

DESCRIPTION

Players each face a partner as shown, they play a ball back and forth trying to find the gaps between the cones. Start with unlimited touches and progress to allow two, then only one. You can make it a competition by placing small traffic cones in their way asking asking teams to play for one minute, the team that knocks down the least wins.

A further progression can be made by having one line rotate as they pass, they'll work their way to the goal before trying to score. You can either have a goalkeeper or place small targets in the corners for them to hit.

WARM UP

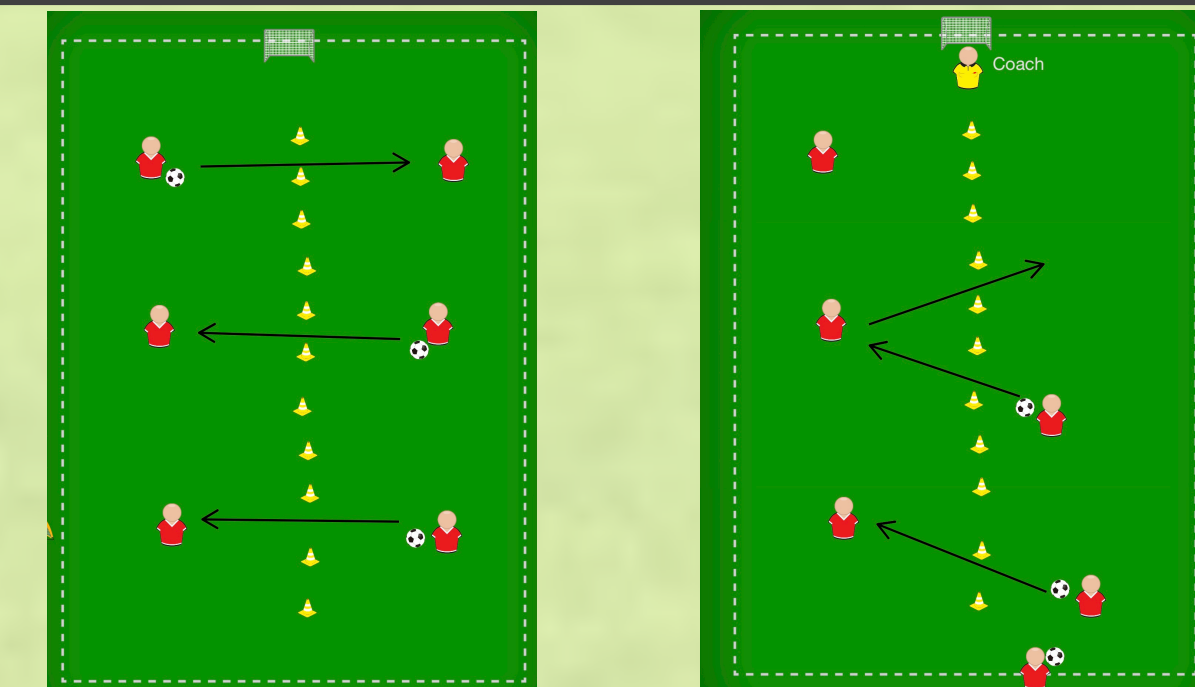
COACHING POINTS

**FIRST COACHING POINT - MECHANICS**

Players should "punching" the ball to their target. Take a look at their body position as they kick;

- are they tight?
- is the planted foot close to the ball?
- are they leaning forward?
- are hips, shoulder and follow-through pointing towards the target?

DIAGRAM



This next exercise should take the techniques from above and try to challenge players to show the same mechanics but in a more dynamic environment. Set up the players as shown with one player in the middle along with a cone to act as a defender. You may need to set this up several times so as many players are involved as possible. The central player checks away from the defender to receive a ball and try to play first time to another outside player. They should check back to the defender before going again. Allow them 75 seconds in the middle before rotating.

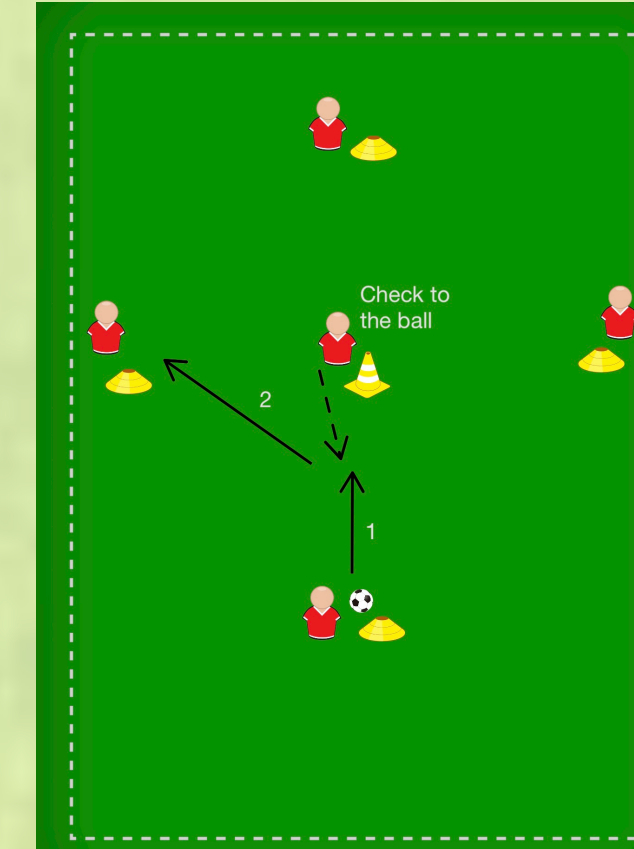
TECHNICAL

**FIRST COACHING POINT - SPEED**

Players should burst away from the defender to create space

**SECOND COACHING POINT - PLANNING**

Players should have a plan in mind as they go out to get a ball; what are they going to do next?



Set up as shown in the diagram, place cones down to act as defenders. Limit the number of cones for younger players.

Players start with the ball about 25 yards from goal - they must work their way to goal in pairs without hitting any of the cones. You can allow them a few practice runs and then make it a contest to see who can score a goal the quickest. Hitting a cone with the ball result in a five second freeze. If you have lots of players you may need to set this up twice or have a couple teams going at the same time. Try to have less than 6 kids waiting at a time.

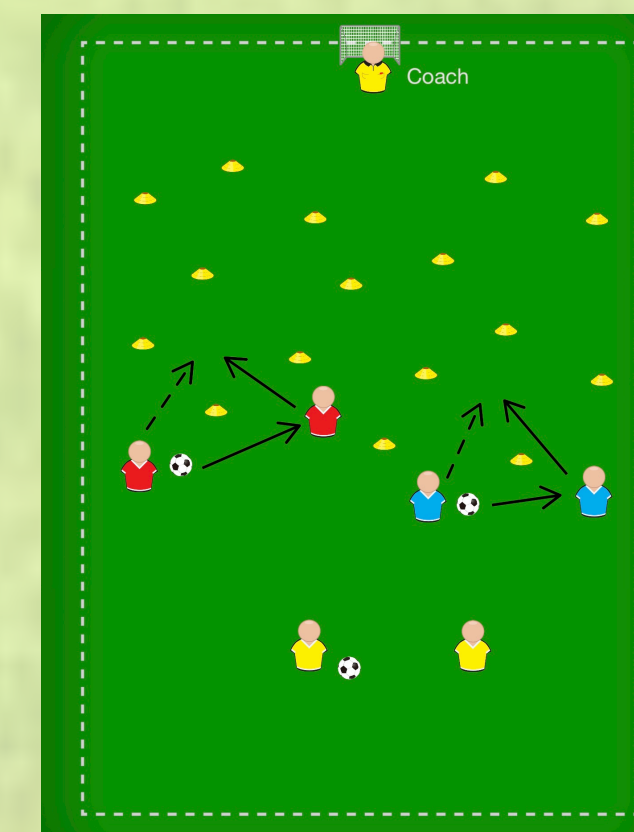
TACTICAL

**FIRST COACHING POINT - COMPOSURE**

The players should work quickly but all accurately, poor passes will waste time.

**SECOND COACHING POINT - CORNERS**

For the best chance of scoring, the shooter should try to shoot early before the GK is set, low, hard and to the sides give the player the best chance to score.



Divide your players in to teams of 3/4 players. Set up as shown for a relay race to goal. Have all the balls lined up about thirty yards from goal as shown. In the diagram we've added lanes so players are forced to keep distanced but you can remove these if your players are capable of keeping spaced out. When coach starts the game the one player from each team collects a ball - they have a maximum of three touches on the ball before anew player must touch it. They can touch it again. The teams have to score as many goals as they can. The player that scores the goal has to run to collect the next ball to start the process again. You can progress this by minimizing the game to two touches or by asking the goal scorer to shoot with their first touch.

GAME

**COACHING SUMMARY**

This part should be fun, high energy and enjoyable. Work with each player on their shooting mechanics. For those who can strike the ball well, show them how to manipulate the GK to open up the goal.

