



# Youth Foundation practice # 1



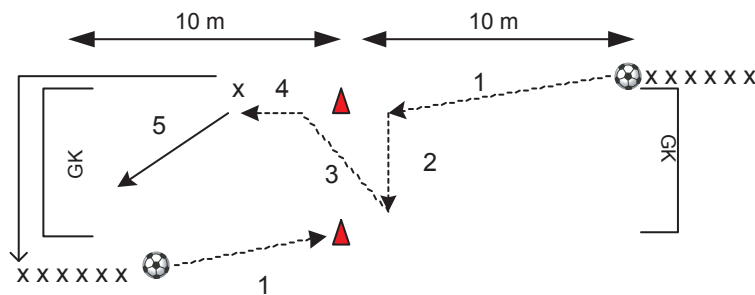
**Practice Focus: Shooting, Ball Control, Flank Attack**

**Time: 1.5-2 hrs including arrival/leaving**

Warm-Ups: Dribbling & Receiving the Ball (30 min)

1. Each player dribble a ball around field in various sizes of the figure 8 using the same foot .
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. In pairs, 10m apart, each pair with a ball. Player throws ball to partner's head and calls "catch" or "head". Partner does opposite of command, heads ball when call is "catch" and vice versa.  
Alternate positions.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. In pairs, 15m apart, each pair with a ball. Partner passes ball and calls either "man on" or "turn".  
"man on" requires one touch pass back , "turn" requires controlling ball, turning, dribble two steps turn again and pass back to partner, calling out either command.
6. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
7. Heel stretch (hold 20 seconds each side, 3 reps/side)

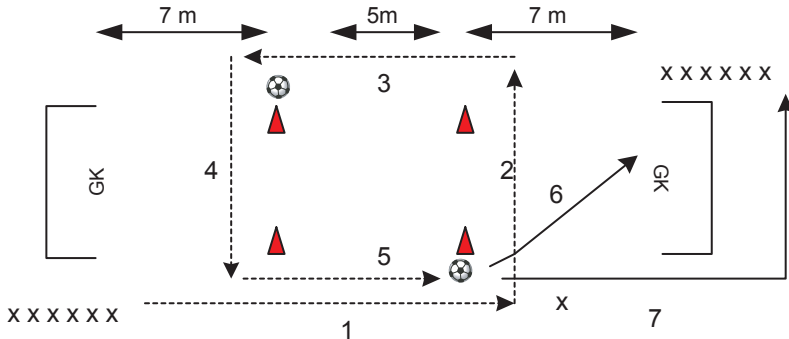
Technical Skill: Change of Direction Dribble and Shoot. (15min)



1. x dribbles ball to cone
2. x changes direction and dribbles to opposite cone
3. x changes direction and dribbles diagonally across, wide of the net.
4. x sets up shot with one last touch
5. x shoots and runs to end of opposite line

Both lines do drill at same time avoiding collision at center by looking up.

Fitness Focus: Run-Sprint-Shoot. (15 min)



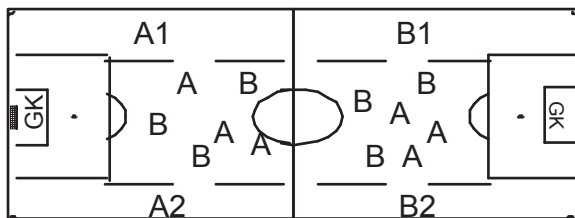
1. x half sprints to second cone
2. x sidesteps to cone across
3. x runs backwards to 4th cone
4. x sidesteps to cone 1
5. x sprints to ball
6. x shoots ball on target
7. x sprints to back of other line

Both lines do drill at same time, avoiding collisions.

Coach/helper replaces ball for next shot

Tactical Drill: Flank Attack with Switching Play. (30 min)

- B plays left to right, A right to left
- A1/A2 and B1/B2 stay in their lanes
- Ball must be played to lane players first before goal can be scored



vary rules to suit your team's progress

Scrimmage: 4 v 4 on 2 goals. (30 min)

Choose 4v.4 small games and set up small fields. Vary rules as to number of touches ,player position, moves.etc. before goal can be scored or play full field scrimmage with a particular tactical objective.

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.