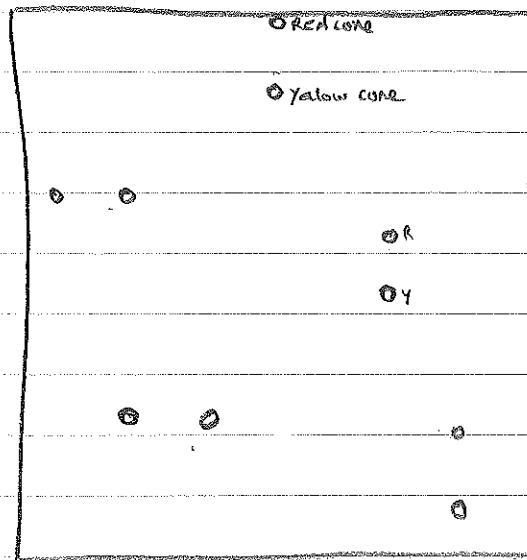


TRAINING PROGRAMME No. 9



- + Everyone in PAIRS (RED SID WITH BLUE SID)
- + 2 cones for each pair
- + 1 ball for each pair

WARMUP:- Move around passing ball through gates

1. STOP PASS
2. MOVING PASS

↳ Follow Player with ball OR Follow Player without ball

NOTE: If someone at a gate move to one which is FREE.

- Standing facing partner at a gate.

1. Short passes
2. Long passes
3. Bounce passes

↳ Bring cones in closer

COACHING POINTS: Keep ball close to feet. Tell partner where you are going. Head up.

SKILLS: Facing Partner at a Gate:-

- Push cones closer and pass on the outside of the cones

↳ Improve by player with ball specifying colour of cone to pass from.

- Push cones back out & one player moves closer to cones, with the ball passed straight thru cones and the partner passes back from outside the cones

↳ Change by bouncing the ball & passing back on outside of cones

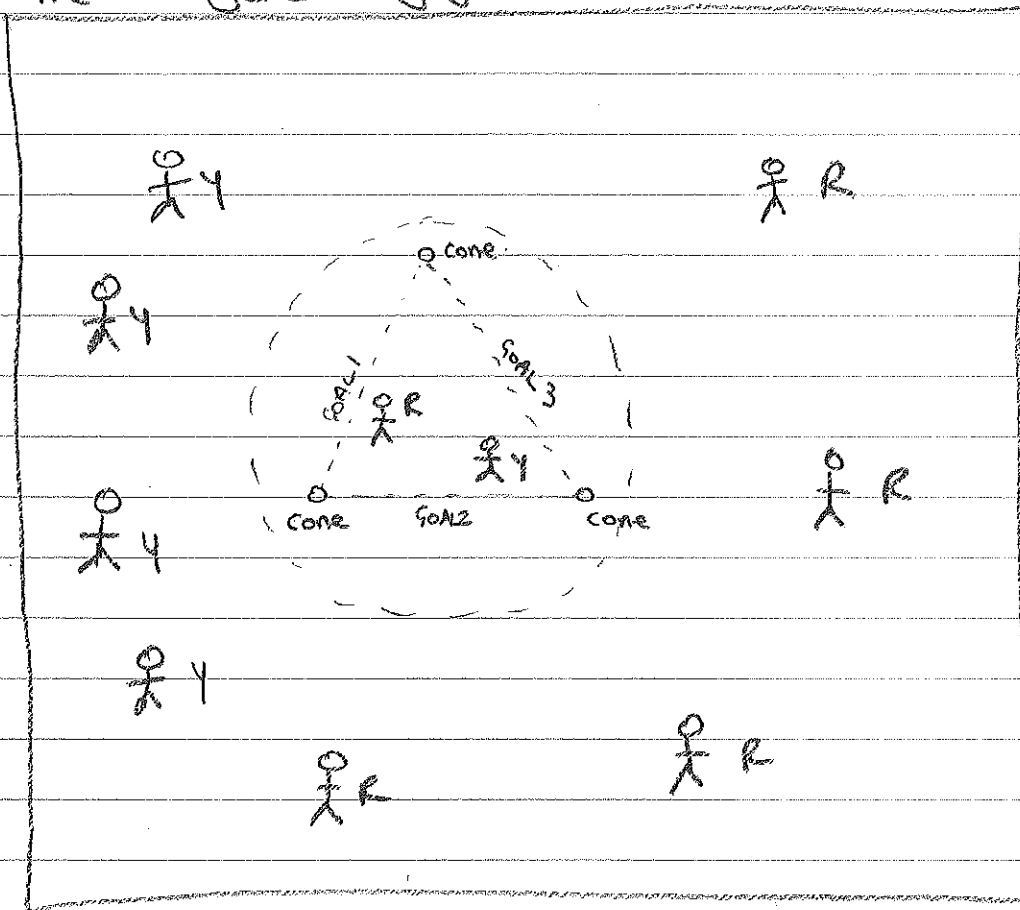
↳ change by specifying colour of cone for partner to pass back outside cones.

COACHING POINTS: advance for some players by specifying must use outside of foot to push ball to side, with bouncing ball '1st touch' must take to outside, etc.

TRICKS: Spend 10 minutes showing the players tricks and encourage fun and praise when they get it right.
Step overs, Coerver tricks, Cruyff Turn

GAME

The triangle shooting game.



Each team has 1 assigned GK.

Both teams can score through the 3 sides of the triangle.

Only GK allowed in triangle.

If GK saves must take outside grid to start again.

7 v 7 if we have time.