

ACTIVITY #1

Set up: 3 cones needed in each line. at start, 5yds and 20 yds. Players are placed in 2 equal lines.

All movements are done 3 times unless stated otherwise. every thing is done at 50% of players maximum speed.

- Instructions:**
- 1-50% light jog
 - 2-kick bum and jog back
 - 3-knees up and jog back
 - 4-side step in and jog back x 2
 - 5-side step out and jog back x 2
 - 6-swing right foot to left hand and left foot to right hand (hamstrings)
 - 7-lunges
 - 8-knee up and out (Groin) x 2
 - 9-knee out and in (Groin) x 2
 - 10-skipping - very relaxed x 2
 - 11-skipping - looking to generate height x 2

Coaching Points: Every movement is dynamic to reflect game realistic movements. The above should all be done at 50% just to raise the players body temperature and increas thier heart rate. Players should start to sweat by the end of the above movements.

ACTIVITY #2

Set up:

Use the same set up as done previosley.

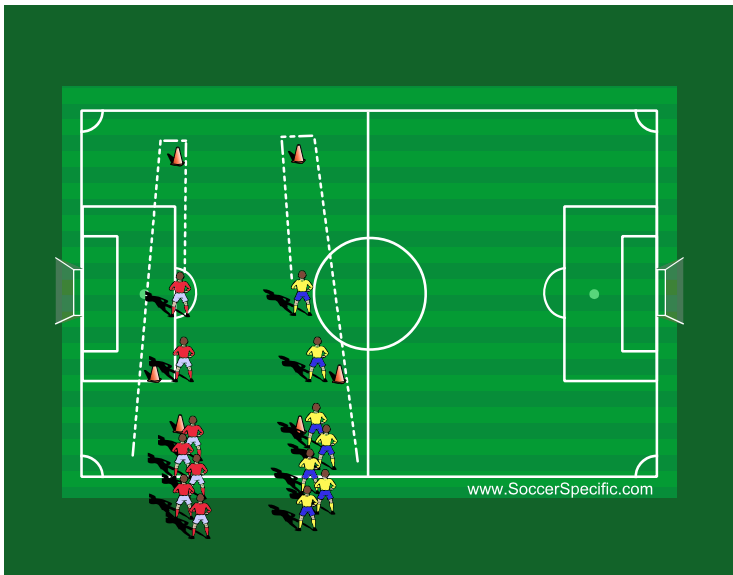
Every movement is done 3 times

Intensity is now raised- 75%-100%

After each exerisce players jog back at 50%

- Instructions:**
- 1-sprint at 75% to 1st cone, back peddle and then sprint 100% to end cone
 - 2-sprint at 75% to 1st cone,back peddle to start, win header a header in the air andthen sprint 100% to end cone.
 - 3-Sprint 75% to 1st cone, side shuffle to other line and sprint 100% to end cone
 - 4-Sprint 75% to 1st cone, change direction and sprint to oppersite cone, sprint 100% to the end.

Coaching Points: Every Movement is game reaslistiic. Use this part of the warm up to increase players heart rate to a game realsitic state.



ACTIVITY #3

Set up: Players are placed in pairs and are positioned 5-8yds apart (age dependent)

Each pair has a ball; each exercise is done for 1 minute and then the players switch.

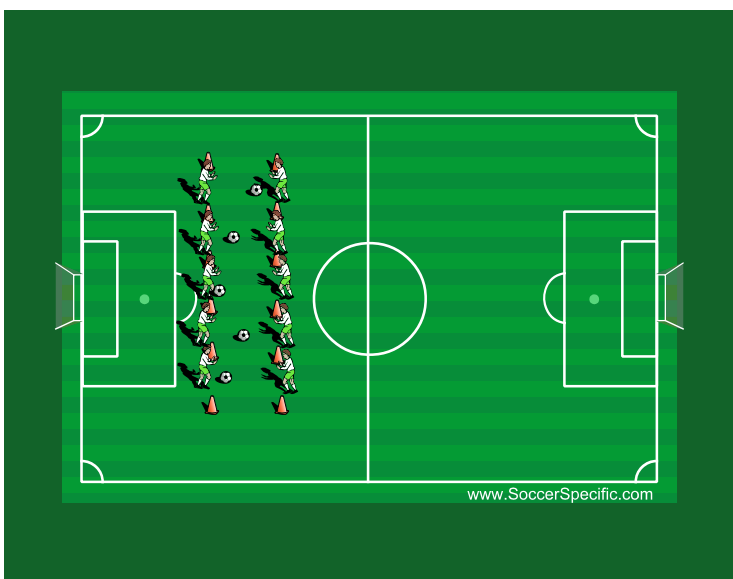
Goalkeeper is to go off and do a goalkeeper specific warm up with either gk coach or assistant coach. See below

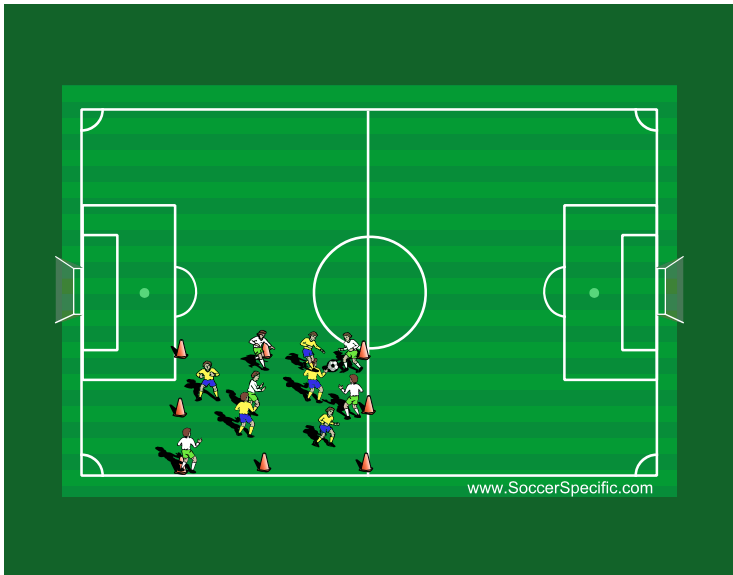
Instructions: Players are to stay on their toes. After each pass the player should quickly sprint on the spot (except during number 1)

- 1-1st touch passing
- 2-side foot volley
- 3-thigh and pass
- 4-chest and pass
- 5-punch header (no jump)
- 6-high ball

Coaching Points: Concentrate on quality and technique.

- 1-eye on the balls
- 2-accuracy
- 3-body behind the ball
- 4-part of foot/body
- 5-part of ball





ACTIVITY #4

Set up: 7 v7 with emphasis on keeping possession of the ball when you have it and winning it back quickly once you have lost it. Game intensity. 30x30 (age dependant)

Instructions: Players should play with correct game intensity and be focused for the game ahead. Once they gain possession look to create width and depth to enable them to keep possession. The team without the ball must be compact and work together to win the ball back. Once there has been a change of possession transition must be fast and effective

Coaching Points: Possession Mentality

Positive first touch

Eye contact/commutation

Movement as the ball travels (Check and show)

Create width and Depth

Support the man

Support the ball

DEFENDING

Compact

Closest player to ball must close down

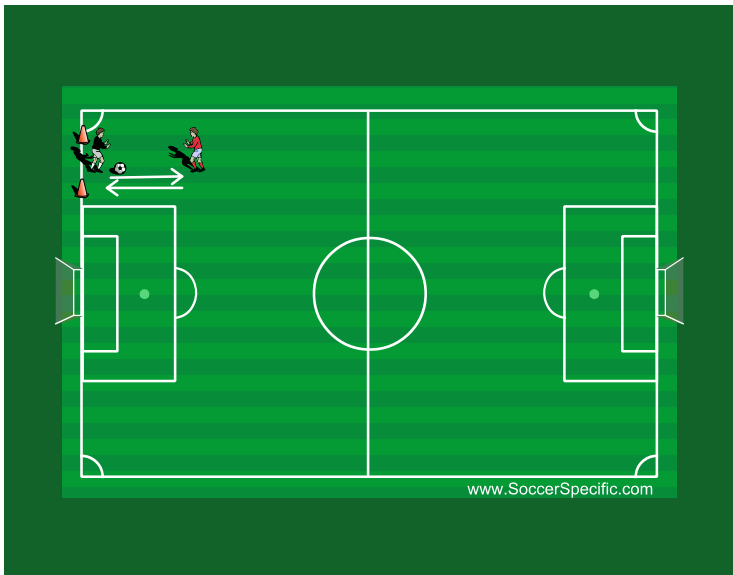
2nd player supports

ACTIVITY #5

Setup: Goalkeeper sets up small net away from the goal were he/she can warm up with the assistant/gk coach.

All movements are done 5 times each side (alternate)

Please note you are not looking to score, you are looking to build the gks confidence and get the ball in their hands.



Instructions: 1- gk and assistant pass ball back and forth to get feet moving and touches of the soccer ball

2- Gk sits on Bum, Coach rolls ball along the floor to allow the gk to make the save

3- Gk moves on to their knees, ball rolled along the ground were they have to collapse to make the save

4- Still on Knees, now the ball is thrown in the air to the side of the gk

5- Gk stands in ready position and ball is rolled along the floor

6- Gk stands and the ball is thrown in the air to the side

Coaching Points: Eyes on the ball

Body behind the ball

Attack the ball

ACTIVITY #6

Setup: Gk sets up on one post, on the

hands (behind, onto and the ground) the word go the keeper shuffles to the center to face a ball that is fired into their hands (around the face)

You are not looking to score, just get the ball into the gks hands to build confidence.

repeat 5 times each side

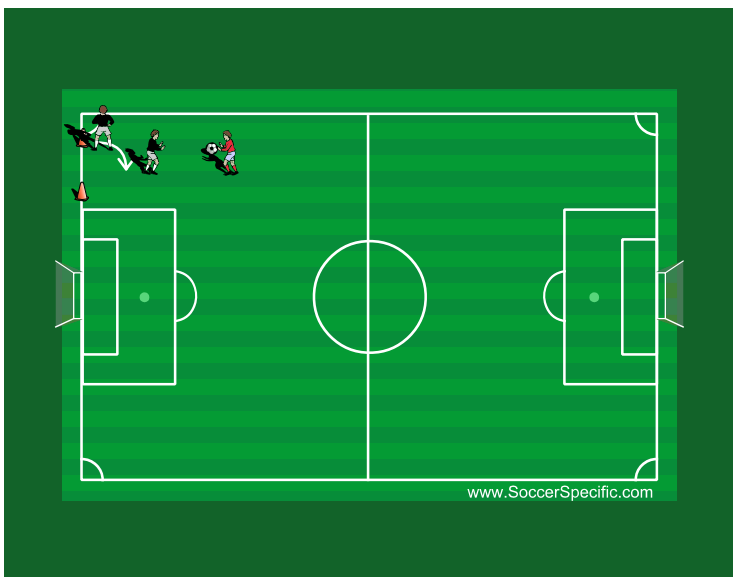
Instructions: Gk shuffles quickly to the center to face the shot. gk must get into ready position as soon as possible

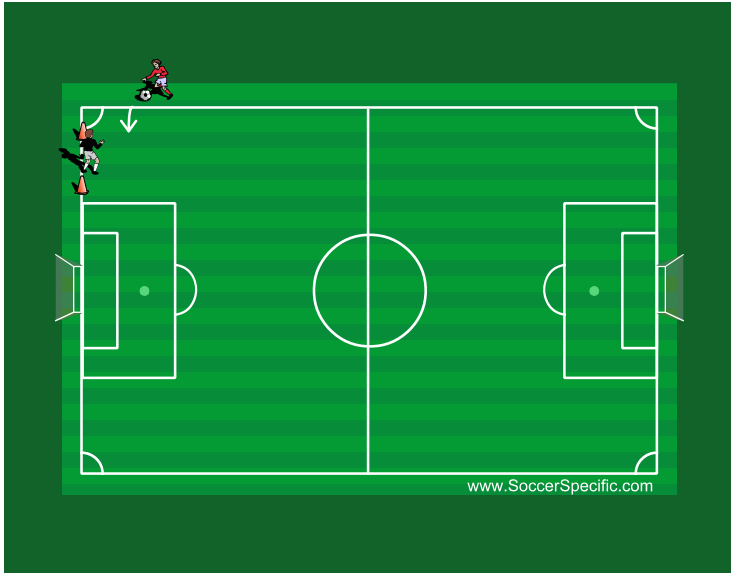
Coaching Points: Eyes on the ball

Body behind the ball

Attack the ball

W shape with hands behind the ball





ACTIVITY #7

Set up: Gk positions him/her self as if they were looking at a cross
Coach throws ball up fro GK to come claim the ball in the air
You are not looking to score, just get the ball into the gks hands to build confidence.
Repeat 5 times each side

Instructions: Gk Attacks ball
GK must claim the ball at the highest point
Take off from Back foot and bring other knee up to protect your self
Bring ball into chest

Coaching Points: Eyes on the ball
Body behind the ball
Attack the ball
W shape with hands behind the ball