## Fundamentals - Warm Up

<table>
<thead>
<tr>
<th>ORGANIZATION</th>
<th>KEY COACHING POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Have 3 players form a triangle by placing their arms on one another's shoulders</td>
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<tr>
<td>* A fourth player stands away from the triangle</td>
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<tr>
<td>* Designate one player in the triangle to be a target</td>
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<tr>
<td>* The 4th player attempts to tag the target player</td>
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<tr>
<td>* The triangle can not run away but must move around to protect the target player.</td>
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<tr>
<td>* Keep switching the person tagging and the target player</td>
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### Warm-Up Activity

- Players are put into pairs with a ball each (activity can start without ball)
- Players stand opposite each other in between 2 cones which are about 5/8 yards apart.
- One player leads and attempts to beat their opponent to one of the cones
- The player who touches the cone first with their ball wins a point
- Players can not cross over the line in between the 2 cones

### Key Coaching Points

- Keep the ball moving
- Bend your knees and lower your center of gravity
- Drop your shoulders
- Quick acceleration

## Match Related Activity

- Place some 3 x 3 yard squares in the grid
- Select 1 or 2 players to be the taggers
- Every other player has a ball and dribbles around the area
- If a player is one of the squares they can not be tagged
- Only one player is allowed in the safe zones
- If another player enters the zone, the other player must leave
- If a player is tagged the switch roles with the tagger

### Key Coaching Points

- Acceleration away from the defender
- Field awareness

## Match Condition Activity

- 5 v 5 including GK's
- Normal Soccer Rules
- Let the players play, but encourage players to take players on when in 1 v 1 situations.

### Key Coaching Points

- Acceleration away from the defender
- Field awareness

### Cool Down

Players lightly jog and skip around the area. Stretch

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