

Control Circle



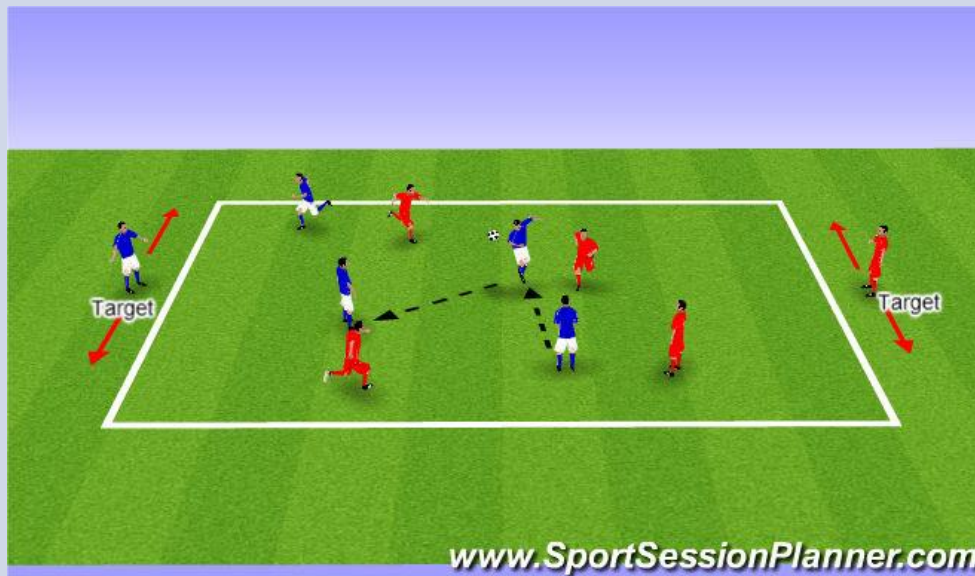
RULES

- Half players outside circle with soccer ball
- Half players inside without ball
- Players with ball pass to player in middle who controls and passes back
- Work on Volley, Thigh control, Chest control and Heading

POINTS

- Call for ball
- Move to ball
- Show body part
- Cushion ball
- Direct ball back to passer

Throw-Head-Catch



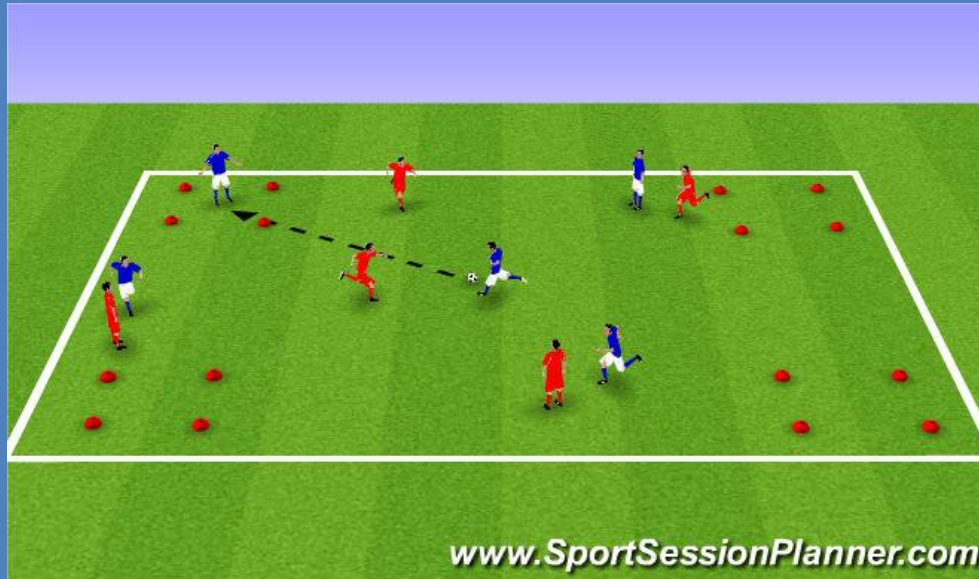
RULES

- Play 4v4 with targets on the end
- Sequence must go, throw, head, catch
- To score must be a header to the target
- Defenders can not go across the end line

POINTS

- Quality passes
- Get body in position
- Movement off the ball
- Know where team mates are
- communication

4 corner game



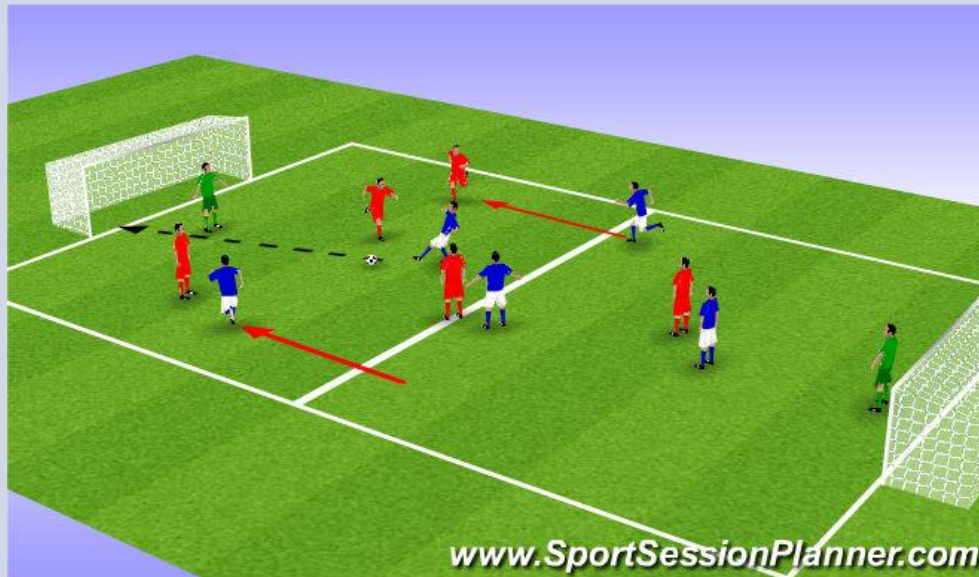
RULES

- Box made out of cones in each corner
- Players must pass into any corner box and team mate must control
- Progress by making passes only count if they are controlled in the air inside box

POINTS

- Create space
- Communicate
- Quality passes
- Look for players in box
- Decide early what surface going to control with

6v6 GAME



RULES

- 6v6 with goalkeepers
- Make field bigger so can create air balls

POINTS

- Create spaces
- Create angles
- Look for longer passes
- Communicate
- Hit target
- Know where team mates are