

Practical Session

26th May

Main aim – To develop activities that emphasize special soccer skills and movements off the ball.

16 players

Equipment – 8 balls, 40 cones in two different colours, 2 sets of 8 bibs.

Warm up – Deceptive circle: on the command of the coach a circle of players has to change direction laterally, forward and backward.

Pace, sprint, fake – A ball between two, players spread out. On the command of the coach, players will pass, move and trap, changing directions and paces of the runs. 10 passes

Coaching notes

Shield game – A ball between two. One player has to shield the ball for 10 seconds. If defender touches the ball, they swap places.

Coaching notes

Special dribbles – A ball between two, players will execute different dribbles: flick, cut, elastic, step over, 360.

Coaching notes

One on one – A ball between two, coach and players will discuss individual defensive principles. One player will execute the dribbles practiced trying to touch the opponent's cone with the ball. The defender starts marking passively and then actively.

Coaching notes

1 on 1 – Around the goal area, attacker will try to beat the opponent and score only inside the goal area.

Diagram	Coaching notes