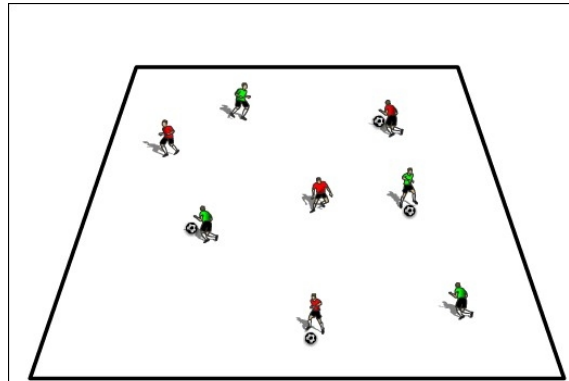


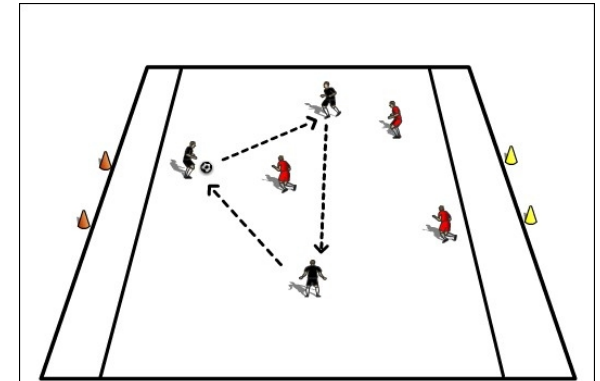
- Exercises performed on the way down inside the cones
Dribble ball back along outside of cones, performing skills, pass back when done
- Exercises:
2 sets of each.
1. Straight ahead – jog to last cone.
 2. Hip Out – at each cone, lift knee forward, rotate out to full range of motion.
 3. Hip In – at each cone, lift knee to outside, rotating in to front.
 4. Circle Partner – at each cone, shuffle in towards partner, circling, shuffle back to cone.
 5. Shoulder Contact – at each cone, shuffle in towards partner, jump in for light shoulder bump, landing softly on balls of both feet with bent knees, shuffle back to cone.
 6. Quick Forward & Backward – quickly forward 2 cones, shuffle back 1 cone.



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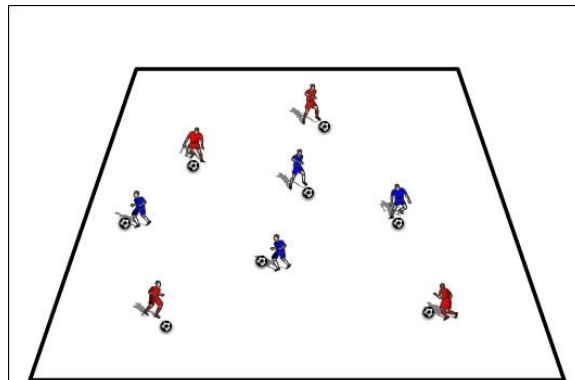
- PASS, DRIBBLE, MOVE**
2 groups of different color, 2:1 ball:player ratio, balls evenly distributed
- Receive a ball
 - Perform a skill/turn (with change of pace)
 - Pass ball to:
 - Same color only
 - Opposite color only
 - Different color than received ball from
 - Maintain athletic stance/movement
 - Get into good angles/spaces to receive next pass

- COACHING POINTS:**
- Quality of pass --> Technique, weight, accuracy
 - First touch (controlling touch)
 - Mobility --> No flat feet -watch for players on heels while not in possession



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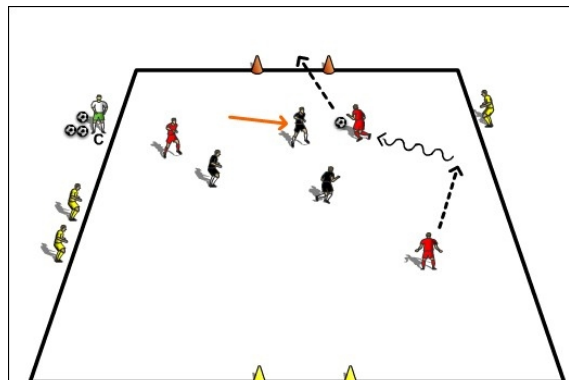
- BASIC SSG**
-SSG= 3v3, 4v4, 3v3+1, etc.
-Player in possession should always have two passing options
- No GKs
or
-Last defender may act as GK in last 5 yards (play ball with hands)
-Var.: Once acted as GK, may not do so again until one other from team has done so.



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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



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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

- Cool down:**
Light jogging / dribbling for approximately 5-10 minutes.
Stop occasionally to statically stretch major muscle groups.
- | | | |
|------------|--------|------------|
| Quads | Glutes | Hamstrings |
| Lower Back | Calves | Abs / Core |
- Rehydrate
Replace lost fluids
- Eat
Replace energy stores
- | | | | |
|--------|--------|------------|---------|
| Fruits | Grains | Vegetables | Protien |
|--------|--------|------------|---------|
- Good Sleep