

| Information   | Images   |
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| <p><b>Organization:</b> Players are placed into pairs in a 25m x 25m area.</p> <p><b>Procedure:</b> 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,</p> <p><b>Progression:</b> Each player has a ball.</p>  | <p>© Copyright www.academysoccercoach.co.uk 2015</p> |
| <p><b>Organization:</b> Players are placed into 2s inside 30m x 30m area.</p> <p><b>Procedure:</b> Players passes and move inside area. Focus should be on how the player passes and receives the ball.</p> <p><b>Progression:</b> To make it fun/competitive for the players add gates into the area and on the command of "Shopping" playoffs look to pass the ball through the gates. Each gate = 1 point, after 60 seconds pair with the most points wins the competition. Repeat game several times.</p> | <p>© Copyright www.academysoccercoach.co.uk 2015</p> |
| <p><b>Organization:</b> Players set up as above.</p> <p><b>Procedure:</b> S plays ball into the goalkeeper. The goalkeeper now looks to distribute the ball to one of his/her teammates. As soon as the player receiving the ball touches the ball the 2 strikers are released to pressure the ball. The team in possession now looks to get the ball to T or S to score a point. If the Strikers win possession they head to goal. All players rotate through all positions</p>                              | <p>© Copyright www.academysoccercoach.co.uk 2015</p> |
| <p><b>Organization:</b> Players play 5v5 on a 35m x 25m field. The Retreat line is located at the halfway line.</p> <p><b>Procedure:</b> 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. If you have odd number5 you can have the extra player become a neutral player in the game.</p>   | <p>© Copyright www.academysoccercoach.co.uk 2015</p> |