

Information	Images
<p><b>Organization:</b> A grid of 30 mx30 m divided into equal smaller boxes. 3 players in each group. One ball between each group.</p> <p><b>Procedure:</b> Players move in their box, passing, and receiving, and perform different movements. i.e: step over, Matthew's move. On the coach's call, players move to another box.</p>	<p>© Copyright www.academysoccercoach.co.uk 2014</p>
<p><b>Organization:</b> Mark out tow courses. Two to four players stand at each starting cone. Each team has a ball.</p> <p><b>Procedure:</b> On coach's call, the first player rolls the ball with hands around the far cone, and back to the next player in line. Which team can complete the activity first.</p> <p><b>Variation:</b> Players bounce the ball around the far cone. Run with the ball around the far cone. They can head a balloon around the far cone.</p>	<p>© Copyright www.academysoccercoach.co.uk 2014</p>
<p><b>Organization:</b> 30 mx15 m. divided to three equal grids. One player as defender in each grid. Attacker runs to 1st defender and performs a dribbling move, when he/she passes the first defender, then she/he runs to 2nd defender performing different dribbling move, and when pass him/her can score in the goal.</p> <p><b>Progression:</b> This exercise could be done in 2v1 situation, working on when to pass, and when to dribble.</p> <p>Rotate players.</p>	<p>© Copyright www.academysoccercoach.co.uk 2014</p>
<p>5v5 small sided game with the retreat line.</p> <p>If you have odd numbers, you can have the extra player become a neutral player in the game. He/she plays with team in possession.</p>	<p>© Copyright www.academysoccercoach.co.uk 2014</p>