



Description

Coerver Skills (15 mins)

Organization

Inside the field of play the players must complete the footskills/ball mastery foot work

Week 1

Sole Taps

Shuffles

Shuffle Stop

Take stops



1v1 (10 mins)

Organization

Split the group up into two teams. each team owns a corner. The coach(black) rolls a ball into play and the front player from each line try to win the ball and score in the oppsite goal.

Coaching Points - 1v1

1. Can we be positive and try and beat the defender.Can we use footskills and body fakes to beat the defender
2. If i win the ball can i get forward and score a goal.



2v2 (10 mins)

Organization

Same set up as before, however this time when the coach rolls the ball in two players come out and work together to score.

Coaching Points - 2v2

- 1.If my teammate has the ball - can i spread out and find space - so that my teammate can pass to me.
2. When defending can we work together to try and stop the opposition.



Organization

4v4 - No Goalkeepers - encourage the team to work together and play real soccer

Add the GK rule - so that players can not cross over the halfway line until the opposition player has received the ball.

