



Emphasis: Moves, Passing and Transition Play

Time: 1.5-2 hrs including arrival/leaving

Warm-Up: Moves #1. (30 min.)

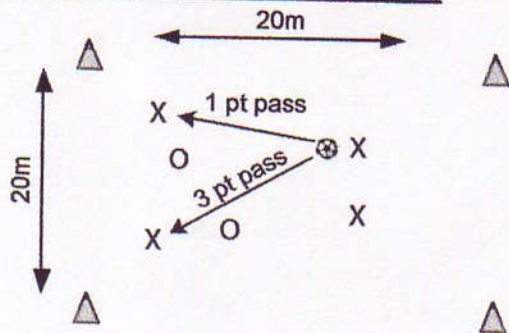
1. With a partner (3-5 m apart) and a ball, run around 1/2 field twice passing ball diagonally forward to each other.
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. Side drag/push move . Drag ball with sole of foot across body, then push in opposite direction with outside of foot.
4. Hamstring stretch.
5. Repeat side drag/push move with cones. After pushing ball w. outside foot, player now accelerates forward past cone.
6. Quad stretch (hold 20 seconds each side, 3 reps/side)



1. Coach (C) faces player from line A/D or B/C who now dribble at coach and make a move to get by low pressure defending coach.
2. Coach keeps rotating to face different players and diagonally opposite players start dribbling at coach.
3. Ask players to try side drag/push move amongst others

8. Heel stretch

Technical Skill: 4 vs 2 Passing (15 min)



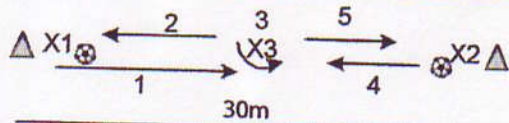
1. 4 v 2 in 20m x 20m grid.
2. group of 4 keeps possession and scores 1 point for completed pass and 3 points for pass completed between defenders.

Rotate defenders every 3 minutes.

Emphasize movement, passing into space, angles of support (triangles in particular) and communication.

Keep track of points for possession teams.

Fitness Focus: Pass-Turn-Sprint-Pass: Straight Line (15 min)



1. X1 passes to X3 who attacks ball.
 2. X3 one touches ball back to X1
 3. X3 immediately turns to face X2
 4. X2 passes to X3 as X3 is turning.
 5. X3 attacks ball, one touches to X2, etc.
- Rotate players every 60 seconds.

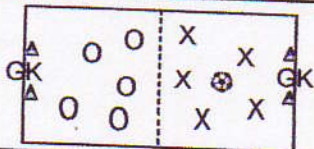
Tactical Drill: Transition Play (15-30 min)



1. 8 v. 6+GK - 1/2 field.
2. Attackers (A) try to score on goal.
3. Defenders (D) upon winning ball must play it out into one of squares at the center line to score a point, 2 points if they pass it to another defender in the square.

This drill can be set-up in many combinations varying number of attackers and defenders as well as instruction based on team strategy.

Scrimmage Focus: 5+GK vs 5+GK on 2 Goals 1/2 Field.



1/2 field scrimmage 5 v 5 on full size goals.

With enough players rotate teams every 3 minutes.

Emphasize running and passing into space, 1v1 near goals followed by shots.

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.