

Practice 5: Focus on the Game

Practice Activities

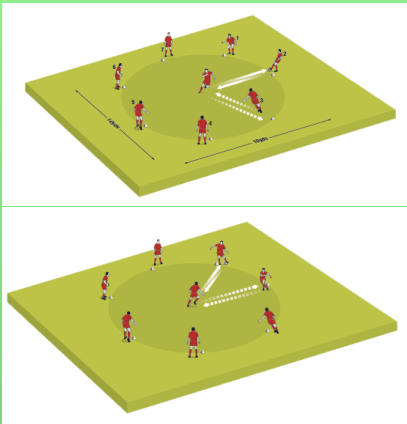
1. Warm ups / Coerver Touches [15 min]
2. Drills [35 min]
3. Small Sided Activity [15 min]
4. Small Sided Game [20 min]
5. Sprints [5 min]

1 Warm Ups

Run the **CLOCKS** drill until everyone arrives and for a few minutes after.

Time: 2 minutes

Clocks



Drill Description: Create a circle with your players of around 10 yards in diameter. Place cones around the circle where each player should stand, or go inside the centre circle and get the players to take a few steps forwards to get the right size. We've used eight players.

1. Start with the player in the middle who passes to one of the players around the circle
2. Immediately the pass gets away, the centre player swaps position with the player clockwise from the player he passed to.
3. The player he swaps with must get quickly into the centre to receive the ball and pass it to the next player anti-clockwise around the circle.
4. Players continue to pass anti-clockwise and swap position with the player clockwise.
5. Try and get players to use one touch to get the ball around the clock

Coaching Points:

- Focus on who gets your pass and then where you need to move.
- Attempt to complete this drill using a single touch.

Time: 3 minutes

Theme of the Practice

Elements of the Game!

- throw-ins
- corner kicks - offense
- corner kicks - defending
- direct kicks - defending
- direct kicks - taking
- keeper distribution: punt, throw, goal kick.
- kick off.

Time: 10 minutes

Captain Led Warm ups / Coerver Touches (10 min)

Warmups

1. Jog to the 18 yard line and back twice with your ball (inside cut first time, outside cut the second),
2. Side-Step to 18 yd line and back twice,
3. Butt Kickers to the 18 yd line and back twice,
4. Jog Backwards to the 18 yd line and back twice.

Touches

1. Toe-Touches (20 count alternating feet).
2. Pull back and Push Forward (10 each foot).
3. Side to Side or Pendulums (20 count).
4. Triangles (10 each foot).
5. Pullback-Behind (20 count).

2 Throw Ins

Total Time: 15 minutes

Time: 4 minutes

HOWTO: Basic Throw In:

- Both feet must be planted during the throw.
- Both hands must be on the ball.
- Ball must travel over and behind the throwers head.

HOWTO: Deep Throw In:

- For a more deeper throw in the player should advance to the line,
- Plant one foot and drag the other keeping it in contact with the ground.
- Both hands must be on the ball.
- Ball must travel over and behind the throwers head.

Time: 5 minutes

Throw-In to Feet

Have the boys partner up. Have one player stand out of bounds and thrown in to the other player about 3 to 5 yards away. The throw should be directed to the feet of the field player. The field player should trap the ball at his feet.

Time: 5 minutes

Throw-In leading field player

Have the boys partner up. Have one player stand out of bounds and thrown in to the other player about 3 to 5 yards away. The field player should be standing with his body open don field. The throw should be directed in front of the field player. The field player should make a first touch toward goal.

3 Corner Kicks - Defense

Explain the meanings of 'far post' and 'near post'. **Time: 15 minutes**

Positions

Mid-Field Wings: At goal posts. Near post player positioned out of the goal to cut off that near post ball.

Far post marker inside goal marking that edge.

Center backs marking goal side.

Far post Fullback and center midfielder marks goal side.

Near post fullback marks a man.

Center Forward Near 18 corner to cut off any passes out and ready to counter attack.

Once setup Coach will kick a corner for the team to handle. Switch sides of the field.

4 Corner Kicks - Offense

Time: 15 minutes

Positions

Forward and wing Mid-Fielders lineup at the corner of the 18 yard box.

Near post full back takes kick.

Center mid-fielder and Far post full back line up between near post 18 yard line and side line. Center mid runs to the PK spot, full back hovers playing the ball.

Center backs should be at half field, keeper at his 18 yard line or further out.

5 Direct Kicks - Defense

Time: 15 minutes

Positions

Form a Wall as close to the kicker as possible- center forward, mid field wing(s). Make the referee move you away from the kick. Center turn and face the keeper and adjust left or right as directed. Defenders mark goal side within the funnel.

6 Direct Kicks - Offense

Time: 15 minutes

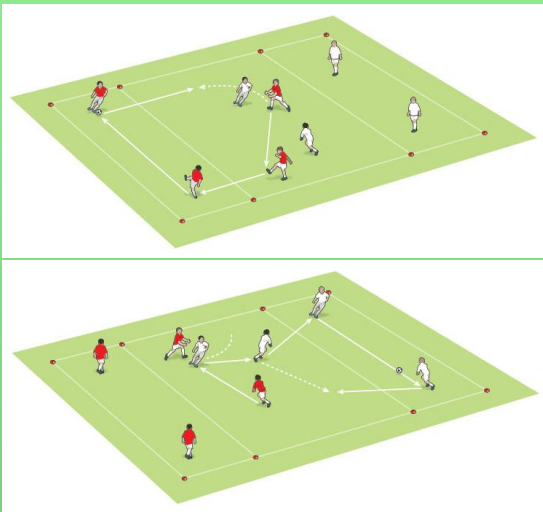
Positions

If the ball is in the

7 Small Sided Activity

Time: 15 minutes, Started at 1:15 PM to 1:20 PM

Block Passing



Drill Description: A drill that focuses on pressing and avoiding the press. The goal is to keep the ball as long as possible.

1. This is a 4v4 game.
2. 20x15 yard area with two 5 yard end zones.
3. The end zones are safe zones and are occupied with 2 teammates.
4. The other 2 teammates from each team are in the central zone playing 2v2 keep away.
5. The center players can pass to the end zone players who are safe from attack, but only after they successfully passed it within the central zone.

Coaching Points:

1. Where are you passing options?
2. Support your teammate.
3. Know where the ball is!
4. Block the ball or the pass. Know where your team is.
5. Without the ball move and talk so your partner knows where you are without seeing you.

8 Game

Start Time: 1:35 PM

Small Sided

Time: 10 minute halves.

Size: 4v4 or 5v5.

Express:

- remind them about the practice goals and expectation there is a lot of movement and passing.
- Funnel Positioning.

- Go outside on our defensive half.
- Pass quickly down sidelines or into open space.
- Avoid passing backward.
- Make a pass early or move early.

9 Close

Sprints (5 min)

Agility runs to cone 5 yards away, stop and step circling cone then explode to next cone, circling it then explode sprinting to half field, jog back to end line and repeat 3 times.