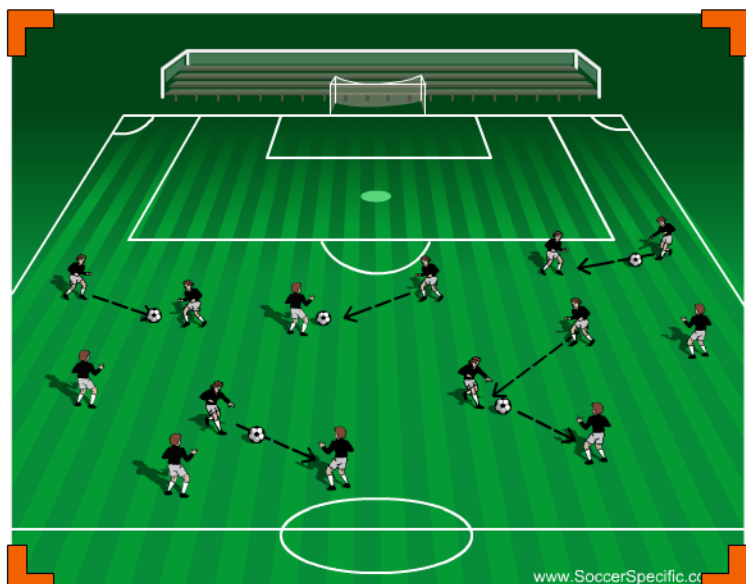
Set up: All Players on 18yd line.

Instructions: Players buildup to 80% speed to halfway line: walk to other 18yd line and repeat in opposite direction. 8 total accelerations.

Coaching Points: No full speed sprints.

Buildup to 80% - do not accelerate direct from start.





ACTIVITY #4

Set up: Players in groups of 2 or 3 players with 1 ball.

Instructions: Players pass and move freely on a half pitch. 3-4 minutes.

Coaching Points: Pass and move
Change direction
Change speeds



ACTIVITY #5

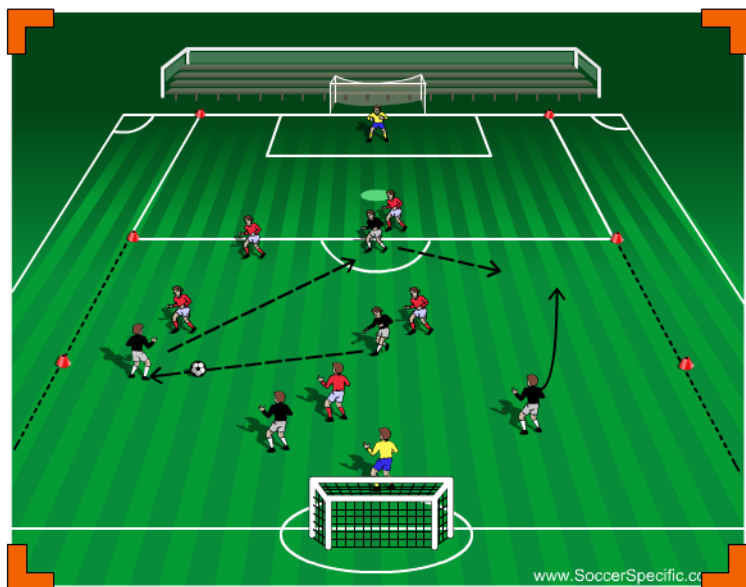
Set up: 6v6 + 2 Target players (T)

Playing area - width of 18yd box, 18yd line to halfway line.

2 Goalkeepers act as Target players (T)

Instructions: Players compete for possession of the ball. Players can use Target players (T) as support players.

Coaching Points: Encourage high tempo
2 min games: rest 2min x 4



ACTIVITY #6

Set up: 6v6 (5v5 + Goalkeepers)

Playing area - width of 18yd box, Endline to halfway line.

2 Goalkeepers in fullsize goals

Instructions: Players compete for possession of the ball - normal football rules apply.

Coaching Points: Encourage high tempo
4 min games: rest 2min x 4

Session finished with 4-5 min cool-down jog.