

# TRAINING PROGRAMME 8

## Put all the players into 4 Teams

**Warmup:** Try the Matchday warmup

### PASSING PAIRS

All players in pairs with one ball:

- Left, Right, Outside Foot, Little Chip
- Headers Standing/Jumping, Keepy-Uppy
- Alternate: One Headers the other traps the return ball?
- Move around with ball. Introduce catchers to get the ball off the pairs.

### FUN GAME: Three ball keepaway

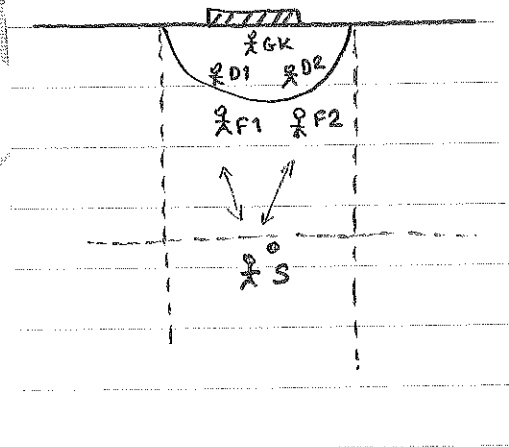
Start with two teams of equal numbers and three soccer balls. On your signal, players try to possess as many balls as possible.

On your second signal the play stops and the team in possession of two or more balls wins that round. Repeat several times.

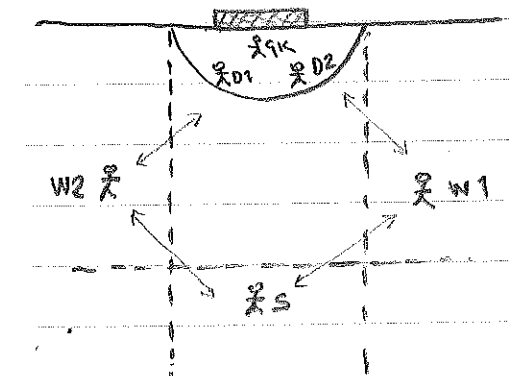
In this game, players must be good passers of the ball to keep possession. They must also make decisions on where to run when they don't have the ball, when to pass or dribble, and whom to pass to.

### Zonal Defence

- Divide Pitch as shown
- Server (S) starts play and passes into Forwards (F1 or F2)
- If shot not on Forwards must pass back to Server.
- Change players every 2 mins



- Divide Pitch as shown
- Server (S) starts play and passes into Wingers (W1 or W2)
- Wingers must pass into Forwards
- If shot not on forwards must pass back to Wingers or Server.
- Wingers can only pass to Forward or back to Server
- Change players every 2 mins



### SHOOTING (Use GK)

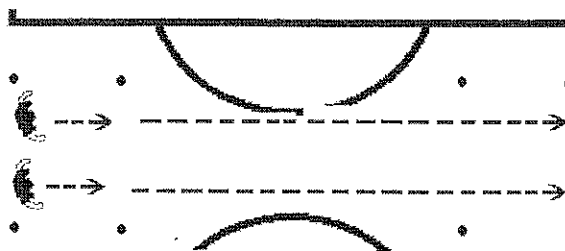
- Headers (Coach throws ball from side), Penalties, Free-Kicks (Use Wall/Defenders)
- 1v1
- Cross in from the Corners to the edge of the D for shot (Use Static Defenders)

### GAME (7v7)

# MATCHDAY WARMUP

## Organisation

Set up cones level with the side of the area, and ten yards inside as shown. It will appear that you have two 10 x 10 yard boxes on the edge of the area. Players run the length of the penalty area doing the following exercises.



## Exercises

1. Slow jog.
2. Sideways skipping. Three steps to the right then three steps to the left
3. High knees out to in. Raise your knee outwards and bring it inwards. Alternate sides.
4. Side to side skips. Facing forward, three steps to the right and then three steps to the left. Swing your arms.
5. Sideways skipping. Three steps to the right then three steps to the left.
6. Stretches
7. Slow jog
8. Quick feet to the cone (10 yards), then three quarter pace to the end. 2 times
9. Side shuffles to the cone, three quarter pace run to the end.
10. Stretch
11. Backwards running with short steps to the cone, then half pace run to the end.
12. Quick feet to the cone, then three quarter pace run to the end.
13. Slow jog to the cone, then full sprint to the end.
14. Sideways running to the cone then sprint to the end
15. Sideways running (face the other way), then sprint to the cone.
16. Stretch
17. Ball warm up