



Warm up



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Organization:

10x10 square. All players with ball.

Instructions:

Progression of touches:

- 1) 50 touches, any foot and any part of the foot.
- 2) 50 touches, outside right than 50 touches outside left.
- 3) 50 touches, inside/out right / 50 touches inside/out left
- 4) Every player has 3 lives, you lose a life by (a) dribbling out of the area, (b) running into somebody or somebody runs into you, and (c) walking or stopping the ball for a long period of time.

You can vary this warm up any way you want, basically getting the players to get as many touches on the ball as possible, and in a close/tight area for control.

Coaching Points:

Small touches on the ball, close control, using the proper part of the foot to dribble with, dribbling with you head up, recognizing space and players around you.

Progressions:

Make the space smaller or larger depending on the ability level of your players.

Make the touch limit more or less.

Limit the parts of the foot to dribble with (only outside, inside, etc)

Lots of ways to adapt this simple warm up to fit your players ability level.

Monkey in the Middle



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Two players on the outside try to pass the ball through the triangle without the defender in the middle getting ball. (monkey in the middle)

Emphasize when to pass the feet, and when to pass to space.

If the defender is off, pass to feet.

If the defender is close, check in and then away to space and ask for the ball to be played into the space.

The player on the ball should first recognize where the defender is and make the proper kind of pass.

2v2 defending



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Organization:

Area can vary depending on ability level.

Instructions:

One team of 2 passes/serves to the other team of 2. They play 2v2 to the endline, must stop the ball on the endline to score.

Coaching Points:

Defending with a partner (pressure, cover).

One pressures the ball, while the other provides cover.

You don't need to man mark all the time.

Constant communication between the two, to who has pressure and who has cover.

The player who has cover must see the ball and their player at the same time... this is done by opening up to the field and not constantly ball watching. (ball-you-man)

The defenders must work together at all times.

When you get beat, the cover steps up, and then the defender who got beat must drop back as quickly as possible to middle, open up and now they are the cover.

Progressions:

team keep away



Organization:

20x20 (can vary depending on number of players and ability)

One team in the area, one team in a line just outside.

Instructions:

Coach plays in a ball and the team inside passes the ball around.

Every 4 passes, a defender goes into the area.

A defender keeps coming in, until the ball goes out of play.

For every defender is in the area when the ball is played out, the team gets 10pts.

After the ball goes out of the play, the teams switch.

Coaching Points:

Keeping your shape.

Being aware of where your teammates and the defenders are.

Opening up to the field to see the entire space.

Positive first touch to open space, or where you want to go next with the ball.

Keeping your head up to see what's going on.

Moving off the ball to create space for yourself or your teammates.

Constant communication to help your team hold on to the ball.

PASS AND MOVE!

Progressions:

More or less time when a defender enters the area.

The size of the area.

Touch limits.

3v3



Small sided 3v3 games

Size of playing field varies depending on ability level of your players.