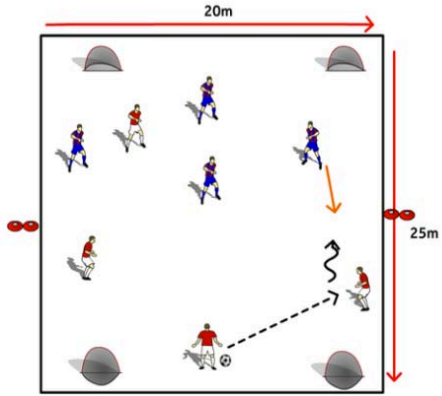
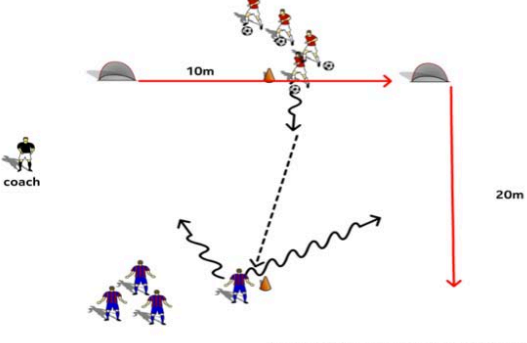
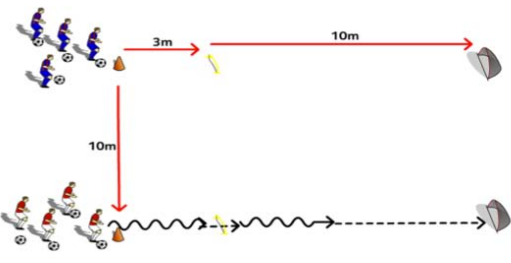
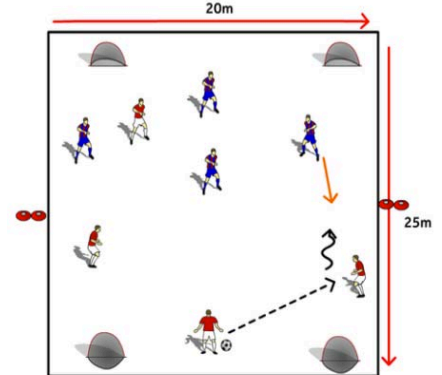


Information	Images
<p>General Movements:</p> <p>Organization: A 20x20m (divided to 4 areas of 5x5m) Balls, and 2 sets of different color pinnies.</p> <p>Procedure: Every player has a ball in his or her own area. Players have to keep control of their ball and kick their opponents' ball out. If player's ball is kicked out, on return juggle for 2-5 times.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2015</p>
<p>Coordination:</p> <p>Organization: Hurdles, balls, and mini goals. Place two starting cones side-by-side 10 m apart. Set up a hurdle 3m in front of each starting cone. And there is a mini goal 10 m beyond each hurdle. Players line up in two equal sized team in front of each a starting cone, each have a ball.</p> <p>Procedure: On the coaches signal, players dribble toward the hurdle, passes under the hurdle, jump over them, take the ball and finish on the goal.</p> <p>Players then run with their ball in back of the line.</p> <p>Variation: Players can take off with right or left foot. They can also do quick feet before jumping.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2015</p>
<p>Dribbling/faking</p> <p>Organization: Set up two mini goals 10m apart. Place a starting cone between two goals, and one cone 20 m in front of it. Players line up in two equal sized team at the starting cones. The players between the goals each have a ball. Procedure: The first player between the goals dribbles onto the field passes to the first player at the other cone and then became a defender. The receiver takes the ball forward and tries to score on either goal. If the defender wins the ball, he/she can counterattack on either goal.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2015</p>
<p>4v4 small sided game with retreat line 4 mini goals.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2015</p>