

Information	Images
<p>Organization: A 30x30m field. 10 players, soccer balls, and pinnies.</p> <p>Procedure: Players freely dribble around the field. On coach's call player perform different move (jumping on spot, toe tap, sit up), and run to empty space.</p>	<p>© Copyright www.academysoccercoach.co.uk 2015</p>
<p>Organization: Hurdles, soccer balls, goals, and pinnies.</p> <p>Setup a starting cone in front of a row of hurdles spaced at five-meter intervals.</p> <p>Procedure: Players form each team line up at the starting cones, and each player has a ball. One by one, players pass their ball under the hurdle and jump over them. Note: player always land beside the ball for safety. Players shoot to goal at the end of last hurdle.</p> <p>Progression: player can jump each hurdle with left foot or right foot.</p>	<p>© Copyright www.academysoccercoach.co.uk 2015</p>
<p>Organization: Mark out a 15x30m field. Cones, Pinnies, and Soccer balls.</p> <p>Set up a mini goal on each end line and five cones in a zigzag pattern behind one of the goals.</p> <p>Divide players into two teams. Team A's players line up at the three outside cones. The first player at one of the end cones has a ball. Team B's players line up at the two inside cones.</p> <p>Procedure: Players pass the ball down the line from cone to cone. After each pass, the passer runs into the field. The player at the far end and two teams play 3v2. The game will continue until ball goes out or one team scores. Players will switch role.</p>	<p>© Copyright www.academysoccercoach.co.uk 2015</p>
<p>Organization: 30x35m field 5v5 small sided game with retreat line.</p>	<p>© Copyright www.academysoccercoach.co.uk 2015</p>