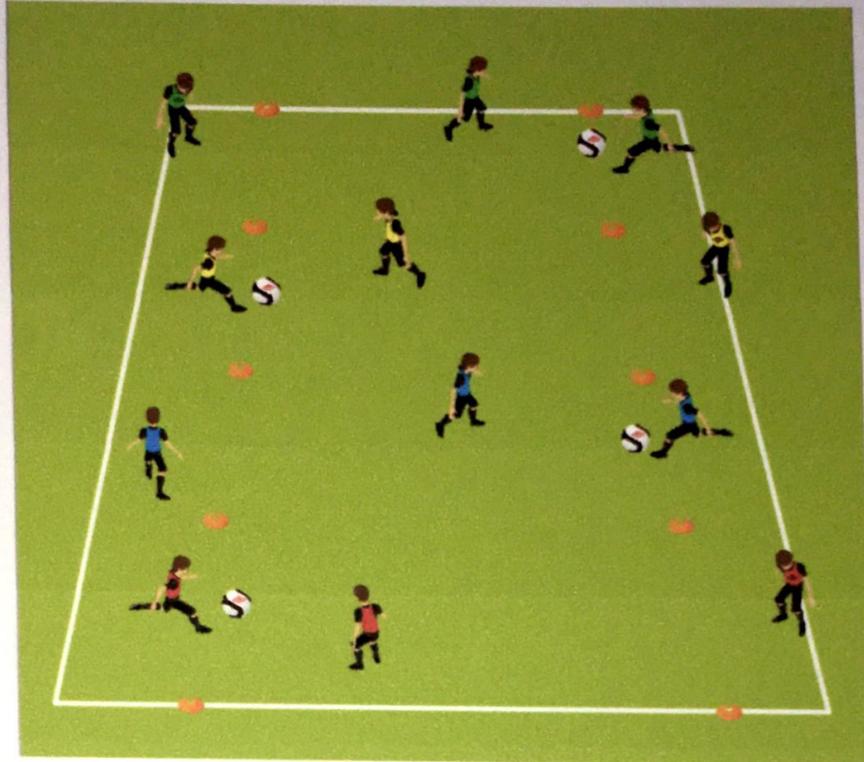


Week Six – Warm Up

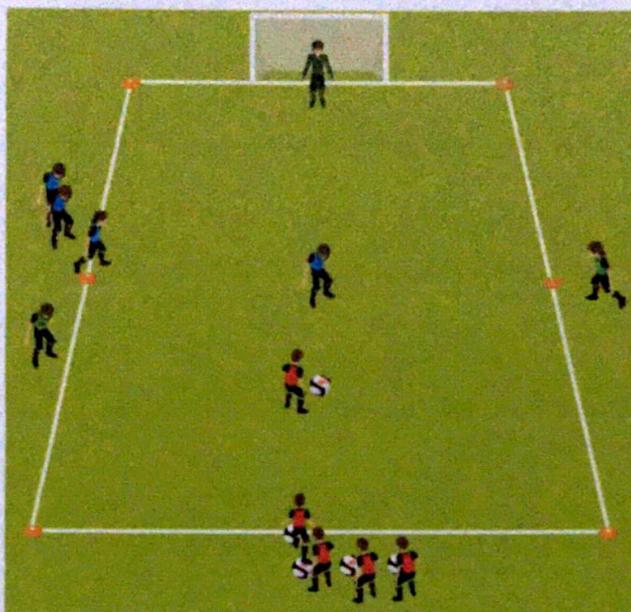
Short Short Long



- OBJECTIVE:** Passing/Receiving Technique, Movement without the ball
- TIME:** 15 minutes
- GRID SIZE:** 2 lines of cones 20 yards (length) and 10 yards (width) increase/decrease based on ability and technique being taught
- EQUIPMENT:** 10 cones, 4 balls
- ORGANIZATION:** Groups of three players (four groups) One player each on the ends and one player in the middle
- RULES:** A plays SHORT pass to B; B plays SHORT pass back to A; A plays LONG pass to C and follows pass. B takes A's spot Creating another SHORT-SHORT-LONG opportunity.
- COACHING POINTS:** Inside of foot passing technique
Instep passing technique
- VARIATIONS** Player in middle stays for 45-60 seconds, then rotates to the outside.

Week Six - Tech Game

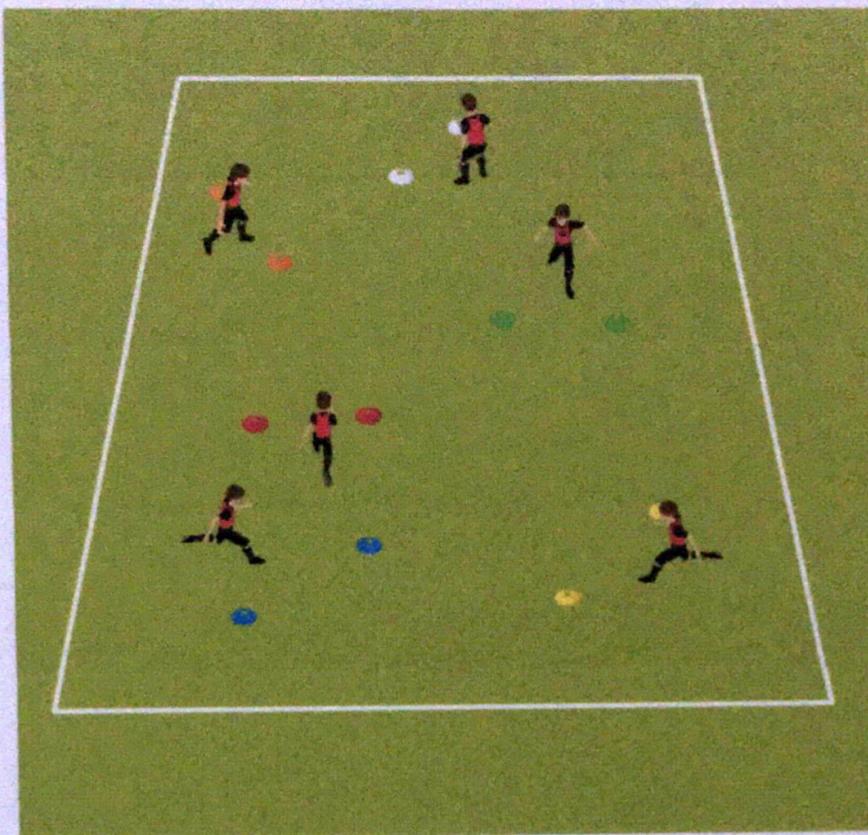
1 v1 + 2 to goal



- OBJECTIVE:** Improving ability to go past a defender (Dribble or Wall Pass)
Improving shooting on goal
- TIME:** 15 minutes
- GRID SIZE:** 25 yards (length) x 15 yards (width); vary size by age and ability;
goal 7 yards (width)
- EQUIPMENT:** 6 small cones, 2 large cones, 2 pinnies, supply of balls
- ORGANIZATION:** One GK, Two neutral (wide) players, the rest divided into two teams (1 Attacking, 1 Defending)
- RULES:** Attacking player starts play by dribbling into field. Defending player defends when ball is put into play. Attacking player attempts to beat defender (dribble or wall pass with neutral player(s) and shoot on goal. Defender wins ball and dribbles across the attacking start line (for a score). Rotate teams including GK and Neutral players.
- COACHING POINTS:** Get past the defender as quickly as possible, via dribble.
Shoot on goal (low shot to corners is ideal)
- VARIATIONS** When defending player wins ball, he dribbles off the field, and attacker must now attempt to win the ball back. Transition from attack to defense and defense to attack.
Defenders rotate with attacker after they win the ball

Week Six – Fitness

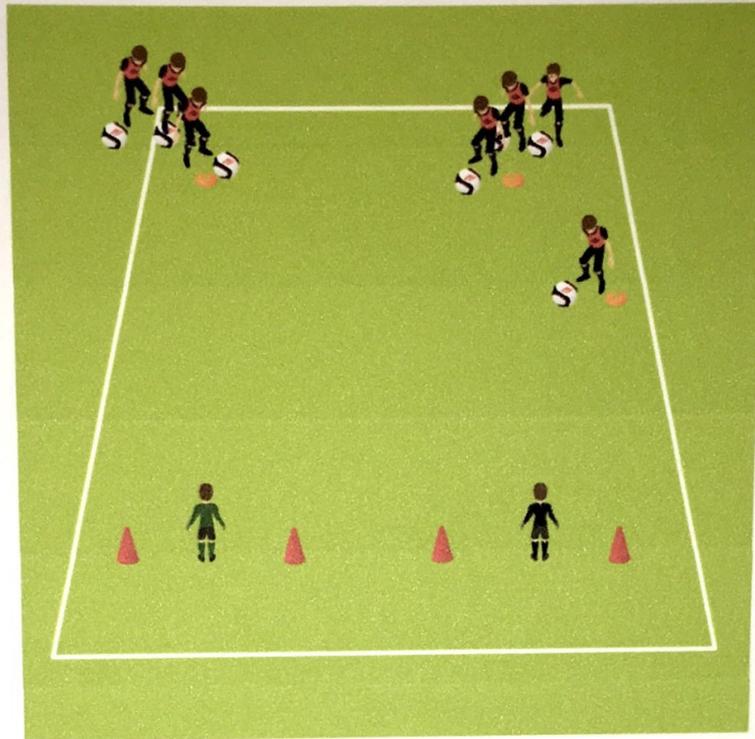
Running Gates



- OBJECTIVE:** Improving coordination, speed and agility
- TIME:** 15 minutes
- GRID SIZE:** Gates spread around field, min. distance between 8-10 yds.
- EQUIPMENT:** 10 cones, 2 cones per gate
- ORGANIZATION:** Gates (3-4 steps apart) placed randomly around field.
- RULES:** Players try to run through as many gates in allotted time
Length of each run should be 30-60 seconds
- COACHING POINTS:** Vision - Avoid crowded gates
Spatial awareness
- VARIATIONS**
- Running Backwards
 - Skipping
 - Push-Up at gate
 - Figure 8 around the cones (gate)
 - Somersault through gate
 - Jump over cones at gate

Week Six – Technical/Tactical Game

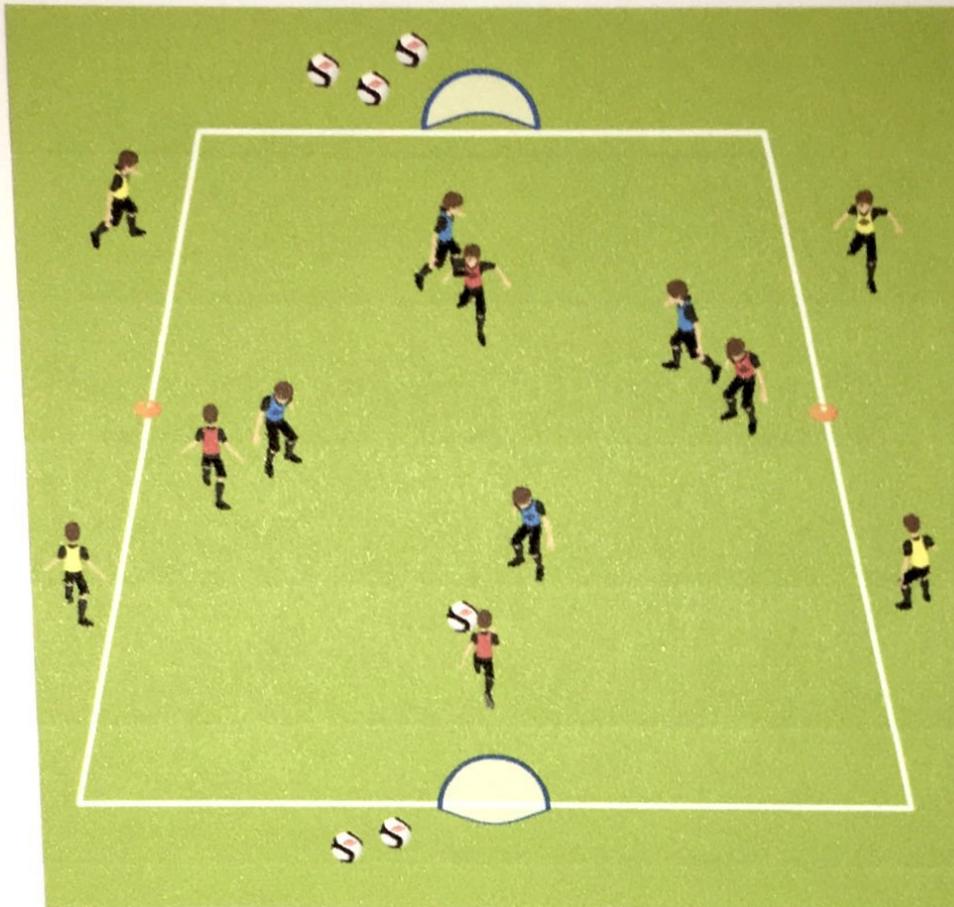
Dribble Shoot & Dribble Pass Shoot



OBJECTIVE:	Improve Shots on Goal
TIME:	15 minutes
GRID SIZE:	Start point is 20 yards away from goal (goal 6 yards wide)
EQUIPMENT:	7 cones and supply of balls
ORGANIZATION	One goalkeeper in each goal (2), one receiver 12 yards from B Goal, all others with a ball at start cones (Groups A and B)
RULES:	Group A shooter dribbles within 10 yards of goal and shoots; Group B passer dribbles 3-4 yards and passes to receiver, who receives ball, turns and shoots on goal. Passer replaces the receiver/shooter. Rotate Goalkeepers every 5 shots.
COACHING POINTS:	Dribble at game speed Instep passing technique Inside of foot passing technique Shoot low and to corners
VARIATIONS	Shooter must use right/left foot or pre-determined technique.

Week Six – Final Game

4 v 4 + 4



OBJECTIVE:	Creating game situations in small sided games, utilizing numerical advantage.
TIME:	15 minutes
GRID SIZE:	30 yards (length) x 20 yards (width), goals 7 yards (wide)
EQUIPMENT:	6 small cones, 4 large cones, 4 pinnies
ORGANIZATION:	Four teams of four players. Two teams play 4 v 4 with other team on outside of field (neutral) playing with the attacking team
RULES:	Teams play 4 v 4, attacking team can play ball to each other and 4 neutral players (on outside). Rotate teams every 5 minutes.
COACHING POINTS:	Pass to open players, use neutral players if necessary Team shape - Diamond (organize when ball is out of play) Combination play (wall pass)
VARIATIONS	Limit # of touches (two touch max., 3 touches max.). Game to one goal, winning team stays on.