

DESCRIPTION

Set up lines of cones as shown - you can set up a couple stations if you have the space. Players work in twos to pass the ball in a zig-zag pattern through the cones as they move along the line.

Players should be shown how to shuffle and keep their hips facing their partner, then challenge them and ask them to have hips facing forward and pass to the front foot.

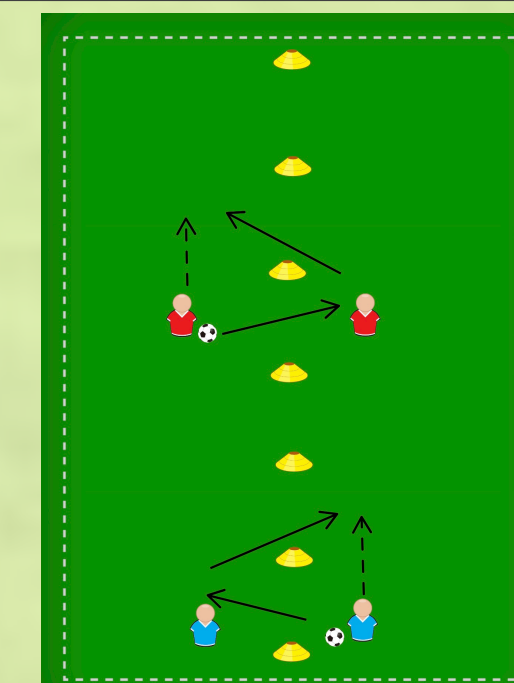
Finally, ask players to use the outside of the closest foot to flick the ball in to the path of their partner. A fun challenge is to then ask players to do the same thing but with the ball in the air - two player juggle.

WARM UP

COACHING POINTS

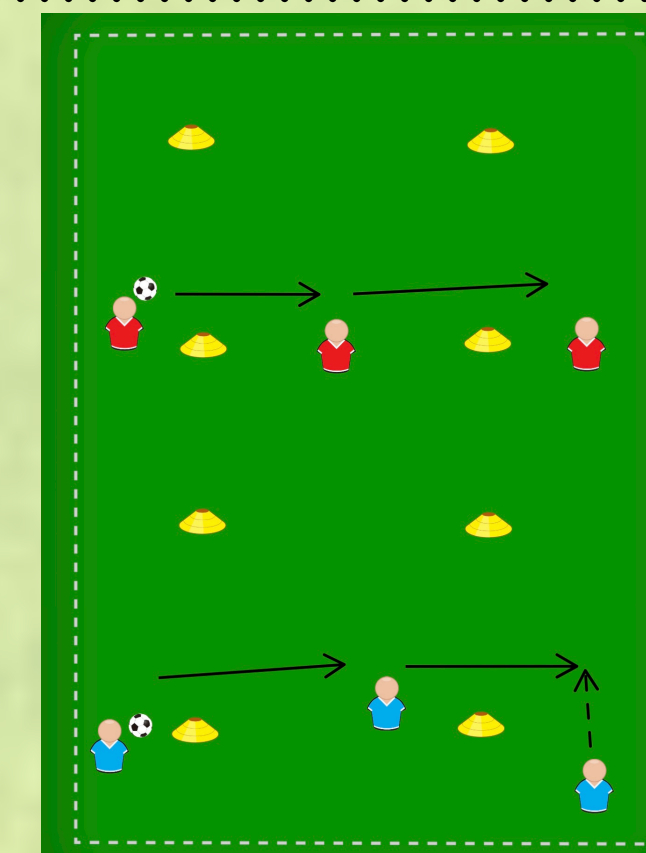
FIRST COACHING POINT - CONTROL
Players should be able to move in a straight line, without changing speed. This is achieved by playing controlled passes to where the receiver is moving
SECOND COACHING POINT - TIMING
The ball should be played to where the receiver is about to be

DIAGRAM



In the same set-up, players will now work in threes. Start by asking them to always pass to the middle player who will then serve the ball to the opposite side. You can then challenge the players by asking them to make combinations as they play. To make it more fun you could add in a goal.

FIRST COACHING POINT - COMMUNICATION
Players should be asking for the ball and putting a name on it as they release - these passes should be efficient as they get close to goal so everyone needs to be connected
SECOND COACHING POINT - PLACEMENT
A moving player wants the ball about one step in front of them so they can step on to the ball without slowing down - this takes practice so allow plenty of repetition



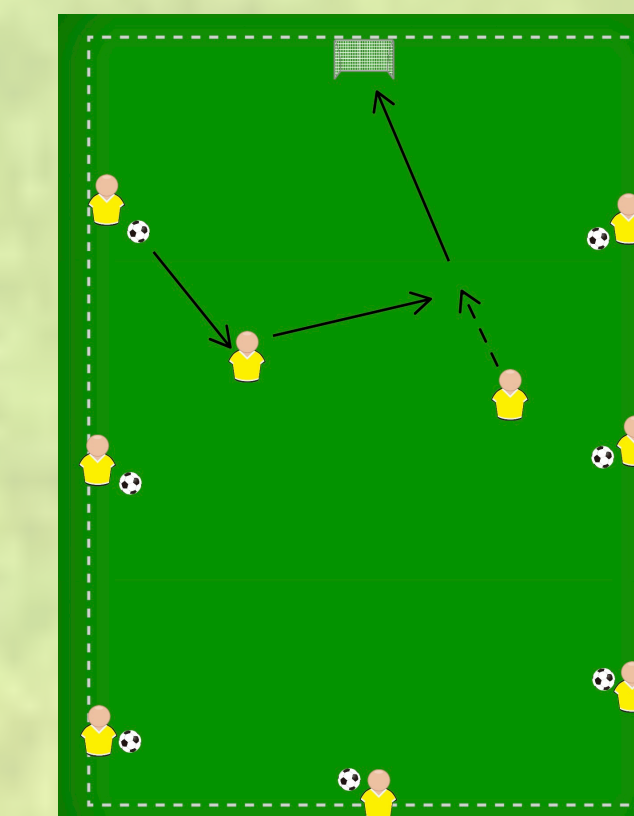
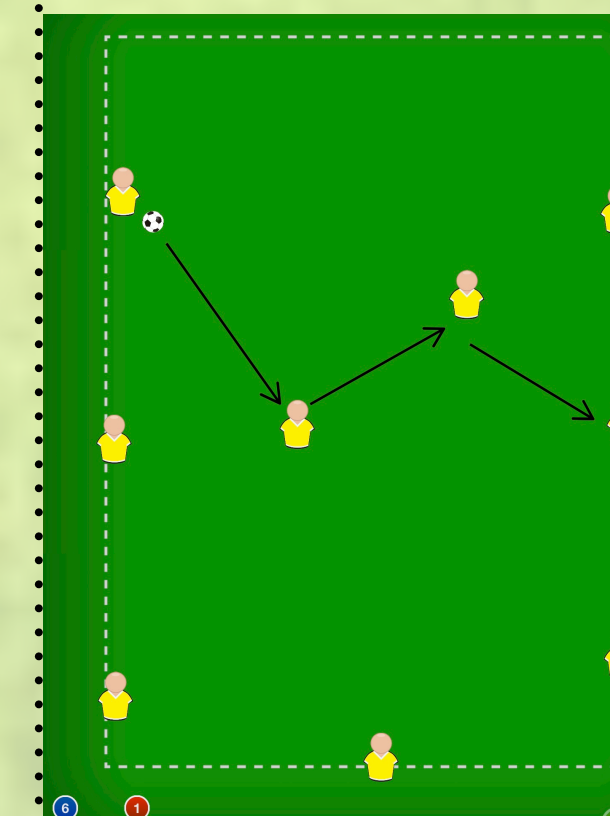
TECHNICAL

Players set-up around the outside of your area as shown - two players in the middle. They must receive the ball from the outside and get it to a new outside player. Ask them to do this with one touch passes if they can. Give them 60 seconds to complete as many combinations as they can then send the next pair in.

To advance this game you can give each outside player a ball and put in a goal/target. This time the central pair must receive a ball from the outside and make a "set" pass to their partner in the middle to take a shot. Make it a competition to see who can score the most goals from the total number of outside balls.

TACTICAL

FIRST COACHING POINT - PLANNING
The second player should be in a position to see the ball and also see where they want to play - the must open their hips and avoid begin square to the ball
SECOND COACHING POINT - POSITION
This is a good exercise for showing players how to play through midfield towards goal, the central player should form triangles in order to create depth



Fussball - just like the table game but with three small goals or targets. Players are assigned to a box where they must stay. Two teams competing - players cannot take the ball from each other, they must block and shield and force mistakes.

COACHING SUMMARY
This part should be fun, high energy and enjoyable. Work with each player on their movement and passing technique to show them how to maintain possession.

GAME

