

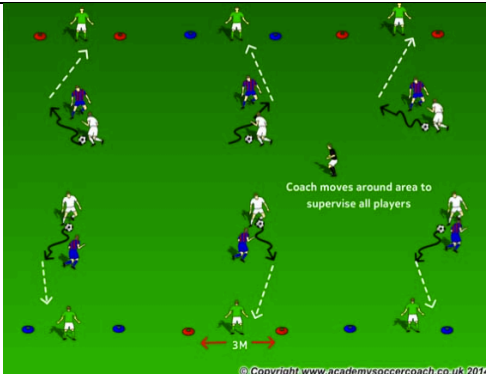
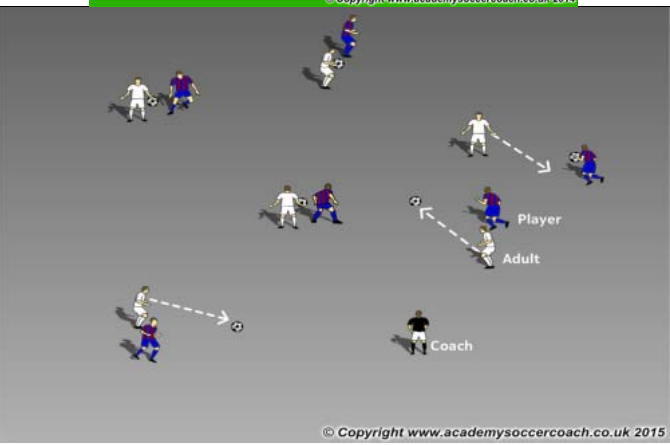


Information	Images
<p>Organization. Each player has a ball in a 30mx30m area. In each corner there is a 5mx5m area which are numbered as above.</p> <p>Procedure. Players dribble around inside the middle of the area. When the coach calls out a number the players dribble to that specific corner. The 1st player to stop their ball in the correct corner scores 1 point.</p> <p>Progression. When the players arrive in the corner instead of stopping they perform 5 toe taps and continue to dribble.</p> <p>Time: 8 minutes</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>
<p>Organization: Players are in pairs and stand opposite each other in the goals they are 8m away from each other in a 3m goal.</p> <p>Procedure: Players look to strike the ball past their partner. Each time a player scores a goal they score 3 points. After 5 shots the players rotate positions.</p> <p>Progression: Have players practice shooting with both feet.</p> <p>Repeat: 4 times each player should be in goal twice</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>
<p>Organization: Player placed into groups of 3. They play 1v1 to goal.</p> <p>Procedure: Goalkeeper rolls ball out and the players play 1v1. After a goal is scored the goal goes in goal</p> <p>Time: 8 minutes</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>
<p>Organization: Players play with a parent, sibling or guardian. Each player has a soccer ball.</p> <p>Procedure: The adult will roll the ball and the player, will run and collected ball. The players runs back to the adult with the ball, in their hands. Crawl through the adult's legs and hand the ball back to the adult, repeat 6 times. The coach can also ask the player to perform different movements such as Jumping, hoping, running backwards, side stepping etc.</p> <p>You can also look to make this a competition 10 see how many limes the players can collect the ball in 60 seconds.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2015</p>