

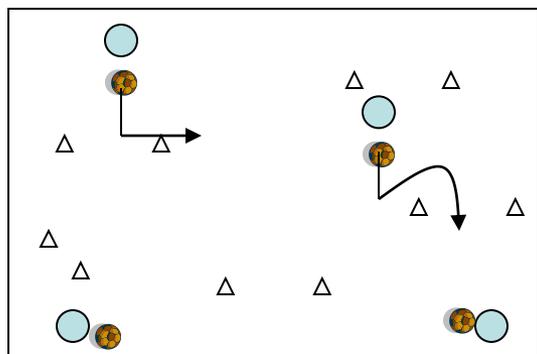
## Organization

### **Exercise 1- Turns**

40 yard square with several two yard gates  
 Players in pairs one working/one resting -3 minutes  
 Players dribble through as many gates as possible  
 Players dribble into gates and turn out  
 Using- Inside/outside cut pullback

## Coaching Points

- Slow approach
- Players turn 180 degrees
- Bend Knees
- Accelerate away

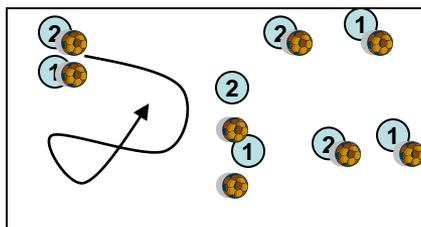


### **Exercise 2- Fakes**

40 yrd square with several two yard gates  
 Players in pairs one working/one resting -3 minutes  
 If players are on the side of the cone they go through the center if they are in the centre of the cone they dribble down the side of the cones  
 Using- Body fake/single scissors/ double scissors

- Slow approach
- Bend knees
- Perform fake outside tackling zone
- Explode into space

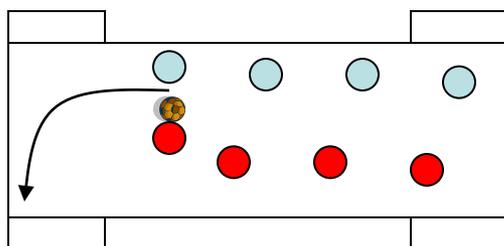
### **Exercise 3** Combination of Exercise 1 and 2



### **Exercise 4- Follow the leader**

In pairs 1 ball each 40 yard square  
 Player 2 tries to keep as close to player 1 as possible. Player 1 tries to get away from player 2

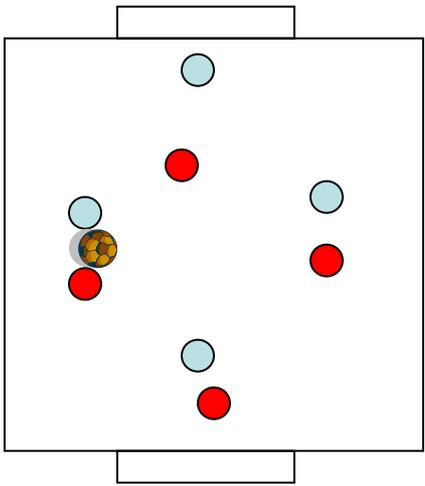
- Sudden changes of direction and speed
- Use laces to get away



### **Exercise 5 – Four goal game**

3 Vs 3  
 Area 20x15 yards  
 Each team defends two goals and attacks two goals

- Team Shape
- Awareness of pressure
- Creating a weak side

	<p style="text-align: center;"><u><b>Organization</b></u></p> <p><b>Conditioned Final Games</b></p> <p>Area 30 x20 yards 4v4</p> <ul style="list-style-type: none"> <li>•Players are numbered 1-4 on each team and can only tackle their opposing number</li> <li>•Teams score 1 point for shooting or 3 points for dribbling through goal</li> <li>•Play the game with an additional soccer ball</li> <li>•Free play</li> </ul>	<p style="text-align: center;"><u><b>Coaching Points</b></u></p> <ul style="list-style-type: none"> <li>•Team Shape</li> <li>•Recognition of when to dribble</li> <li>•Readiness to dribble</li> <li>•Risk taking</li> <li>•Awareness of space</li> <li>•Inventiveness</li> <li>•Praise both success and effort</li> </ul>
	<p><b>Exercise 7 - Team building</b></p> <p>The Pyramid game</p> <p>Teams of 5 one ball each</p> <p>Players dribble out in a relay race style and leave their ball 30 yards away</p> <p>When all 5 balls are 30 yards away the last player makes a pyramid with the balls</p> <p>The 1<sup>st</sup> team to build a pyramid is the winner</p>	<ul style="list-style-type: none"> <li>•Cheer</li> <li>•Enjoy</li> <li>•Participate</li> </ul>
