9v9 Pre-Game Warmup

Category: Warm-ups
Difficulty: Moderate

Am-Club: New Mexico Rapids Soccer Club
Technical / Coaching Directors, Albuquerque, United States of America

Movement / Activation (10 mins)

11v11 Pre-Game Warmup
Activation Phase: Players form two lines and perform various movement patterns (jog, knees up, heels up, side to side shuffle, skipping, etc...) out to cone (20 yards). Once they reach the cone plyers jog back to starting cone.

Passing Tunnels (Technical) (10 mins)

Set-up:
Players split up and perform passing tunnel (players pass and move to line across from them where they just passed). Working on 1st touch, passing and timing.

Variation: Passing on one side and receive and dribble on other, short - short -long combinations, etc...
COACHING POINTS:

7v5 Playing Out (15 mins)

DESCRIPTION/ORGANIZATION: GK-2-4 vs. 1-3-1 Playing out of the Back to Counter Goals

This activity is a playing out of the back game in a 7v5 (GK-2-4 vs. 1-3-1) to counter goals. Coach is a midfield and serves ball into team (Blue) that is playing out. Team playing out tries to build out and dribble through any of the three cone counter goals. If any of the five defenders (White) win possession, they transition to big goal w/ GK.
Variation: Can adjust the numbers if needed based on playing out success or based on number of players on your roster.
COACHING POINTS:
Coaching in attack:
- Good decision making. Players value ball possession.
- Speed of play (tempo) and technical quality.
- Transition. maintaining 1st pass after possession is won.
-Shape and spacing.
Coach in defense:
- Defensive shape and structure.
- Get pressure on the player with the ball. Players off ball are taking defensive positioning / rotations.
- Be prepared to switch structure after taking possession. Maintaining 1st pass. Good in transition moments.

Passing Combo w/ Finishing (10 mins)

DESCRIPTION/ORGANIZATION:

This is a finishing activity working in threes. Players work on various combination plays that end in a shot at goal. Combination pictured is a overlap that ends in a one touch shot on target.

Coaching Points:

-Pass the ball with the correct speed/weight and on to the correct foot.

-Combination should be executed in a fast crisp manner.

-Follow through of the kicking leg and focus on quality finishing.