**FUNDAMENTAL – WARM UP**

*Place small grids of different sizes around the field*
*
Players work in groups of 3, with 2 on the outside and 1 in the middle of the small grids*
*
The players on the outside move around the perimeter of the small grid, chasing each other*
*
The player in the middle must move around in the grid so that both players are visible at all times.*
*
Add a ball for all players*

**ORGANIZATION**

**KEY COACHING POINTS**

*Body position*
*
* Keep head up and moving at all times*
*
* Take the quickest turns to keep field open.*

**SMALL SIDED GAME ACTIVITY**

* Keep the small grids in the large grid*
*
* Two of the group now go to the outside of the large grid and one in the middle*
*
* One player on the outside passes to the player in the middle, who must take it through a small grid and pass to the other player*
*
* The player in the middle then moves to the outside of the grid*
*
* The original player who passed it in moves into the grid to receive the next pass. Procedure continues*

**EXPANDED SMALL SIDED GAME ACTIVITY**

* Keep the small grids in the larger grid*
*
* Play 5 v 5 with a neutral and keepers on the outsides*
*
* Each team has a keeper, who can move around the outside*
*
* Teams score a point by playing through a grid with out it getting intercepted.*
*
* Teams score two points if it is played through the neutral*
*
* Keepers are used to maintain possession.*

**MATCH CONDITION ACTIVITY**

* 6 V 6 including GK’s*
*
* Normal Soccer Rules*
*
* Use half of a regular 11 a-side regulation field*

**COOL DOWN**

Players pass and move in pairs. Stretch

**KEY TO DIAGRAMS**

- = Players  
- = Goalkeepers  
- = Small Girds  
- = Pass  
- = Run  
- = Dribble  
- = Goal Net  
- = Ball