

Information	Images
<p>Organization: A field of 25 m x 25m.</p> <p>Procedure: The coach calls a player (e.g. Blue 2). That player has a set amount of time (e.g. 10 second) to tag the player with the same number from the other team. If he succeeds, his team scores one point. If not, the other, team scores one.</p> <p>Progression: This exercise could be done with ball.</p>	<p>© Copyright www.academyfootballcoach.co.uk 2014</p>
<p>Organization: A field of 25 m x 25m.</p> <p>Procedure: Players run around the field without touching the balls, and follow coaches instructions. (Skip on the spot, jumping, hopping, etc.). When coach calls BALL, players have to run as fast as they can to pick up a ball. Those without the ball (workers) must go to players with the ball (servers), and perform 5 valleys. They switch the role before the next round.</p>	<p>© Copyright www.academyfootballcoach.co.uk 2014</p>
<p>Organization: A field of 25 m x 15 m. 2 9v9 goal size, cones, balls.</p> <p>Procedures: Set up the field as shown. Have 1 to 1.5 m space between each cone. Players dribble between cones to the shooting cone, do 90 degree turn around them, and shoot on goal. Then they dribble slowly to the back of the line. This could be done in parallel set up to cut down on waiting time.</p>	<p>© Copyright www.academyfootballcoach.co.uk 2014</p>
<p>Organization: A field of 25 m x 25m.</p> <p>Procedure: 4v4 SSG with 4 goals.</p>	<p>© Copyright www.academyfootballcoach.co.uk 2014</p>