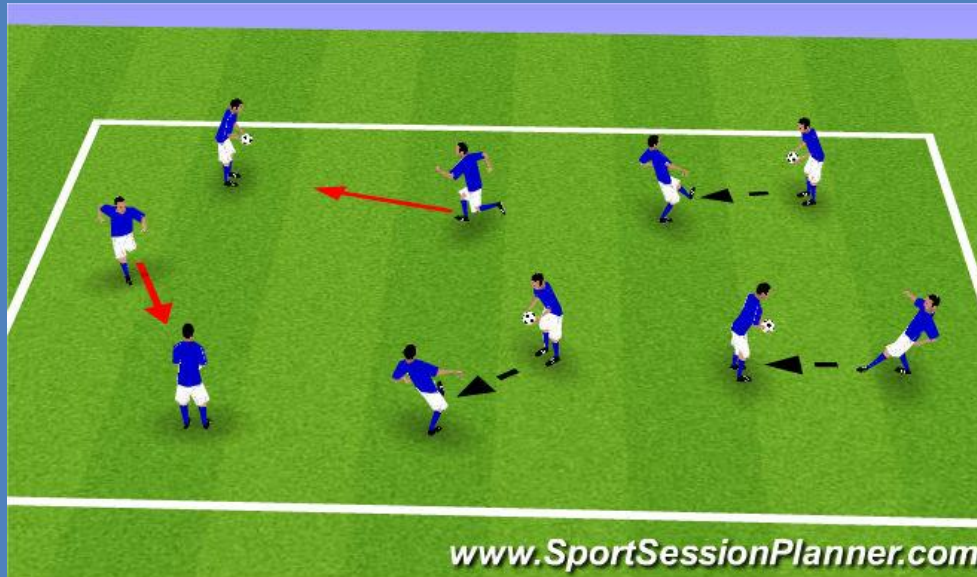


Control & Catch (warm-up)



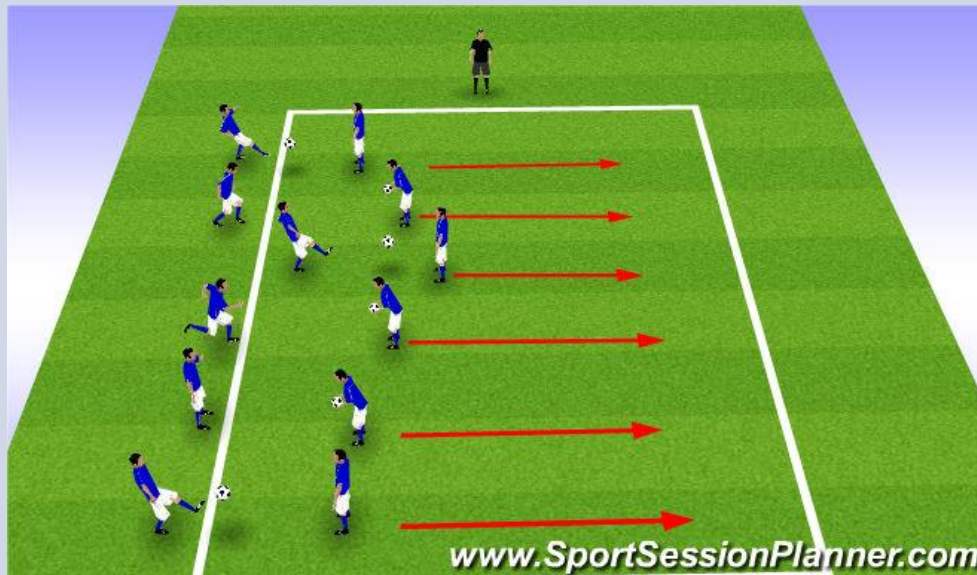
RULES

- Half players with a ball
- Players throw ball to player without ball
- Player without ball tries to control ball and then catch it
- Try volley catch, thigh catch, chest catch, head catch

POINTS

- All players should be moving
- Players must call for ball
- Make good throws
- Control ball with a touch into hands

2 lines (ball control technique)



RULES

- Players in pairs
- Partner moving back hold ball
- Player throws ball to partner who is moving forward
- Player must volley ball back
- Also try, thigh+volley, Chest+volley and head
- Swap roles when get to the other line

POINTS

- Both players moving on jog
- Keep on your toes
- Good throw
- Push ball back into partners hands
- Keep moving when pushing ball back

4v4 to end lines



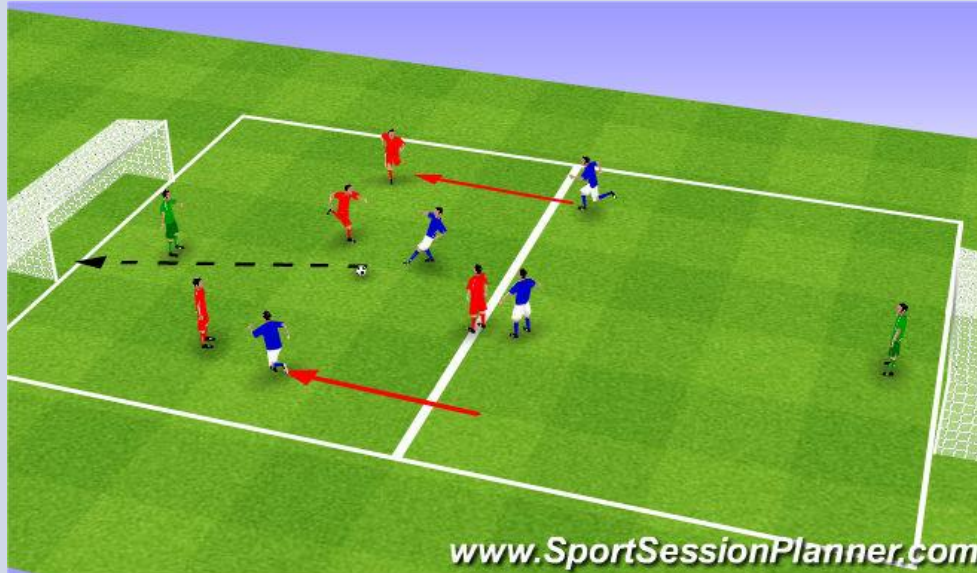
RULES

- 2 teams with no Goalkeepers
- Player try and score by dribbling ball over end line
- players play normal soccer rule, however if player gets in trouble they can put foot on top of ball and get a free pass
- Ball can not be taken or tackle made if player has foot on top of ball

POINTS

- Focus on first touch
- First touch should take player into space
- Dribble into space if open
- If in trouble put foot on ball and get a free pass

5v5 GAME



RULES

- 5v5 with goalkeepers

POINTS

- Focus on first touch
- Take first touch into space going forward
- Movement off the ball should go in to spaces
- communicate