

DATE 07/06/2022	VENUE	DURATION	NO OF PLAYERS	ABILITY / LEVEL
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EQUIPMENT	PURPOSE
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TIME	TASK / ACTIVITY / SESSION CONTENT
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PASS RACE

Description

Set up with 3 gates spread out as shown. 1 ball in front of each gate.

They race through the area (zig-zagging) passing their balls in between the cones (1 point for every successful pass).

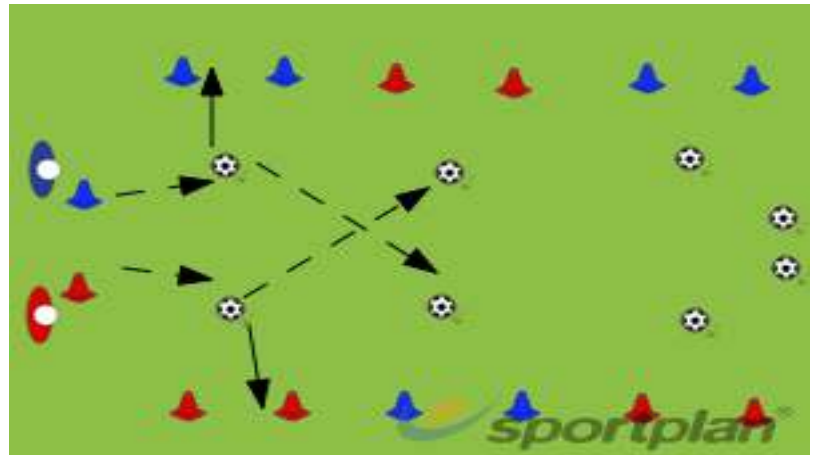
Upon completing the passes they take 1 of the balls at the end and dribble it back through the starting area, 1 player back gets the bonus point.

Coaching Points

Look for good firm passes with different part of the feet (mainly interior and exterior)

Manipulate the distance of the balls from the gates as you see fit.

Depending on the ability of your players you can change the size of the gates.



AGILITY CIRCUIT

Description

Players start on the baseline and run one at a time. The next player starts once the player in front of them has run around the first cone.

Players sprint around the outside of the 18 yard box and then run around the cone near the D.

Players then slow down to a 50% jog and use quick feet to place both feet in each rung of the ladder.

After running through the ladder players run around the next cone and slalom in and out of the cones/poles, facing forward at all times and using quick shuffle feet.

Finally players jog back around the cones back to the start point.

Coaching Points

Players should push themselves here and work hard throughout.

Encourage them to focus on the use of their arms when sprinting and also using quick feet in the ladder section of the course.

Recovery time is when players are jogging back to the start cone (no standing still - players will be given chance to get their breath back between activities).



DRIBBLE, PASS, RUN AND RELAY

Description

Great for warm ups.

Players dribble through the cones, pass to the waiting player at the end of the cones and then run back to touch the first red cone.

They then turn and sprint back inside the red square where they play a quick one-two.

After this they run back towards the start line, looking to run onto the weighted pass from the blue player.

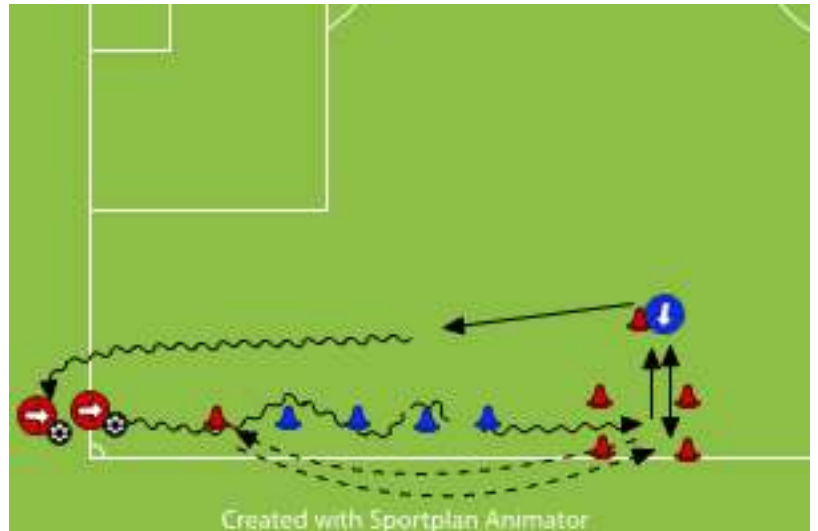
The next player then goes.

Coaching Points

There should be at least two working players as, if repeated, this drill can be quite physically demanding.

The feed (from the blue player) can be played anywhere (chest, head, knees or feet).

Rotate player roles regularly.



WARM UP GRID

Description

Split your players into two groups.

Half of the group runs around the outside of the square for one minute at 60% pace.

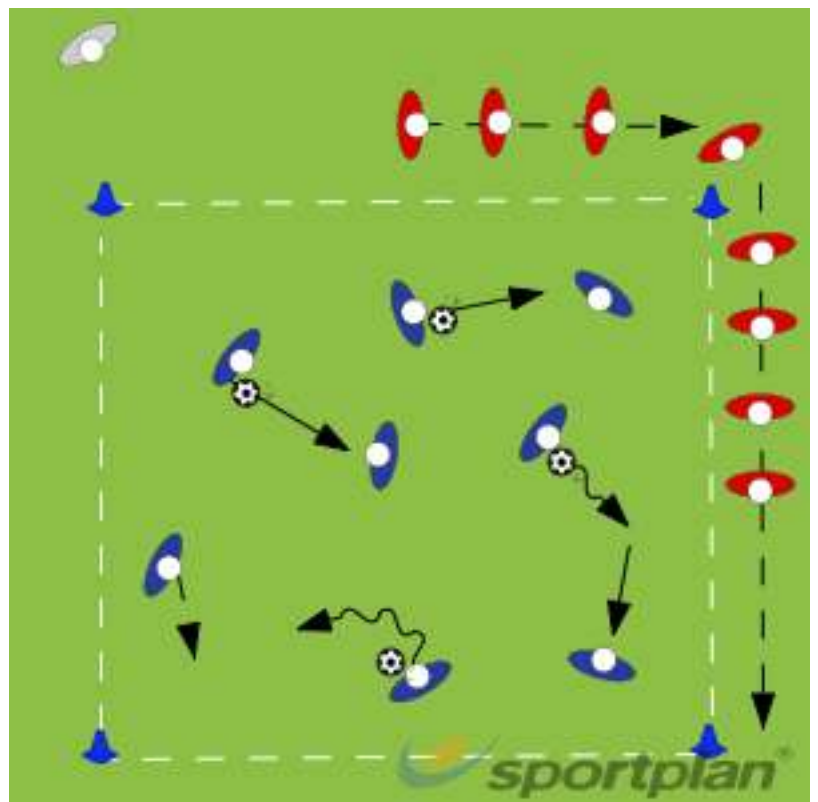
At the same time the other half of your team are working inside the grid. Half of the players have a ball. Players must move and call for the pass when they do not have a ball.

Players work in each area twice (2 runs around the outside and 2 times inside the area).

Coaching Points

Players should be talking when inside the area, calling for the ball when they haven't got it and putting a name on the pass when they do.

Players should also be aware of what is around them and looking to turn and pass as soon as they have the ball, and they should go looking to receive a pass as soon as they have passed themselves.



SUICIDES - SPEED ENDURANCE

Description

Set up to the side, using the pitch markings as an indicator of where to place your cones (on the touchline, in line with the 6 yard box, penalty spot and baseline).

On hearing your whistle players sprint as fast as they can to the first line and touch the ground with their hand before quickly changing direction and running back to the touchline.

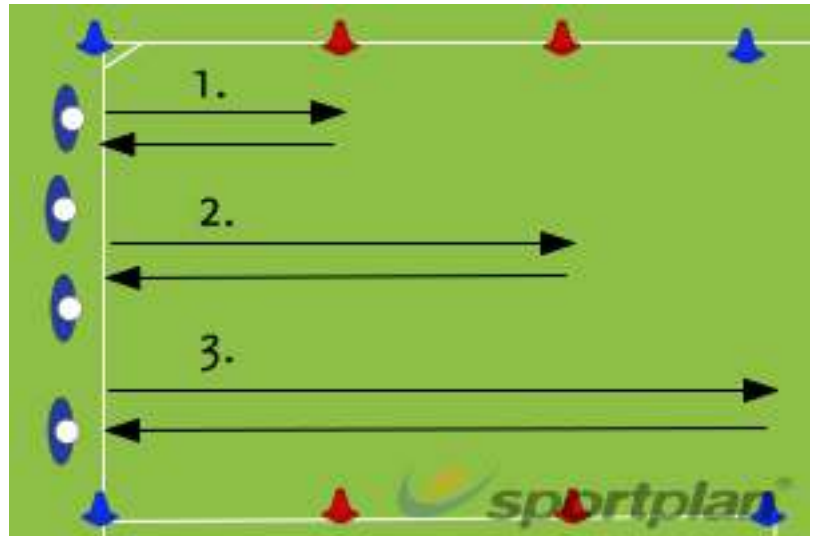
Repeat to the next line.

Finish the suicide by running as fast as you can to the furthest cone, touch the line and run back to your original starting point.

Coaching Points

Players are given one minute to recover and get their breath back before repeating one more run.

(1 minute to complete the first set of suicides, 1 minute to recover and 1 minute to complete the second set).



KAREOKE SHUFFLE

Description

Stand side ways on the the ladder with right foot inside the 1st rung.

The player should then step with their left foot steps across in front of the right foot to the next rung, then the right foot steps to the the next rung and the left foot behind, all the way to the end.

Coaching Points

As much as possible tell players to keep their head up.

Progression:

At the end of each ladder you could have a feeder with one ball who throws it to the player as they reach the end of their ladder - this would encourage players to keep their heads up and would also enable players to work on their touch and control.



LADDER - IN OUT

Description

Start with both feet inside one of the rungs and jump both feet outside the ladder (so the ladder is between both feet) then jump with both feet inside the next rung.



SLALOM

Description

Weave in and out of the sticks touching the cones to either side of the run.

Coaching Points

Ensure players are moving quickly and getting down well to touch cones.

Get players to jog after touching final cone.



HOPPING

Description

One leg hop in each rung

Coaching Points

Ensure quick feet and always be aware of foot position in case of injury.



Description

Stand next to the middle cone. Sprint forwards 10 metres to the first cone, turning sharply as you reach it, before sprinting 20 metres to the far cone. Sprint back 20 metres to the second cone and finish by running past the start cone.

Players should cover 60 metres in total. Complete 10 full shuttles, with 30 seconds rest between each run.

Coaching Points

Drill is used to help boost acceleration so players can close down opponents or beat a defender to a loose ball. The aggressive changes of direction will overload the hamstrings, glutes, quads and calves. This will strengthen muscles and tendons required for football.

