

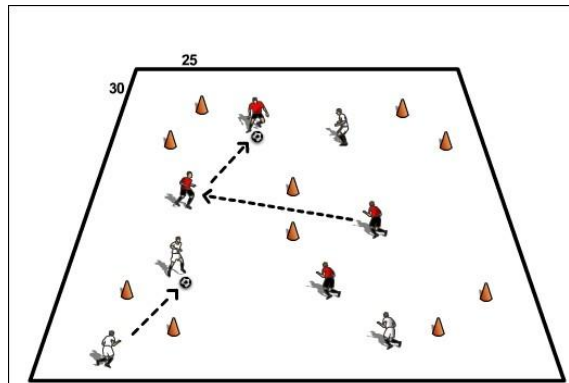
DONE:

- Dragback
- Cut -Inside and Outside
- Half Preki
- Scissors
- Stepover
- Double Scissors
- Full Preki
- Cruyff
- Puskas (in and outside of foot take-away)

To do:

- Maradona
- Matthews move (big toe, little toe)
- Matthews feint (lunge out, takeaway)

EPSC



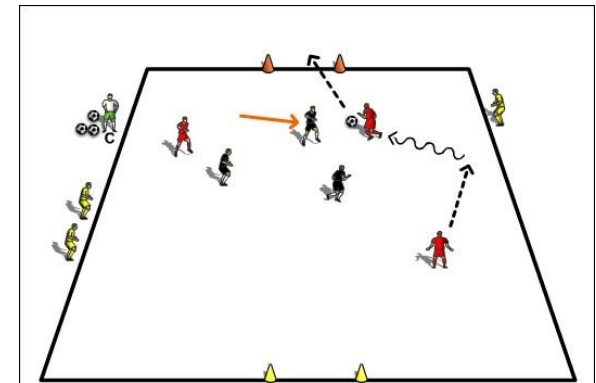
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5 Goal Game — 4v4 in 25x30 grid. Five 2-yard goals are spread out throughout the grid. The teams score by passing through any of the goals to a teammate. First team to 10 points wins.

Begin with ball per team, no mention of "defending" or preventing other team from accumulating points. Allow players to discover/problem solve.

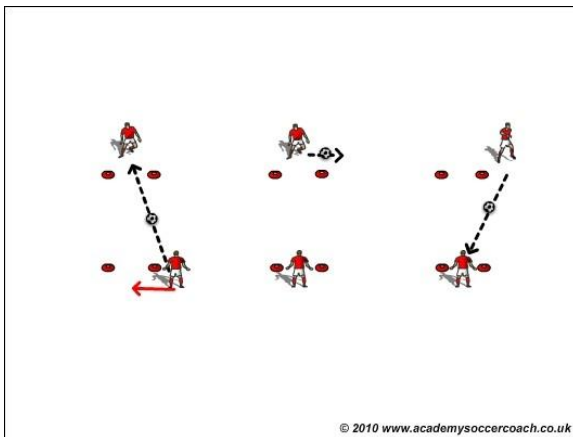
Take one ball away for an SSG passing activity.

TRAINING



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1 team waiting to transition on to replace the team scored on. Reds score on orange goal, quickly retrieve ball and begin immediate attack on yellow goal. As black gets scored on, get off pitch as yellows transition on to defend yellow goal. **NO WAITING FOR TEAM COMING ON TO GET SET BEFORE BEGINNING NEW ATTACK**



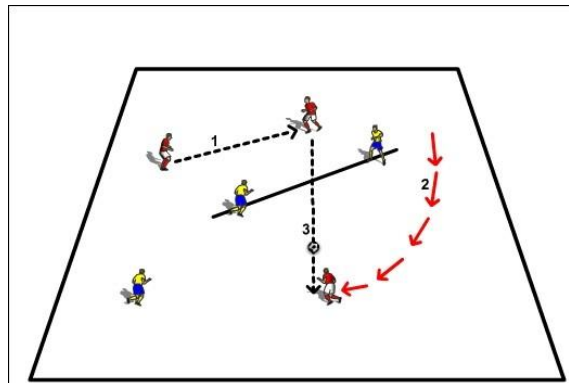
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Passing in twos
 -In pairs, 5/10/15 yds apart depending on skill level
 -Pass to partner in between gate
 -Control ball out to a shoulder (outside of gate), play back to partner through gate

-Ball to remain in motion!

COACHING POINTS

- Quality of pass
- Technique
- Accuracy, weight
- First touch across body (inside of foot) to play with other foot
- First touch away from body (outside of foot) to play with same foot

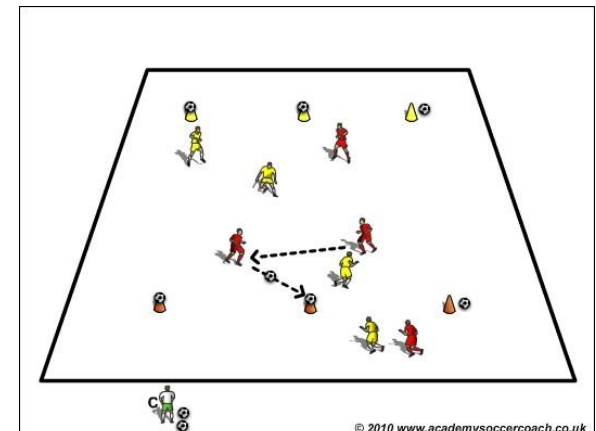


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3v3 Split Defenders
 -3v3 possession in 15x15 grid
 -Team in possession awarded 1 point for splitting 2 opponents
 -3 points if split is via a 1-touch pass

COACHING POINTS

- Constant movement of the ball
- 1st attacker must have easy first pass option (deep wide support) from 2nd attacker
- 3rd attacker looks to make runs into penetrating positions (split)
- Pass quality must be HIGH
- Vision and communication will aid success



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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.