

Stage 1 Pairs Passing Competitions

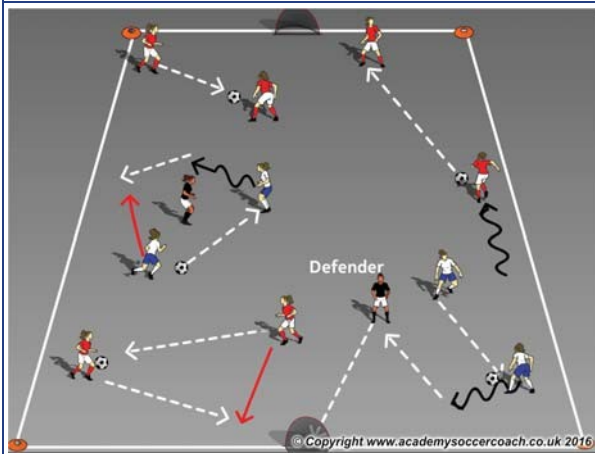
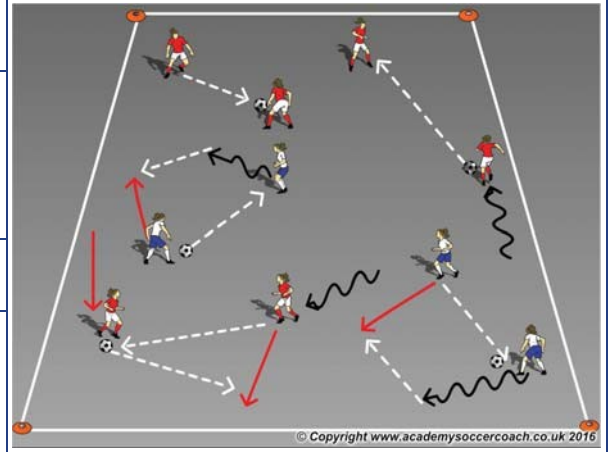
Duration 8 mins

In a 15Wx20L yard grid, players select a partner with one soccer ball per pair. Players start between 5 and 10 yards apart. On coach's command players will pass the ball back and forth as many times as they can. After making a pass, players must move into a new space on the field.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

Round 1-2: How many passes can you make, beat your score.
 Round 3-4: How many passes with your non-favorite foot, beat that score.
 Round 5+: After receiving the ball, a player must dribble the ball first, then pass to their partner.



Stage 2 Pairs Passing with Defenders

Duration 8 mins

In a 15Wx20L yard grid with a goal on each end, all players are in pairs with a ball. Select one pair to be the Defenders without a ball. The Defenders try to steal the ball from the passers and put it in a goal. The passing pairs can take the ball back from the Defenders. If the Defender succeeds in putting the ball in the goal the passing pair become additional Defenders.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

Round 1: Two coaches start as the Defenders.
 Round 2+: Select 2 players to start as the Defenders.

Stage 3 2v1 to Goal

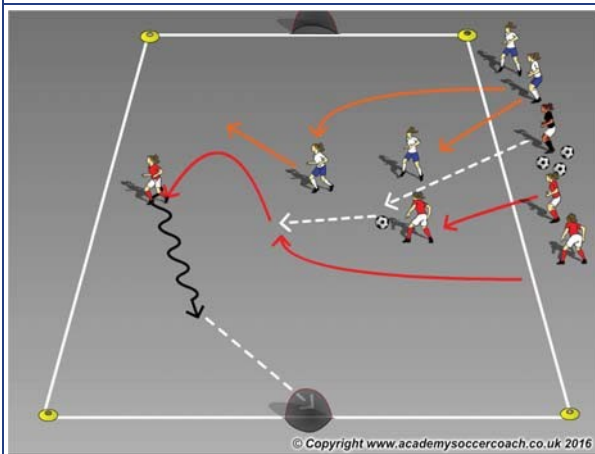
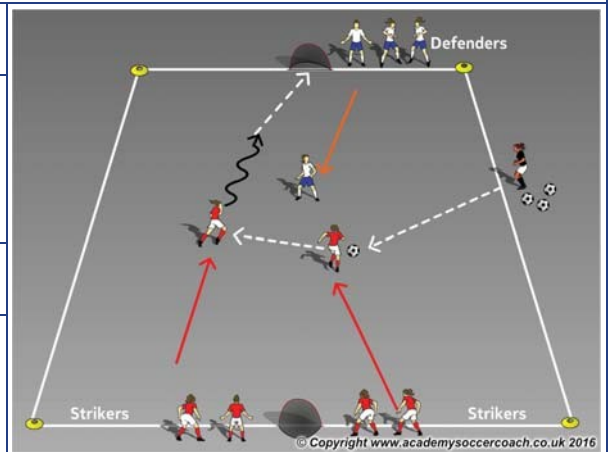
Duration 8 mins

In a 15Wx20L yard grid with a goal on each end line, coach has all the balls on the sideline at midfield. Coach divides the the players into 3 groups; 2 striker groups and 1 group of defenders. The coach passes the ball to one of the groups lines. The first player in each line enters the field. Play until a goal is scored or the ball goes out of bounds. Rotate the attacking and defending groups after a few rounds.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

Round 1: Bonus points awarded for scoring a goal after a pass.
 Round 2: Bonus points awarded for scoring a goal after a turn.



Stage 4 2v2 to Goals at Either End

Duration 8 mins

In a 15Wx20L yard grid, coach has all the balls on the sideline at midfield. Coach divides the players into 2 teams, a team is on either side of the coach. When the coach plays a ball onto the field, the first 2 players from each team will step on the field. Both teams can score on either goal.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

Round 1: Award bonus points for scoring goals after a pass.
 Round 2: Award bonus points for scoring goals after a turn, or move.
 Round 3: Play 3v3.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.