

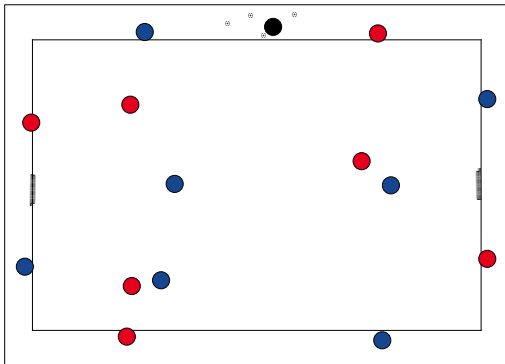
### ACTIVITY 1

This concentrates on developing a good first touch warm up. Players must be in groups of 4 in 20X15 area.

Instructions:

- A. Pass and move 2 touch. Every time a player passes the ball they must go and touch a cone.
- B. Pass and move 2 touch- Receive ball taking a touch with the inside or outside of the foot across the body.
- C. Pass and move 2 touch- Receive ball taking a touch with the inside of the foot opening up the hips
- D. Pass and move 2 touch- Receive ball with any part of the foot adding some disguise.

Duration:	Repetition:	Functional:	Physical:	Set Pieces:	Tactical:	Technical:	Psychological Practices:
0	1	N/A	N/A	N/A	N/A	N/A	



### ACTIVITY 2

The Aim of this activity is to develop a good first touch through 3v3 to 2 targets and 2 bumpers.

Instructions-

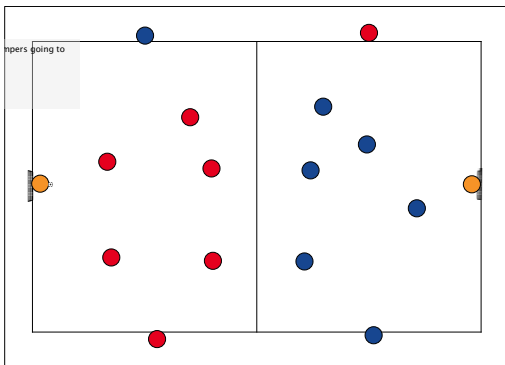
Variation 1.

To score a point a team must play consecutively to one target and then another and then they can try and score on the goal that is opposite of the last target they played.

If possession is lost in between playing one target and the other, the team must start over.

The outside target men and the outside bumpers cannot play to each other.

Duration:	Repetition:	Functional:	Physical:	Set Pieces:	Tactical:	Technical:	Psychological Practices:
0	1	N/A	N/A	N/A	N/A	N/A	



### ACTIVITY 3

Set up: Developing a good first touch 5v5 or 6v6 to 2 bumpers then to goal. Area 60x40

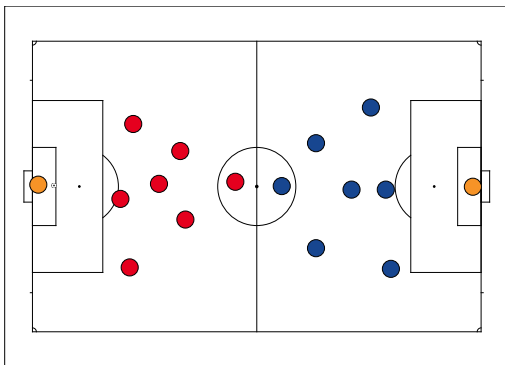
Instructions:

Variation1- Play 5v5 or 6v6 to goal.

Attacking team can only play Bumper players when in the attacking half of the field.

If the attacking team plays to bumpers, that player must change places with the bumper and the bumper player can dribble in or pass into the game.

Duration:	Repetition:	Functional:	Physical:	Set Pieces:	Tactical:	Technical:	Psychological Practices:
0	1	N/A	N/A	N/A	N/A	N/A	



### ACTIVITY 4

Game- 8v8/ 9v9 to goal

Play 8v8 or 9v9 to goal with no conditions or restrictions.

Coaching points-

All of the technical coaching points listed above and the tactical implications of each. (Decision of the surface of the first touch, Direction or first touch, Distance of first touch and Disguise)

Duration:	Repetition:	Functional:	Physical:	Set Pieces:	Tactical:	Technical:	Psychological Practices:
0	1	N/A	N/A	N/A	N/A	N/A	



Rules

GENERAL NOTES

EQUIPMENT

GOAL (24'X8') (4)  
HIGH CONE (9)  
FOOTBALL (10)