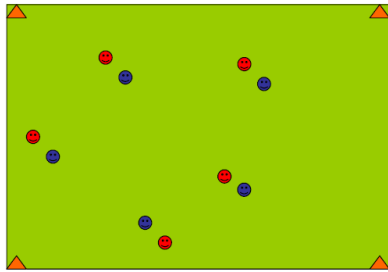


Warm Up – Shadow Running

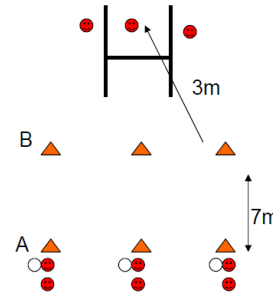


Working in pairs (red & blue above) in 30 second stints.
Red shadows blues run for 30secs.
30secs break after each run.

Encourage lead runner to change direction plenty of times, stop, start etc..

Vary by allowing players carry a football in 2 hands at same time.

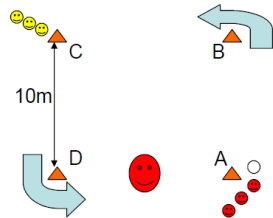
Punch point on the run



- Scoring with handpass/punch pass on the run.
 - Similar to previous shooting drill.
1. Player solos to cone B 3m from goal and punches over the bar.
 2. Player rolls ball for own pick up, gather and punch over.
 3. Player at cone B throws ball up for player to overhead catch and punch over.
 4. Player at cone B (defender) throws ball to player at cone A (attacker), attacker must attempt to go by defender and score with hand/punch pass.

Remember strike ball firmly with inside of wrist (punch pass) or out stretched fingers (hand pass).

Hook Kick Square

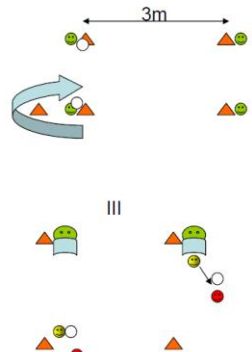


Vary

- a second football with competence
- a competition where every clean catch gets a score.
- a mentor in between cones – players must kick ball over mentor to next cone.

- Simple hook kick drill.
- First red players runs out to cone B and hook kicks ball around cone B to first yellow player at cone C.
- Yellow player 1 runs to cone D and hook kicks around cone to player at cone A.
- Drill continues.
- Remember – shoulder to the target. Kicking leg comes across the body.
- Change direction of drill to work left foot.

Handpass – long distance/diving



Drill I – simple 3m handpass over and back with partner. Platform arm stationary with striking hand following through the ball in a pendulum “tick tock” motion. Firm fingers outstretched striking the middle of the ball. Make sure to follow hand through the ball.

Drill II – man and ball start at inner cone. Player goes around outer cone and on the run handpasses ball to partner. Ensure player is handpassing on the run and taking a step into the ball when striking the ball. For example if holding the ball in the right hand the player should step in with the right foot just before handpass.

Drill III – yellow player with ball moves towards coach (with tackle bag). Coach makes token smother tackle. Yellow player must get out of the tackle and handpass ball back to the supporting red player.
Alternative player dives out of the tackle to make handpass as they fall.

Finish with matches