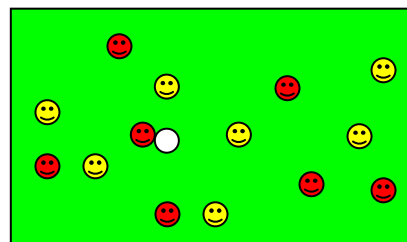


**WARM UP: 1**

**ORGANISATION:**

- 2 Group of 6/7: :1 ball
  1. Players must try to kick the ball to each other
  2. They score 1point after 5 kicks in a team

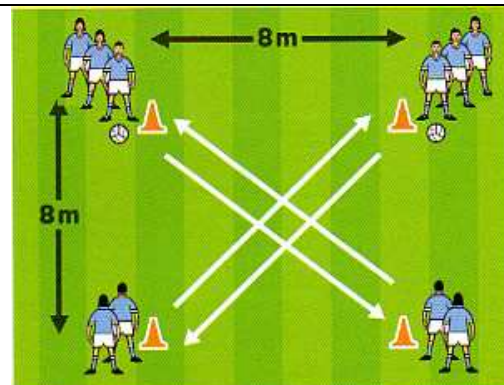


**WARM UP: 2 Cross running catch** *Hand Pass/Fist Pass*  
**ORGANISATION:**

- Mark out a playing area approximately 8m x8m
- 2 or 3 players line up at each cone
- Each player in turn moves forward and throws the ball for the front player at the opposite corner to attack and catch
- Each player follows their throw to take position at the back of the opposite line

**Instructions:**

The catching players should move forward and jump into the ball as it approaches



**DRILL : "Toe tap,turn & pass"**

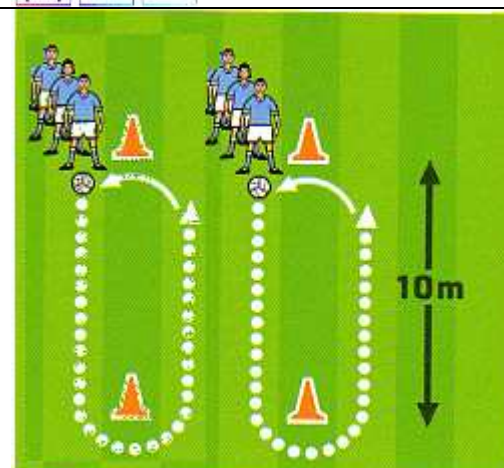
*Solo run & fist pass*

**ORGANISATION:**

- Mark out a distance of 10 m using cones
- Divide players into groups of 2x3,one ball per group
- The players line up behind one of the cones
- In turn each players Solos out and around the far cone, fist passing for the next player as they return to the back of the line

**Complexification:**

Repeat the drill using one bounce in between



**GAME : PLAYING THE GAME.**

**ORGANISATION:**

- 6/7 vs 6/7 :1 goal keeper,2 defenders,1 midfielders,and 2/3 attackers
- Play starts with a throw-in between 2 players from each team in the middle of the field
- The ball may be caught in the hands and played away by kicking it or striking it with the fist
- The ball may be carried for 4 steps before bouncing or toe tapping it
- A player who is fouled takes the free kick and when an opponent fouls the ball (e.g : overcarries it )the player nearest to the ball takes the free

**Scoring:** -1point when the ball is played over the crossbar  
- 3 points when the ball is played under the crossbar

