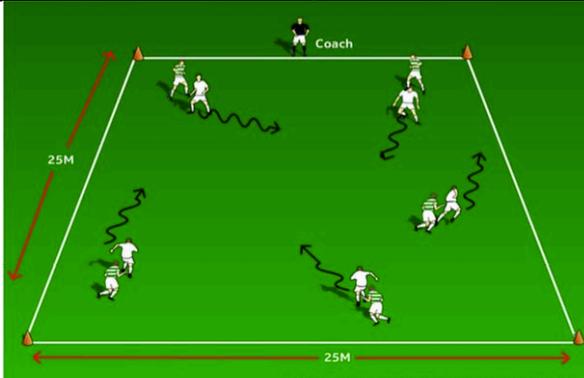
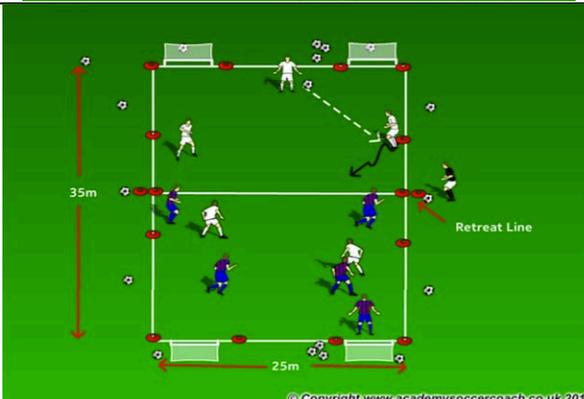


Information	Images
<p>Follow my Leader Organization: Players are placed into pairs in a 25mx25m area. Procedure: 1 player becomes the leader and the 2nd player becomes the follower. Encourage the players to use different movements such as walking, running, jumping, rolling, running backwards and also sideways. After 30 seconds players switch. Progression: Each player has a ball.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>
<p>Organization: Area is 20mx20m with 1 goal in each corner, 1m in width. Procedure: Player A plays the pass to player B. Player B attempts to dribble past player A and dribble through one of the blue goals. If player A takes the ball away from play B he/she then tries to dribble the ball through either of the red goals. Keep rotating the service so that all players are attackers. Progression: Players progress to play 2v2 if success is being achieved.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>
<p>Organization: Players are organized into 2 teams. Each player is given a number. Field is 30x25 with a goal at each end. Procedure: The coach calls a specific number and that number runs into the field. These 2 players now play 1v1 to goal. Progression: The coach can call out more than one number to create a 2v2 or 3v3</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>
<p>5V5 with the Retreat line. Organization: Players play 5v5 on a 35mx25m field. The Retreat line is located at the half way line. 2 goals are located at each end Procedure: Once the ball goes out for a goal kick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live. When scoring a goal team in possession has two goals to score on. If you have odd numbers you can have the extra player become a neutral player in the game who plays for the team in possession.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>