

### Throw tag (5 mins)

Warm Up 1: "Throw tag"  
8-10 players and 3-4 balls.

Organization:

1. The players throw the balls around the square while avoiding being tagged by two defenders (holding pinnies). Players can only be tagged while they are holding a ball. Once tagged they switch with the defender.
2. The players have the ball at their feet - you cannot be tagged when you have the ball.

Coaching Points:

1. How can you help your teammates? Can you look up and see the best space to go into? Where is the best space to pass to your teammate? Correct passing technique
2. Communication



### Dribblers & Passers (5 mins)

Warm Up Part 2: Dribblers and Passers

Set Up: 10x10 square, 8-10 players split in to 2 groups.

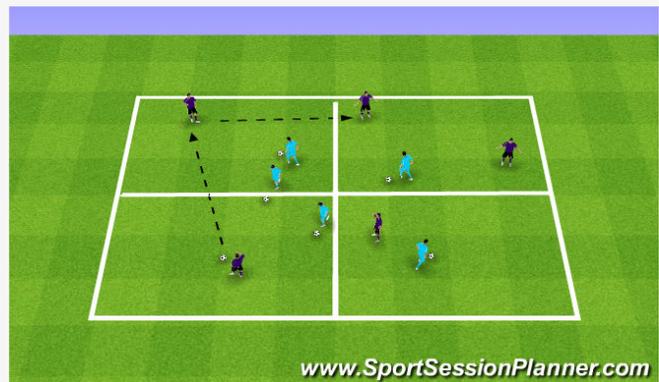
Group 1 wear bibs, and are "passers" passing 1 ball - count passes and must have players in each quadrant of the field. The players must move to a new quadrant after they pass the ball. Try to get to 20 passes!

Group 2: Players have a ball each - dribbling around in the space. The dribblers, practice different moves, and attempt to make be in the way of the passers (not too much!).

\*\* The coach should hold up numbers and ask players to call out the number, so they are keeping their head up and aware of more than just the ball!

After 2 minutes, switch team roles.

Encourage good dribbling skills and moves. Passing team should look up, communicate, make good decisions on passes, and use correct technique and weight when passing.



### 4v1 find a friend (15 mins)

4v1 Find a Friend.

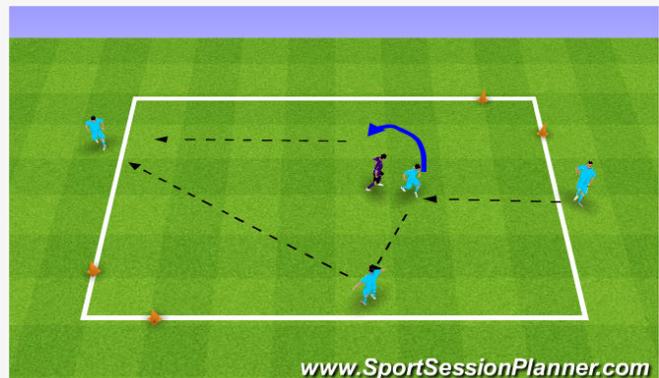
Set Up:

15x15 box - 2v1 in the box, with 2 support players outside.

1. The 2 central players score points for each pass to an outside player. 60 seconds then switch defender.
2. The defender scores 2 points if they can win the ball and score in either corner goal

Coaching Points:

1. Where is the defender? Where is the best place to take the next touch?
2. Open body position - Where are the supporting players?
3. Technique for receiving and passing
4. How can you help you teammate? Supporting angles!



## 4v4 Game

Conditioned Game: 4v4 (+ neutral / coach)

The coach should pass the ball in and ask the players to get into "big" shape to start the game.

Set Up:

25X18 yard field with a marked halfway line.

Organization: 4v4 in a diamond formation. each team must keep 1 player in each half. The remaining 2 players can float, as well as the neutral player

Coaching points:

1. Big Shape in Possession
2. Movement and position to support the player on the ball "Can the player on the ball see me?"
3. Where is the space/pressure? Where is the open space?

