



Warm-up: Dynamic Stretching

Organization:

Create at grid 20 x 20 or find a small space that players can move without interfering with a game and/or session.

How to play:

Players will have the freedom to move inside the grid and coaches will be asking players to provide different kind of Dynamic movements moving forward, sideways and backwards.



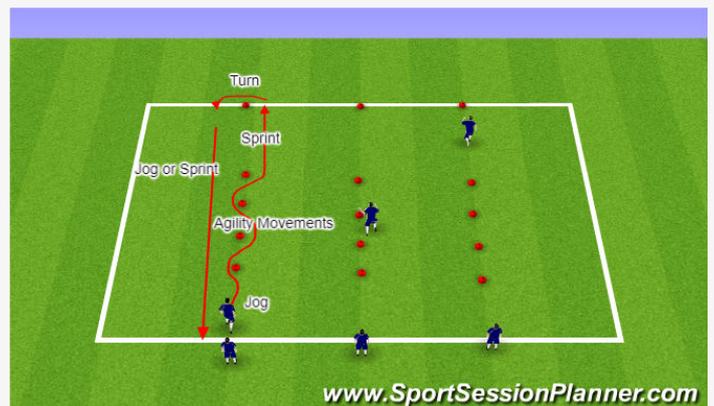
Warm-up: Agilities Movements

Organization:

Create a 20 x 20 grid where you can add few cones in line (1 yard from each other). - Create 2- 3 lines so players do not waist time in line and have consistency of player's movement during the warm-up.

How to play:

- Players will jog to the line of cones
- Apply agilities movements between the cones by facing foward, sideways and/or backwards.
- After the agility movements between the cones, the players will sprint to the cone located 5 -10 yards from the line of the cones.
- Turn towards the cone and sprint or job back to the end of the line.



Activity: Rondo 4 vs. 1

Organization:

Groups of 5 players and 1 ball

How to play:

4 players make a circle around the defender. The offense players will try to keep the possession of the ball and not let the defender win the ball. If the defender wins the ball from the offense player or the offense player kicks the ball outside the circle, they will switch.

Progression/Variation: Increase or decrease the size of the circle, number of offense players (too easy = 3 vs. 1 or too hard = 5 vs. 1). Also, you can make limited touches per player (example: 2 touches max per offense player).



Activity: keepaway

Organization:

Divide your team in 2 teams and the GK plays for both teams.

How to play:

If you have 13 players in your team you can play 6 vs. 6 + 1 GK that can play for both teams. The team will try to keep the possession of the ball inside the grid. Another team will try to win the ball and if they do, they will try to keep the possession of the ball as well. The GK can use his/her hands and play for both teams.

Progression/Variation: Increase or decrease the size of the field. You can add extra neutral players to play for both teams if it is too hard to connect passes. You can make 2 grids (3 vs. 3 + 1 per grid) so players can have more touches on the ball.

