**Objectives**

To develop ball striking ability
To develop a shoot to score mentality

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**General Movement Squares**

- **12 Players**
- **Cones, Balls**
- **Intensity: 4**
- **10:00 min**
  (x 00:00 min, 00:00 min rest)

**Description**

6x6m area 2-3 grids. 4 players 1 at each cone. Players A and C start with the ball in their hand. Player A and C throw ball to player B and D then race to try to tag them. Player B and D get ball and dribble to the other corner avoiding taggers. To progress change directions.

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**Tag**

- **10 Players**
- **Cones, Balls**
- **Intensity: 5**
- **10:00 min**
  (x 00:00 min, 00:00 min rest)

**Description**

30x30m area. Cones spread out around area. 2 taggers. Players avoid taggers by running to a cone. Only 1 player allowed at cone. If a new player runs to the same cone then the other player must leave. Add soccer ball for non-taggers.

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**Get out of here!**

- **10 Players**
- **Goals, Pinnies, Cones**
- **Intensity: 6**
- **10:00 min**
  (x 00:00 min, 00:00 min rest)

**Description**

20x20m Create a small sided field with small goals on each end. Divide into teams of 2. Play 2v2. When the ball goes out of bounds or there is a goal the coach says get out of here and 4 new players run on.

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**Small Sided 5v5 with Retreat Line (4 Goals)**

- **10 Players**
- **4 Goals/Cones/Balls (use other color cones)**
- **Intensity: 7**
- **10:00 min**
  (x 00:00 min, 00:00 min rest)

**Description**

35x25m Play 5v5 small sided game to 4 goals. If odd numbers play with a neutral. If ball goes to GK or out of bounds the opponent must go back behind the retreat line. GK passes ball into play and once their teammate receives the pass play is live.