

MONDAY & TUESDAY – PRACTICE ROUTINES



FIELD SET UP – 12-15 Yards Apart – TECHNICAL WARM-UP

1. Inside Foot Turn – Teach a 3-touch turn – 3-minutes
2. **RACE – 1-Minutes (Do 3 Races – 1st race freestyle, 2nd race focus on technique, 3rd race focus on SPEED)**
3. Outside Foot Turn – Teach a 3-touch turn – 3-minutes
4. **RACE – 1-Minutes (Do 3 Races – 1st race freestyle, 2nd race focus on technique, 3rd race focus on SPEED)**
5. Pullback – Teach plant footsteps in front of ball then drag ball back – 3-minutes
6. **RACE – 1-Minutes (Do 3 Races – 1st race freestyle, 2nd race focus on technique, 3rd race focus on SPEED)**
7. Up & Over - Teach Step-On-Ball --- Up and Over then outside foot touch and go into dribble – 3-minutes
8. **RACE – 1-Minutes (Do 3 Races – 1st race freestyle, 2nd race focus on technique, 3rd race focus on SPEED)**

WATER BREAK – 3-5 minutes – During the break please take some time and make some Coaching Points to your players, this is often best time to ask players questions about what they just did and also ask them how they can incorporate it into the Small Sided & Expanded play portion of your training session. EMPOWER THEM to think and make some decisions...

- **SMALL-SIDED - (2) GOAL - 1v1 GAME (10-Minutes) - Coaches YOU pass the ball for 1v1, focus on positive touch to goal and trying to fake players out, INSPIRE CREATIVITY, explode after move... keep it simple but inspire creativity!**
- **EXPANDED PLAY – Scrimmage – 4 v 4 is ideal, 5 v 5 is MAX (I WOULD RECOMMEND NO MORE THEN 5v5, IN MY EXPERIENCE, PLAYERS JUST WON'T ENGAGE ENOUGH.)**

IF YOU WANT A TEAM EVAL & PRACTICE EVAL PLEASE SET IT UP WITH ME PERSONALLY:

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