

Corners! (5 mins)

Warm Up:

Set up:

25x25 box with corners marked off.

Organization:

- 3 or 4 teams inside the box, all with a ball at their feet
- Players are working on different manipulation techniques - all CONTROLLED touches.
- When the coach says "go":
 - Teams race to get all players of their color in to one of the corner boxes
 - Go to any corner but only one color in each corner
 - Have to switch balls with a teammate and then go to a different corner each!

Progression:

As players dribble, the randomly swap pinnies w/ different players

Coaching Points:

- Ball control and vision while they're dribbling - use inside, outside, sole of their feet, and look for open space
- Communication w/ their teammates to solve the problem!



5v2 Transition (10 mins)

Set Up:

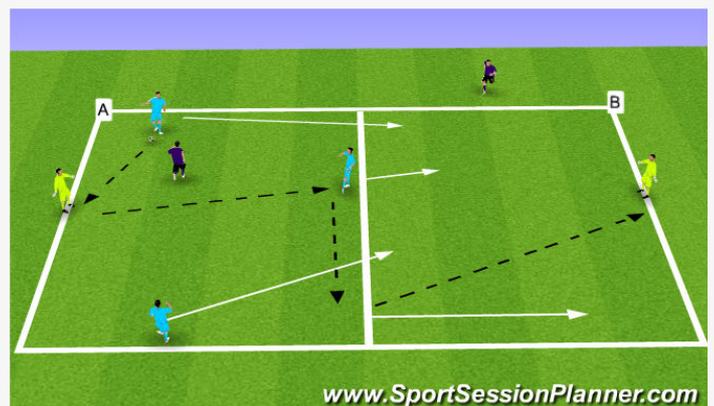
15x15 adjacent boxes with a halfway line

Organization:

- 1 target player on each side of the double grid, 3 attacking players and 2 defenders.
Play starts in box 1 (4 attacking players including the target player) attempting to connect 3 passes against 1 defender, before playing a pass to the target player in box 2.
- Upon the successful pass, 3 attackers (the target stays in her box) transition to box 2 and a new defender steps in and the players attempt to repeat the action.

Coaching Points:

- Open body shape to see open space, teammates, and the defenders.
- Passing/receiving technique
- Choices of when to keep and when to progress forward - look at spacing, support, and where the best angle is - is a teammate facing forward who can play the pass?
- Protect the ball under pressure - far foot



Multi goal game (15 mins)

Set Up:

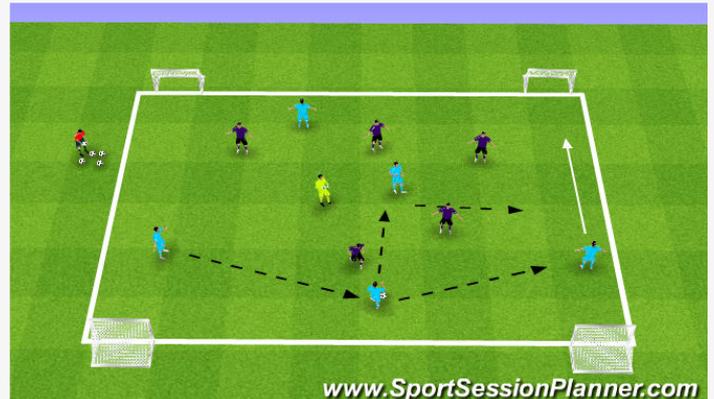
30x25 yard field w/ wide mini goals, 5v5 plus 1 (3-1-1) plus 1

Organization:

- Teams attack and defend 2 mini goals.
- Coach should pass the ball in and ask the team to get into attacking shape - check awareness of spacing when we have the ball - BIG SHAPE

Coaching Points:

- Open body shape to see open space, teammates, and the defenders.
- Passing/receiving technique
- Choices of when to keep and when to progress forward - look at spacing, support, and where the best angle is - is a teammate facing forward who can play the pass?
- Protect the ball under pressure - far foot



1v1->2v2 Challenge

Set Up:

20 x15 yard field - 4 goals - 2 teams

Organization:

1. Player B passes the ball diagonally and defends 2 goals - if she wins the ball, she can immediately try to score.
2. Move to 2v2 - and move goals centrally (attack 1, defend 1)
3. Players must use a skill or pass to beat pressure - can't just kick and run or shoot right away!

Coaching Points:

1. Win the "space" - use your body to step in and win space, both attacking and defending.
2. Passing/receiving and dribbling technique
2. Encourage competition!

