



	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	<p>24x24 Yard grid - players in 3s, standing in a triangle, about 5 yards from each other. Each player will take a turn to work for sixty seconds. They receive the ball from one player and pass to the other. Then reverse the sequence. Start with the ball on the ground. You can progress to have the players serve the ball in the air. Focus on the following:</p> <ul style="list-style-type: none"> - Inside of foot (ground) - Inside of foot (aerial) - Thigh then volley (aerial) - Chest (advanced) <p>Finish the warm-up by challenging the players to keep the ball in the air for as long as possible.</p> <p>Make it easier - decrease the distance between the players Make it harder - increase the distance between the players, add a bounce to the aerial balls</p>	<p>FIRST COACHING POINT - PREPARATION A receiving player should try to open their body to the ball as well as their target.</p> <p>SECOND COACHING POINT - FOOT CHOICE Players will usually try to pass with their back foot so that they kick across their body.</p>	
TECHNICAL	<p>24x24 yard grid. Divide your team in two - half with balls around the outside, the other half in the middle without a ball. Middle players check to the outside to receive the ball. They must try to get it back with one touch. Players do this for sixty seconds before switching with one of the outside players. You can repeat this for ground and aerial control of the ball. Next, you and your co-coaches step in to add numbers to the outside square, you do not have a ball. Players will now do the same thing but they will seek to give the ball to a different player than the one who gave it to them. again, players work for sixty seconds on each skill (foot, volley, thigh, chest) in the middle before switching to the outside. Finally, the players in the middle will pair up, one will be an attacker and do the same thing as above, their partner will be a defender and try to interrupt/intercept the ball.</p> <p>Make it easier - allow receivers to take more touches and to be as close as they need to be to the server Make it harder - server plays the ball in with a bounce, server plays the ball in as a throw-in</p>	<p>FIRST COACHING POINT - AWARENESS The receiver should be checking their area and thinking about their next move before getting the ball. Challenge them to check both shoulders on the approach to the ball</p> <p>SECOND COACHING POINT - DECISION MAKING On the approach a player must decide if they can take the ball to space or if they will need to maintain due to a defender closing in.</p>	
TACTICAL	<p>24x24 yard field with a 6 yard end-zone at each end. 4v4 (or 5v5, depending on numbers). Each team must send a player to wait in the opposite end zone - the objective is for that player to receive the ball and control it in the end zone for a point. You can progress this by allowing any player to run in and receive the ball in the end zone. Try to give each player a position in the game so it becomes relateable.</p> <p>Make it easier - make the end zone bigger Make it harder - allow the receiver only one touch, challenge the end-zone receiver to receive in the air</p>	<p>FIRST COACHING POINT - DECISION MAKING The player with the ball must decide if they can get the ball to the receiver safely so they can control it easily. The receiver should be moving laterally in order to create a lane to get the ball.</p>	
GAME	<p>Small-sided game, we suggest 5v5 but try to keep all players engaged. We suggest no goalkeepers and the use of small goals to encourage accuracy. To start with put in two small boxes (4x4 yards) that each team are aiming towards. To score a point they may have a player inside that box who controls the ball inside of it with two touches. We always advise that you should allow time for players to enjoy the scrimmage without any conditions.</p> <p>Make it real -</p> <ol style="list-style-type: none"> 1) Assign positions 2) Set a formation 3) Help players understand their role 	<p>COACHING SUMMARY</p> <ul style="list-style-type: none"> Try to find instances in the game to freeze the play when your coaching points are relevant. Keep your freeze short and concise - try to find opportunities when a player mis-controls or fails to trap the ball correctly. These can be positive or negative pieces of play. 	