

Information	Images
<p>Organization: Set 2 30x30m squares up as shown above. 6 players will participate in each grid.</p> <p>Procedure: One the coaches "GO" player from each group goes. The player from group A dribbles through the poles and then through the cones. Once the player gets to point C they leave the ball, race to point B were they race through the cones without the ball. Once they have completed the cones they race through the ladder and then back to their starting position. The player who they are racing will follow the same movements. First player back wins race. Coach can repeat the race and switch up the groups.</p>	<p>© Copyright www.academysoccercoach.co.uk 2015</p>
<p>Organization: Players are placed into 2s inside 30mx30m area.</p> <p>Procedure: Players pass and move inside area. Focus should be on how the player passes and receives the ball. As players pass and move, the coach calls out the following instructions.</p> <ol style="list-style-type: none"> 1. Pass with inside of each foot only. 2. Pass with the outside of each foot only. 3. Before passing do a move and then play pass. 4. Receive ball with the outside of either foot. 	<p>© Copyright www.academysoccercoach.co.uk 2015</p>
<p>Organization: Field size is 15mx25m with a 5m safe zone in the middle. 3 attackers, 2 defenders and 2 goalkeepers (GK) set up as above.</p> <p>Procedure: Activity starts with 3 players in central safe zone, with defender & GK defending goal at either end, the coach plays a ball into the attackers in the safe zone and they look to attack either end.</p> <p>If attackers' progress is blocked, they can take ball back into safe zone & attack in other direction.</p> <p>Should GK save an attempt on goal, the goalkeeper should roll the ball to the defender if possible, who then transfers the ball into the defender in the opposite half. Defender receives and attempts to turn & score against GK at that end. Keep rotating the players to allow them all to experience attacking, defending and goalkeeping.</p>	<p>© Copyright www.academysoccercoach.co.uk 2015</p>
<p>Organization: A 30x35 m field. 5v5 small sided game with retreat line.</p>	<p>© Copyright www.academysoccercoach.co.uk 2015</p>

