

TRAINING SESSION 8

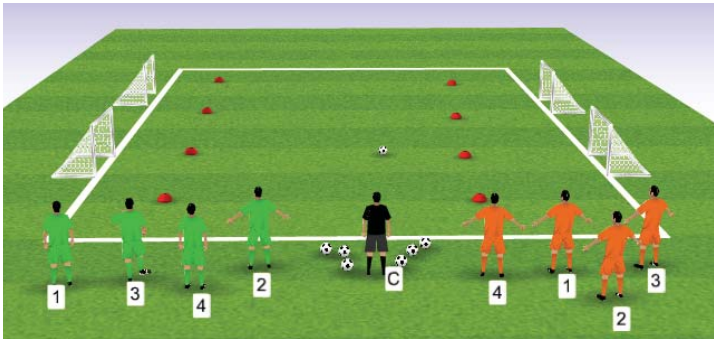


Technical Warm-Up: Crystal Palace

Break group into 2 teams. Each player outside grid has a ball, the players inside the inner grid, without a ball. Sequence as follows:
1: One-touch pass back to player on outside.
2: Receive a pass, and dribble the ball to a new player on outside.
3: Instep volley back to player's hands.

Note: One skill at a time for a minute, then switch roles.

Note: The players return to inner grid after skill has been completed.

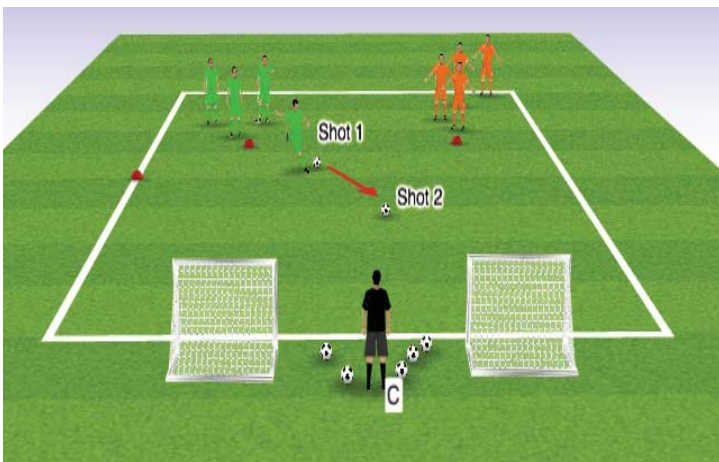


Activity 1: Numbers Game Shooting

20x30 grid with a line of cones 10 yards from goals. Split into 2 groups. Give each player a number. Coach plays the ball into the middle of the grid and yells a number. The players with those numbers will have a 1v1 battle. Players can score in any of the 4 goals, but must shoot before the line of cones.

Note: Give players new numbers after some time.

Note: Call two numbers & have two 1v1 battles going at same time.



Activity 2: Double Shot Game

Split group into two teams. Setup as shown with players about 25 yards from goals.

Coach passes 1st ball on ground and player hits it one time into either goal. Coach then passes a second ball on ground and player hits it one time into either goal.

If player makes neither: Out of game.

If player makes one: Stays in game.

If players makes both: Stays in game, can either bring back teammate or challenge player on other team to make both shots.

Team that has at least 1 player left in game, wins.



Activity 3: 4 Goal Game

30 x 20 grid, split group into 2 teams. Field setup as shown. 2 v 2 on each half of the field. Players must stay on their own half. Green defends one set of 2 goals, Orange defends the other.

Points: 3 points for a goal coming from defensive zone, 1 point for a goal coming from offensive end.

Coach resets if ball goes out. Passes can be made from half to half.