



Age Group: U5-U19

Date: 4/30/18

Topic: Attacking

House Week Five

Equipment: Cones, Pinnies, and Pug Goals

Pre Warm-up Task: Toe Taps, Tic Tocs.



Warm-up/Physical Development: 15 minutes

Right foot only
Left foot only
Inside only
Outside only
Shout a body part and they have to touch that body part on the ball (e.g. knee)
First one to 50 touches wins

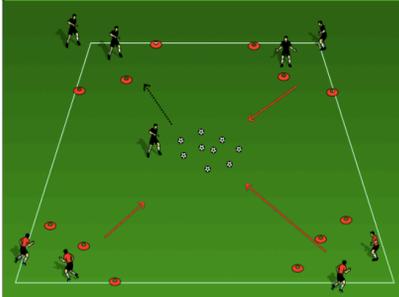


Technical Development: 15 minutes (30L x 30 W/ Box= 10 x 10) U8-U19

Players are separated into the four corners. One player at a time (from each corner) dribble towards the box in the middle. Players have to perform skill moves inside the box (scissors, maradona, etc.). The next players can go when they reach the box. Make sure the players have quick rotation so it creates traffic in the middle.

Progression: Add one or two defenders in the box.

Coaching Points: Dribbling into traffic and having the awareness to find the space, skill move in the middle (change speed & direction)



Cuckoo's Nest: 15 minutes (30 L x 30 W) U5-U12

Four Teams of around 2/4 players. Each team have their own nest. All the eggs (balls) in the middle. One player from each team runs to the middle, performs a drag back towards their nest and dribble back. High five the next person, process repeats until all the eggs have gone. Team with the most eggs win.

Progression: Players can steal from other nests, once all the eggs have gone from the middle.



4 v 4 Scrimmage: 15 minutes (30L x 30W) U5-U19

Vienna High Five

Create a FUN, SAFE and CHALLENGING environment where the player loves their soccer. Players must strive to master the ball, be excellent at the basics of ball control, passing, dribbling and shooting. Coaches must develop the physical elements in combination with developing the technical and tactical elements of the game.

