

Information	Images
<p><b>Organization:</b> Players are placed in to pairs and are set up as shown above. Set up 4-5 stations to enable you to work with 8-10 players.</p> <p><b>Procedure:</b> Player dribbles from the red disk to the yellow disk and stops the ball. The player then hops on their right foot to the blue disk and then on their left foot to the next blue disk. The player then sprints to the orange disk and does a forward roll. They then sprint around the yellow cone and back to the ball. They dribble the ball to the next player who then goes. Repeat or change to allow for different variations of movements.</p>	<p>© Copyright www.acadmysoccercoach.co.uk 2015</p>
<p><b>Organization:</b> Players are placed inside a 30m x 30m area all with a ball.</p> <p><b>Procedure:</b> Players are asked to juggle the ball using any part of their body. Coaches can also challenge the players. I.e. can you go right foot, left foot? Can you go right foot, left foot, right thigh, left thigh? Coaches can also set each player individual challenges to meet the individual needs of the player.</p>	<p>© Copyright www.acadmysoccercoach.co.uk 2015</p>
<p><b>Organization:</b> Players are placed into 2 teams of 4 or 5 in a field 20m x 12m as shown above.</p> <p><b>Procedure:</b> Players must stay within their own half of the field. Once the goalkeeper gets the ball players move to receive the ball, once they receive the ball they look to get a shot at goal as fast as possible. There should be more shooting than passing.</p> <p><b>Progress:</b> to allowing 1 player from each team to play within the opponents half if ability and lime permits. Players must be getting success.</p>	<p>© Copyright www.acadmysoccercoach.co.uk 2015</p>
<p><b>Organization:</b> Players play 5v5 on a 35m x 25m field. The Retreat line is located at the half way 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.</p> <p>If you have odd numbers you can have the extra player become a neutral player in the game.</p>	<p>© Copyright www.acadmysoccercoach.co.uk 2015</p>