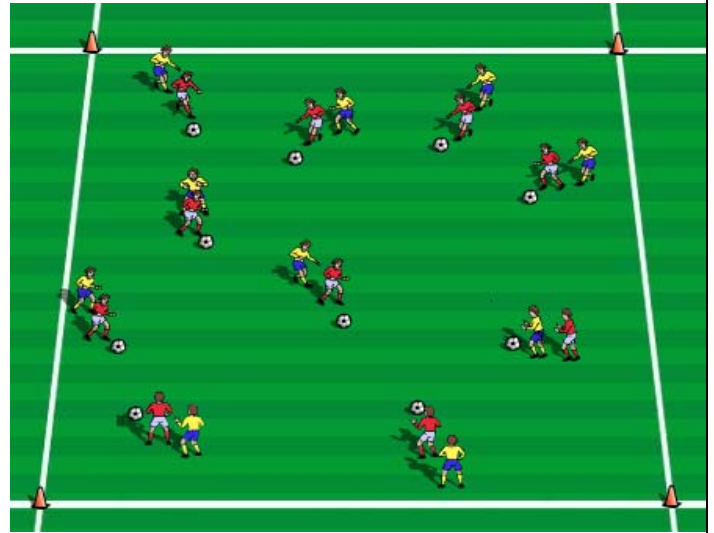


Generic Activity: Coordination **Football Theme:** Creative Movement

A. WARM-UP

Follow the Leader - In pairs, with a ball between 2, players are encouraged to dribble freely throughout the defined area. At first reds take possession, with every possession 'change' dictated by the coach. Conditions of moving with the ball can include:
 1) Preferred foot only; 2) Weak foot only; 3) Inside-outside; 4) inside-inside etc...

Introduce dynamic stretching towards the end of the warm-up phase.



B. GENERIC ACTIVITY

Running Circuit

Players start behind gate A. Jog up to ladders (B) and fast feet (single run). Jog on to cones (C) side skip to each cone. jog over to hurdles (D) multiple jumps. After the last hurdle sprint through gate E. Jog back through gate F and down to gate G. Start circuit again.

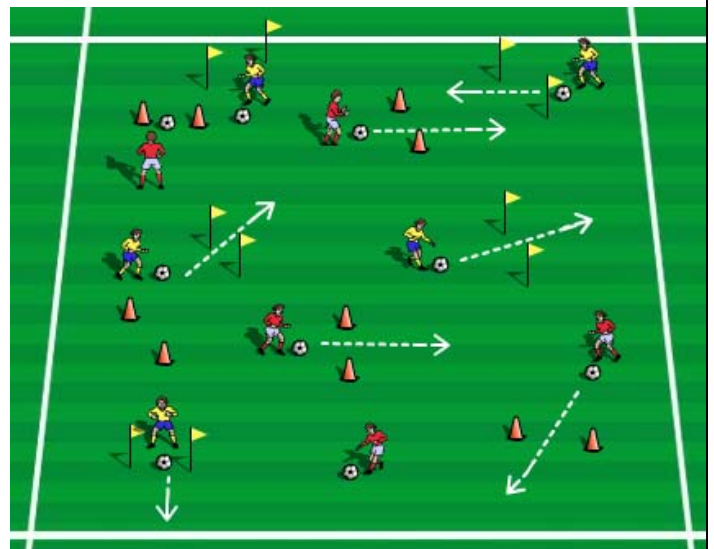
NOTE - Once stage C is reached the next player can go.



C. TECHNICAL DRILL 1 - Creative Movement

Players at first are encouraged to dribble freely with the ball showing various moves to beat opponents and changes of direction. Players eventually progress to dribbling through a gate on the coaches' signal.

Players should be encouraged to use both feet, show changes of direction and speed, awareness of the gates and show various dribbling moves.



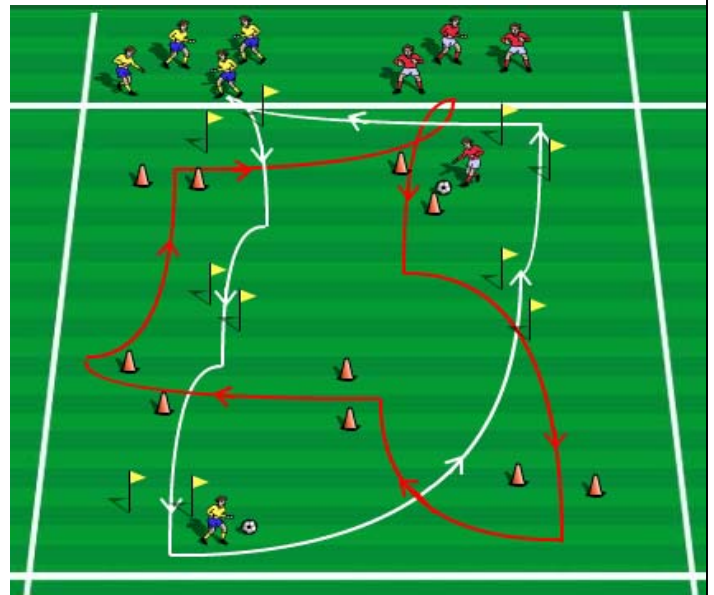


C. TECHNICAL DRILL 2 - Creative Movement

a) 30 seconds to dribble through as many gates as possible;

b) 2 teams, 1 v 1 dribbling - 1 player from each team speed dribble through all gates and back to start.

Players should be encouraged to use both feet, show changes of direction and speed, awareness of the gates and show various dribbling moves.



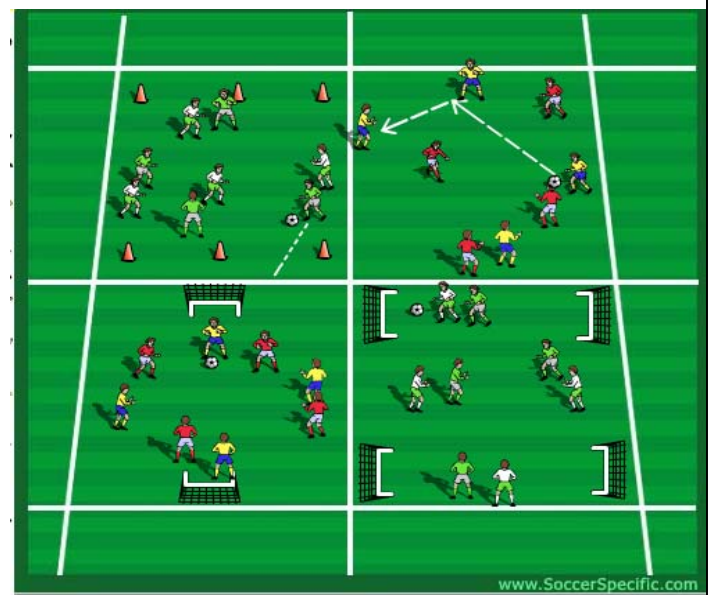
D. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over end-line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.

