



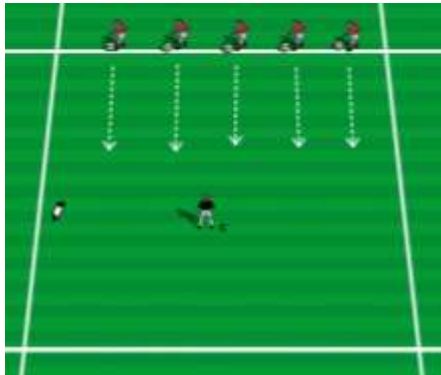
## FOOTWORK



### **Footwork Circle:**

Coach in the middle dictating footwork

Notes:



### **Footwork in groups:**

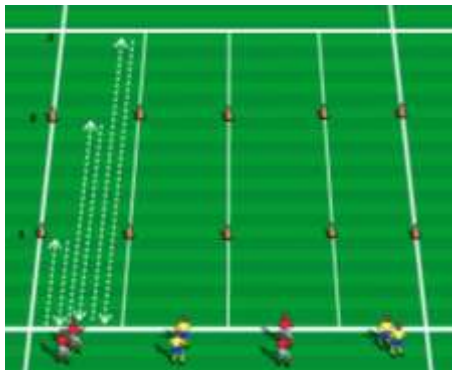
Each player is numbered 1, 2 or 3 set off with their numbers practicing coaches instruction

Notes:



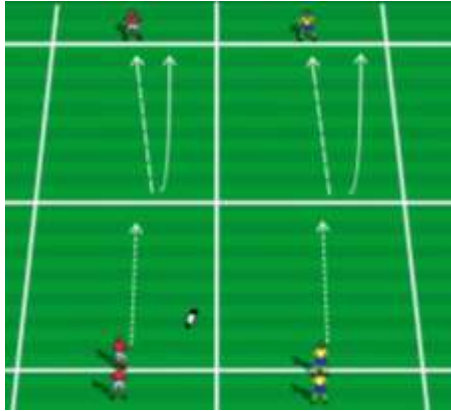
**Figure 8's:** Set up, cones 15 yds apart and a 3<sup>rd</sup> cone 3yds after the 2<sup>nd</sup>. Dribble out to cone and perform figure 8 around the cones. Limit to inside of feet only pro to outside of feet, left foot only, R foot only, shuffle through.

Notes:



**Relay Races:** 4 lanes 20yd's long cones every 5yd's

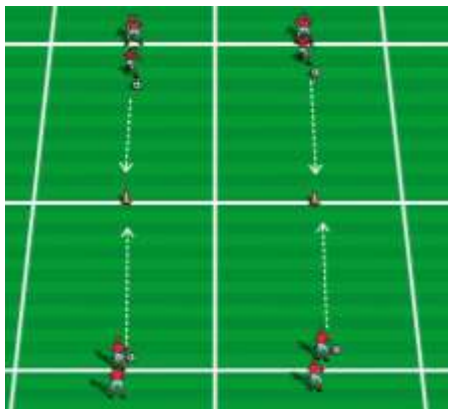
Dribble out to the first line - turn/move dribble back, dribble out to second line – turn/move dribble back so on until the 4<sup>th</sup> then takeover on the way back. Losing teams do work.



**Footwork in 3's:** Lanes 20yd's x 10yd's

Player does footwork until half way then passes to player at opposite end and follows through to rotate with that player.

Notes:



**Moves in groups:** Lanes 20yd's x 10yd's

1 player from either end dribbles into the cone at the same time does their move and then passes to the other end.

Notes:

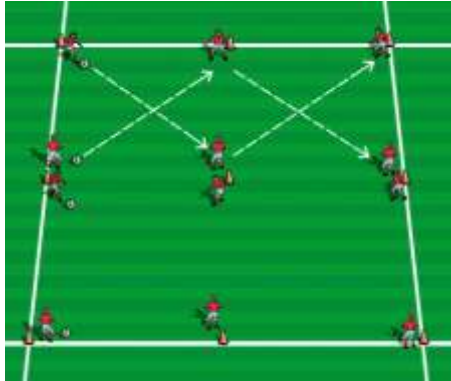


**1v1 with multiple goals:** 20yd's x 20yd's

Defender play's ball into attacker. Attacker looking to score in either goal.

Limit's can be placed on attacker: have to use "move of the day", 2 turns before you can score.

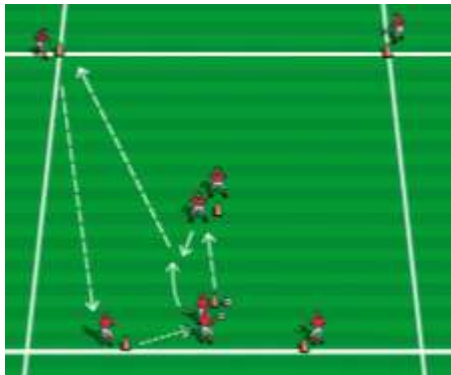
**PASSING AND RECEIVING**



**Receiving triangle:** 12yd's x 24yd's

Play into central player diagonally, player receives and play's diagonally. Player stay's in the middle for one min.

KF's: Body Shape – see as much as possible, Check shoulder before receiving, mini pass to receive.



**Wineglass:** first cones 10yds apart the 10 yds wide and 15 long

Play into nearest player(follow pass), receive with foot furthest away from the ball on half turn and pass on to next player with the same foot received with (follow pass)

**CP's:** Technique (passing: toe up heel down. Receiving: mini pass to self, body shape on the half turn see both players) Communication, Decision making



**Wineglass Races:** Same set-up

Same as above just split into two sections to race.

Notes:



**3v1 Ladder:** 8yd x 8yd box, top left is top box  
bottom right is lowest box

Timed for 2 mins: Defender in the middle the most amount of times in 2 mins has to do 5 star jumps and move down the ladder, person with the least moves up the ladder. Play 6 sets.

**CP's:** Positive touch away from pressure, Body shape, technique



**3 zone game:**

A ball's played into one end, one defender from the middle group goes into defend. Team at the end are to hold the ball for 4-6 passes and must then bi-pass the middle box and get the ball to the other end without the middle box players touching the ball. A touch from a defender resets the pass count. Ball must be played through on the ground



**Progressive possession:** 30x30 box

Starts 6v2, 4 defender's on the outside. Every 30 sec's a defender from the outside adds in. Game is timed team with longest time win's.

Notes:



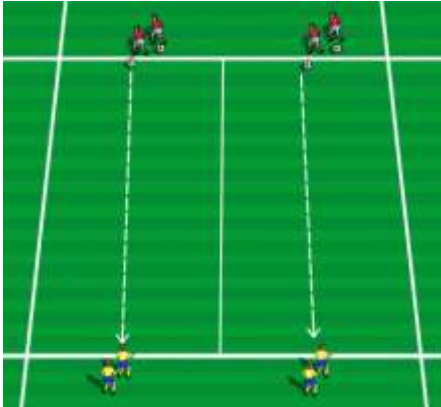
**4v4+4:** 30x 30 grid

4 neutral players on the outside of the grid 4v4 in the middle 3 passes make's a goal first team to 3 win's.

Notes:



## DEFENDING



### **1v1 Defending: 16x10**

Defender plays into attacker,, attacker has to dribble over end line to score.

Notes:



### **2v2 to mini goals: 20x15 grid**

Introduction to Pressure/Cover.

Notes:



### **Basic Principles of back 4:**

Introduction to back 4 defending.  
Pressure/Cover/Balance

Notes:



**Timed Possession:** 20x20 grid

Each player rotates through with their partner 2-3 times. Ball must exit box completely. Players must run back through gates in order for coach to play a new ball in. Players in box hold possession of the ball as long as you can. Coach keeps time of each group, longest time wins



**Crossing Game:** 50 x 30 grid

3 groups of 3 2GK's and 2 crosser's.

Start's with White they play a ball out wide and attack the red goal, red has to clear the ball wide to a crosser and goes down the other end to attack yellow. Yellow has to defend red and clear the ball to a crosser to attack white.