



Description

Technical Training

Warmup

Coerver Warmup

Organization:

Every player sets themselves up with one cone and a ball, facing the coach.

How to Play:

Each player stays in a small space around their cone.

On coach's signal, players perform different skills.

Skills - Toe Taps, Tick Tocks, V, L, Dribbling Patterns using all parts of foot

Coaching Points:

Keep ball close to feet

Focus on performing skills correctly before you can do them at speed



1v1 Fitness

1v1 Fitness

Organization:

Team splits into 2 groups on opposite sides of field.

Coach sets up in the corner with all soccer balls.

How to Play:

On coach's signal, first player at each red cone sprints to orange cone and onto the field.

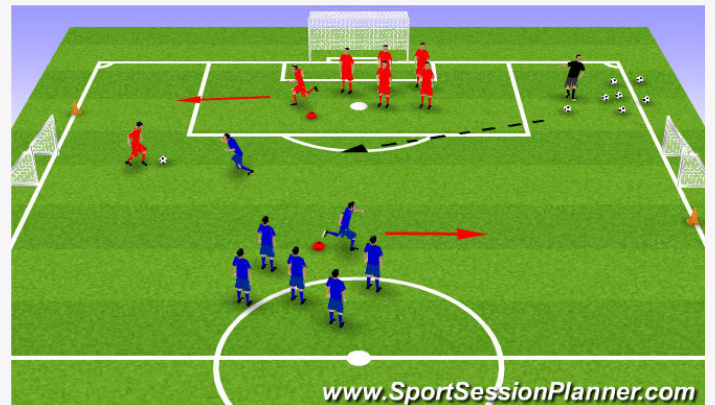
Coach passes the ball to either player.

Play 1v1 to goal

Coaching Points:

Focus on attacking moves to beat defender to goal

Accelerate into open space



Final Game

1v1 Gates

Organization:

Set up multiple gates (goals)

3 or 4 sets of partners playing at once. Any more than that becomes hectic unless you have more space.

How to Play:

Continuous 1v1 game

Each group plays game for 1-2 minutes, then rotate groups.

Goals are scored by dribbling thru any gate, which can be done by beating defender with an attacking move or performing a turn and dribbling away from pressure.

Coaching Points:

Focus on 1v1 attacking & defending principles

