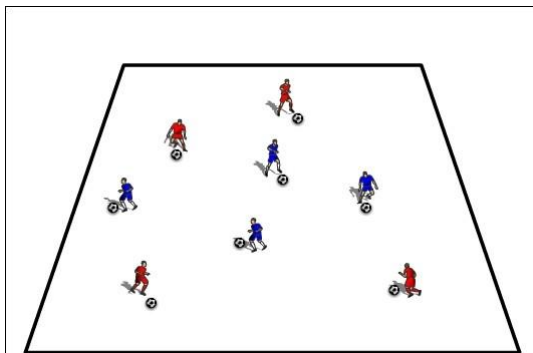


1



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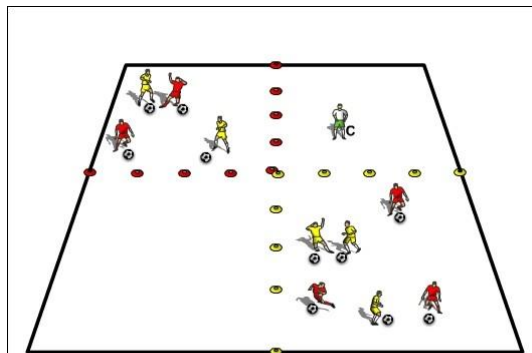
**Ball Manipulation**

**1. Cadences**

- A. 1(L)-2(R)-3(L)-Miss(R) (Stepover)
- B. 1(R)-2(L)-Sole(R) (Dragover to inside)
- C. I-O-I-O (all same foot)
- D. I(R)-O(R)-I(L)-O(L)
- E. O(R)-I(R)-O(L)-I(L)
- F. I-O-Sole(same foot)
- G. Sole-sole-scissors(same foot)
- H. I-O-sole-scissors(same foot)

I=inside of foot  
O=outside  
R=right foot  
L=left

2

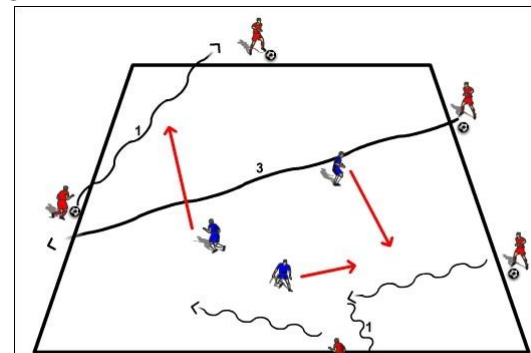


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**2 GRID KNOCK-OUT**

- Begin with players split evenly across 2 grids (sized for numbers and ability)
- Players protect their own ball while attempting to knock others balls out of their grid.
- Once knocked out, quickly dribble to other grid and continue play.
- Congratulate a player that is left by themself in a grid!
- VARIATION:**
- Player must perform a forfeit (3 sit-ups, 3 juggles, 3 star-jumps...) before joining other grid.
- 3 grids for larger numbers of players.

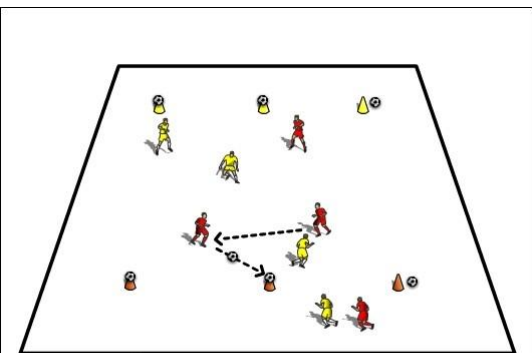
3



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- 10x15 grid with extra room on outside
- Slightly more attackers than defenders
- Attackers attempt to dribble through grid.
- 1pt for short direction (out the side)
- 3pts for long direction (to opposite end)

4

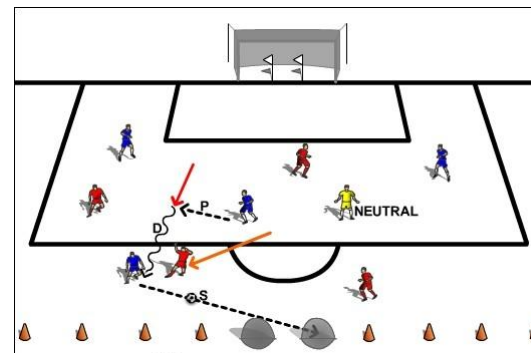


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**BALLS ON CONES GAME**

- 3 Balls each resting on cones at ends of pitch
- Team combines play with final goal of upsetting each of opponents balls from its cone.
- Once ball is knocked from cone, it is 'dead' and may not be played.
- May introduce an additional ball to increase awareness/decision making required.
- May require ball to be knocked via a one-touch for skilled/advanced players.

5



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**ATTACKING THIRD GAME - Shooting**

- 4v4 / 4v4+1 / 4v4+GKs --- Full or modified with depending on numbers / playing level.
- Provide "far post goals" (Puggs) on the coned line between middle and attacking third.
- Provide flags defining the far post in the large goalmouth.
- Free play within the "Attacking third"
- Encourage many early shots as is desired in attacking third.
- Encourage far post attempts (additional point?) while still allowing for near post strikes.

**COACHING POINTS:**

- Shooting technique. --low, hard, far post
- Follow up
- Far post runs

**VARIATION:**

- Define a midfield line which an attacker may not retreat behind. Provide numbers for attacking team.
- "You never score with any of the shots you never take!"

#4 Balls on Cones game = optional

Finish with #5 - look to play this for an extended period leading up to the end of the session.

Leave 3-4 minutes at end for a juggle.