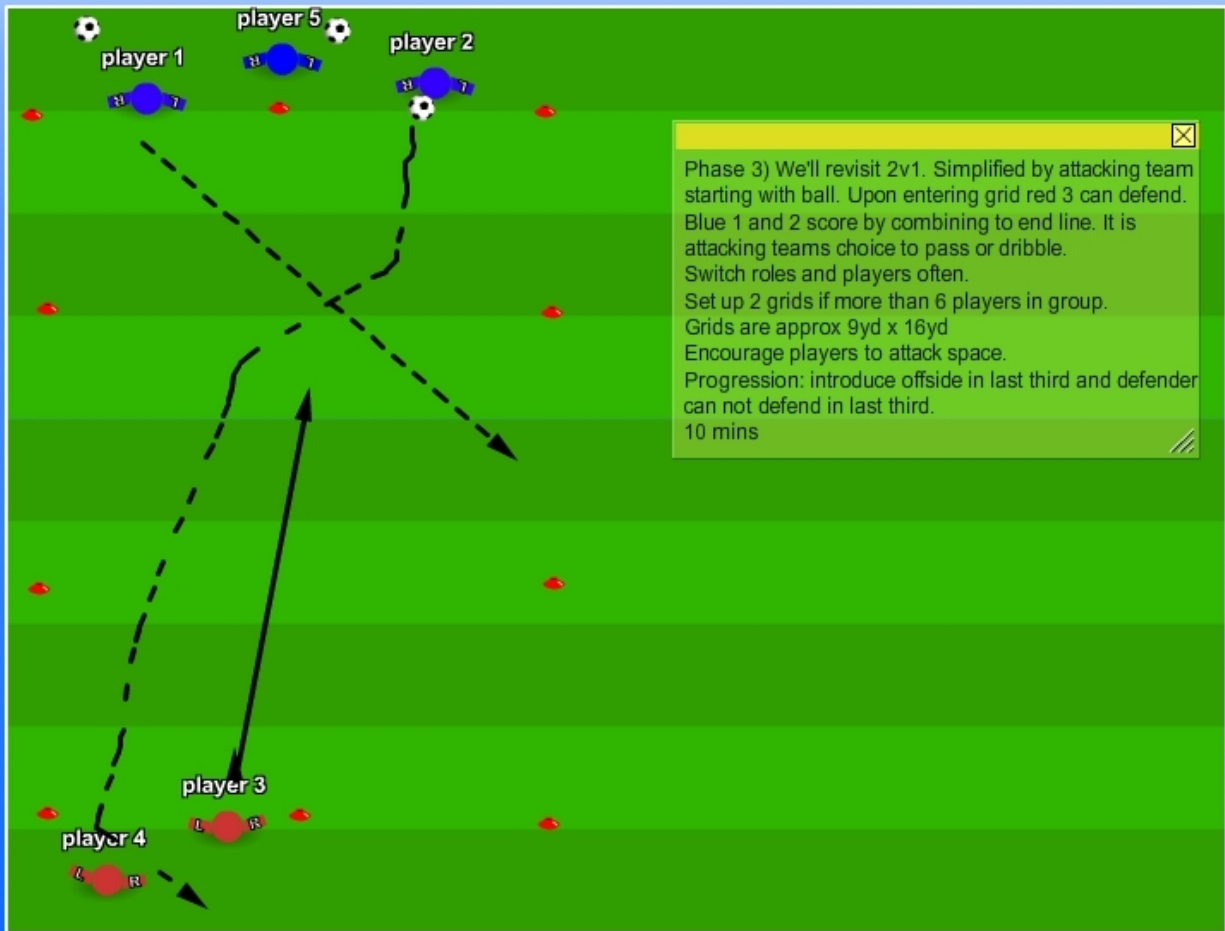


Technical Warm Up: Players do inside taps, ball hops, sole drags and lace pushes.
 Progress to turns and fakes, ask players to do their own thing and be creative here.
 Warm Up Game: Last Player Wins
 Players dribble ball in grid, coach calls out a part of foot or body, players stop ball with the foot/body part. Last player to control is eliminated. Examples: sole, instep, knee, thigh, head, elbow, nose, butt! etc. Players eliminated practice juggling outside of grid, they count their best amount. Have assistant keep an eye on them.
 This is a fun technical warm up.
 15mins max.

Players start by working together dribbling a ball to a gate then passing it to partner to dribble to new gate. Try to visit all gates. Encourage players to help each other and find open gate. Encourage players who do this.
 Progression: Players now compete by trying to take ball away from partner, player with ball tries to dribble through gates, 1 point per gate.
 Progression 2, player who dribbles through gate leaves ball and partner gets possession and tries to dribble through a different gate.
 This enables equal touches. Mix the pairs up
 10 mins



You should emphasize attacking the space and close ball control. The tech. warm up should prepare the players quite well as should the progressions from phase to phase.

Be creative in the match, side goals at the half way line help promote attacking space/dribbling/running with ball. Put Targets or keepers in any goal you like, only got 8 players? play 3v3 and keeper defends all 3 goals! That will teach attackers to attack an open goal. Keep score, restart after 5?

Have fun, encourage creative players!