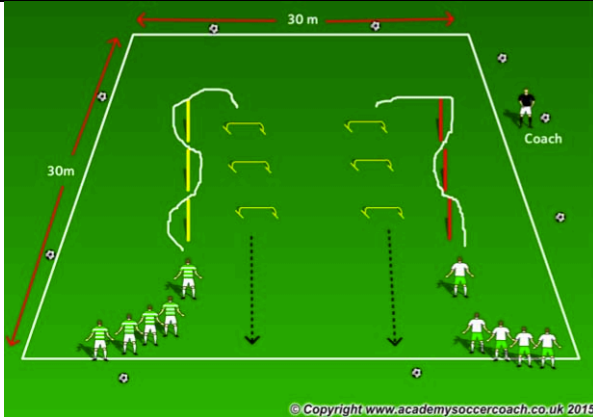





Information	Images
<p>Organization: 3 or 4 Poles, 3 or 4 hurdles. Place equipment as it shown in diagram.</p> <p>Procedure: first player from each team runs in and out of the poles, and jumping over the hurdles. When they finish the last hurdle, he/she sprint to the end of the line. The team that finish faster win.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2015</p>
<p>Organization: A 30mx30m field. 10 players divided in two teams, 5 pinnies.</p> <p>Procedure: 5 players have the pinnies tucked in back of their short, and moving around the field, and the other 5 players trying to take the pinnies. Last Player with pinnies will earn a point for his/her team.</p> <p>Progression; Same procedure as above, players with pinnies can have the ball.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2015</p>
<p>Organization: A 30mx30m field. 10 players divided in two teams, extra balls around the field.</p> <p>Procedure: 5 players have the ball, and moving around the field trying to dribble to pass the players without the ball. Players use different dribbling move. i.e.: Fake and turn, step over. Players change the role on coach's call.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2015</p>
<p>Organization: 35m X 25 m as has shown, 4 goals in each corner and 2 teams of 4.</p> <p>Procedure: Retreat line at the half. When the ball goes out the team takes the kick while the other team practices the retreat line.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>