P2 SOCCER TRAINING

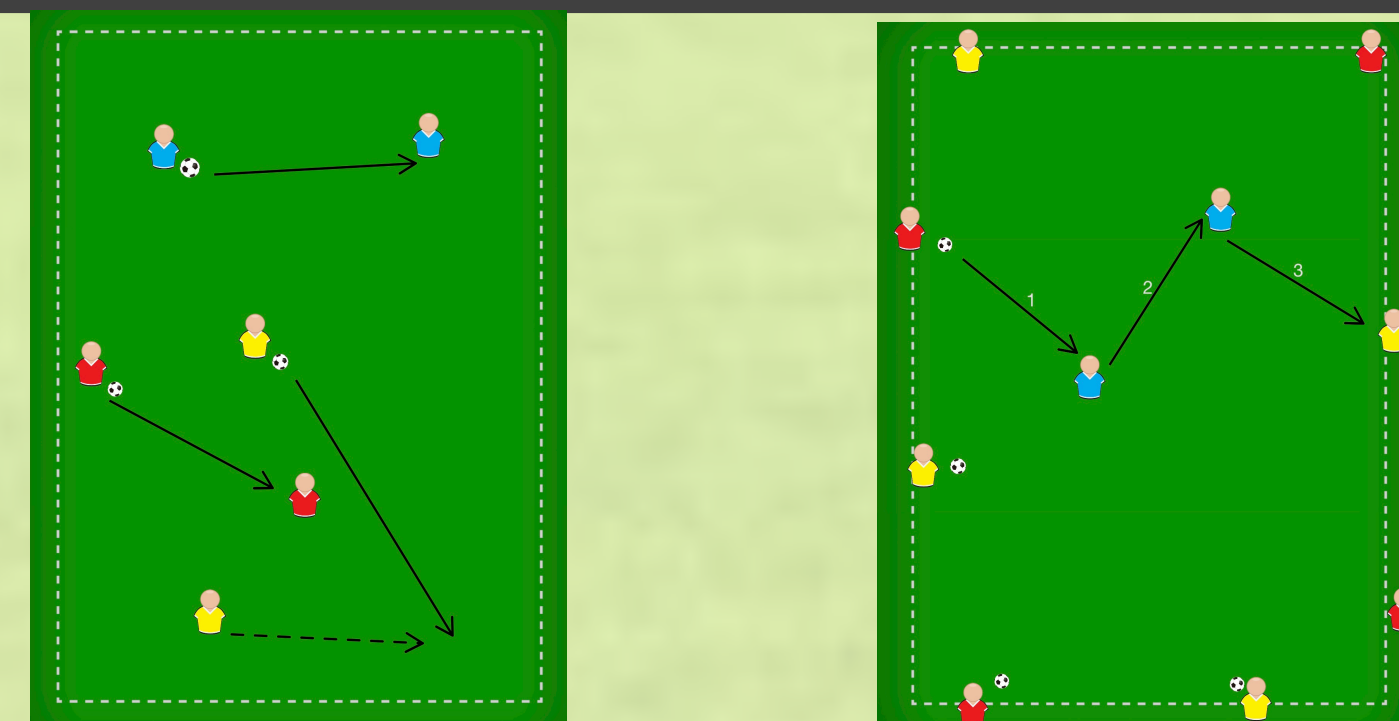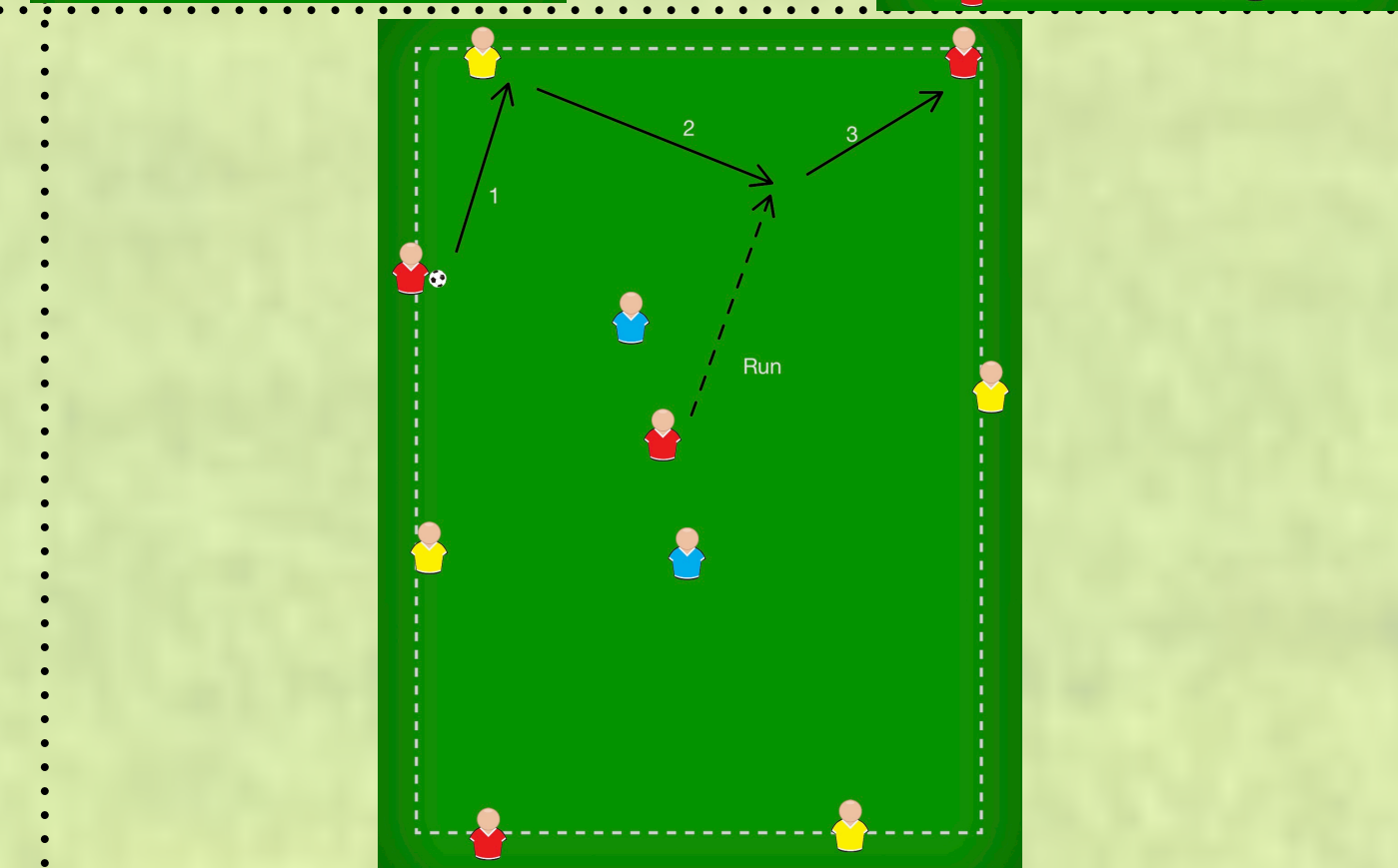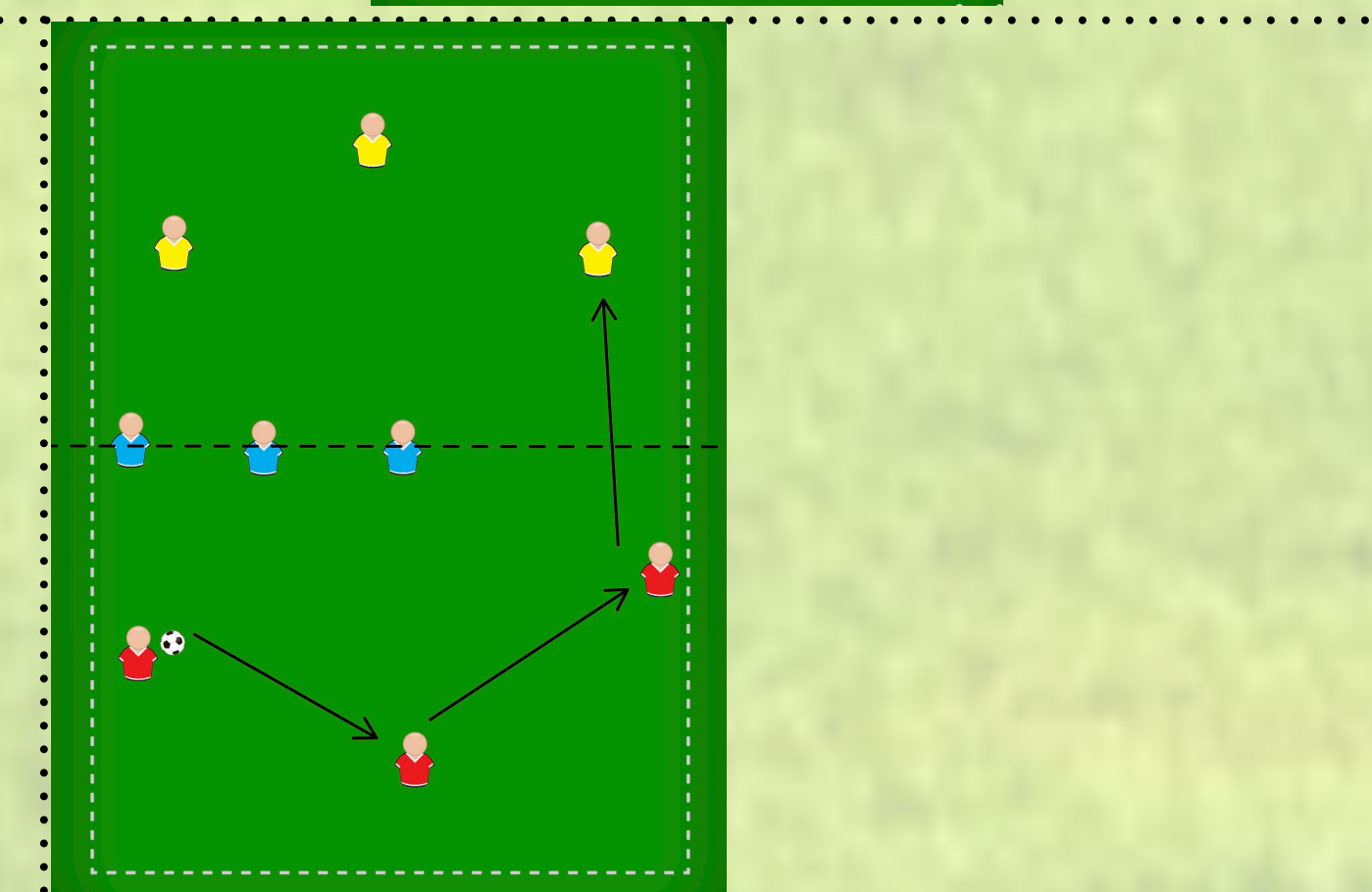|	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	Players in 2s with a ball, loosening up by simply passing the ball back and forth inside the square. The other players should create natural obstacles for them to play around. To progress, two players in the middle, all others spaced around the outside, half of the outside players with a ball. The inside pair must receive a ball and get it to a new outside player who doesn't have one using as few touches as possible.	**FIRST COACHING POINT - PLANNING** The players should be working as a team to create triangles to get the ball efficiently to the opposite side.	
TECHNICAL	This is a further progression from above. This time only one player in the middle against two defenders. Remind the defenders that they cannot steal the ball, they can only block passes, ask your attacking team to keep the ball moving the whole time. If it stops the defenders get a point. The outside players must pass the ball around as they'd like, their objective is to play in to the central player, if that player controls the ball they get a point. Progress the game by asking the central player to do also get the ball to the opposite side from which it came.	**FIRST COACHING POINT - DECISION MAKING** Encourage players to keep safe possession until a safe pass to the target player is available. **SECOND COACHING POINT - PLACEMENT OF PASS** Players need to play to the target players foot away from the closing defender.	
TACTICAL	This time we're going to divide our field with a half line. Three teams. One in each half and the third are on the line. The team on the line are the defenders and must stay on the line.they can move only laterally. Give the ball to either half team and ask them to play passes until they can get the ball safely across to the other team. If they can do this they get a point. If the team on the line intercepts the ball they switch with the team that gave it away. To progress you can allow one defender to step in and chase the ball as its being passed. Allow them to do so with a ball, trying to hit the ball being passed around.	**FIRST COACHING POINT - FINDING GAPS** when in possession the players should be shown how the opposition usually moves with the ball, if a ball can be switched quickly a gap may open up but it will close quickly.	
GAME	This will be a small sided game. Set up players in squares, the players must try and connect the ball to their teammates. Give a point for every successful chain of five passes.	**COACHING SUMMARY** This part should be fun, high energy and enjoyable. Work with the team on their ability to move the ball quickly to dangerous areas	