



SAQ Winter Manual

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CONTENTS



| Page Number | Contents |
|-------------|--|
| 3 | U8 - U12 Developing speed and agility with and without the ball |
| 4 | U8 - U12 Developing speed and agility with and without the ball |
| 5 | U8 - U12 Developing speed and agility with and without the ball |
| 6 | U8 - U12 Developing speed and agility with and without the ball |
| 7 | U13 - U18 Developing speed, agility and quick feet - Half field activities |
| 8 | U13 - U18 Developing speed and agility with first touch and passing accuracy |
| 9 | U13 - U18 Reaction, work, rest & play and soccer tennis |
| 10 | U13 - U18 Rondos and 1v1' s w/ SAQ |

INTRODUCTION

Why is SAQ beneficial for players?

SAQ is designed for athletes for the enhancement of athletic performance and injury prevention. Exercises focus on movement efficiency, co-ordination and reaction training. Taking part in a series of these exercises will result in the development of muscle strength, endurance and motor skills.

Speed, Agility and Quickness training sessions use a range of specialist equipment including speed ladders to increase foot speed and quickness, hurdles and hoops to develop running mechanics and co-ordination and poles to develop agility and lateral movement.



Theme/Objectives:

TO DEVELOP PLAYERS SPEED, AGILITY AND QUICKNESS WITH AND WITHOUT THE BALL

Age: U8-U12

Mesocycle: Winter

Microcycle: Phvs/Tech

Duration: 20mins

Intensity: Low-Mod

Intervals: 8-10

Work:Rest: 1:1



Organisation/Explanation:

- 30x30 area with all players dribbling with a ball
- Tricks / Turns
- Dynamic stretches

Coaching Points

- Head up
- Lots of touches of the ball using all parts of feet
- Speed of play
- Creativity

Progression(s)

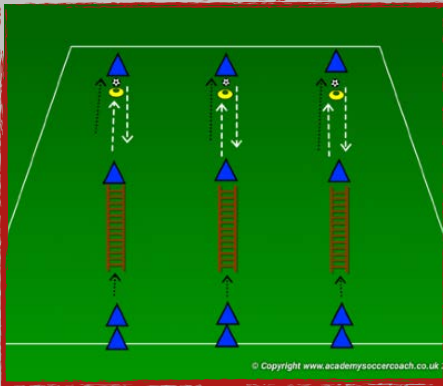
- Each player starts with five points. Every time they make a mistake they lose a point

Duration: 20mins

Intensity: Moderate

Intervals: 5-8

Work:Rest: 1:3



Organisation/Explanation:

- 3 x even groups with ladder and feeder
- Players first run through ladders and then past end cone. Player to then walk back and join queue. 5 complete runs
- After 5 runs, first player will become a feeder at the end yellow cone. Next player runs through ladder then receives pass from feeder and passes ball back
- Player then becomes feeder
- First with good foot then weak foot

Coaching Points

- Correct technique through ladders, ie high knees, straight back, pump the arms, run on balls of feet
- Good pass, side foot. Lock ankle, kick through centre of ball
- Speed and control

Progression(s)

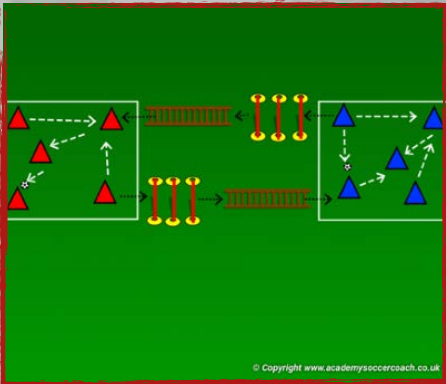
- Change technique through ladder Run/Jumping Jacks/Typewriter
- Make it competitive by having each group race

Duration: 25mins

Intensity: High

Intervals: 5-8

Work:Rest: 5:2



Organisation/Explanation:

- Two teams in each 10x10 box passing and moving. On coaches command of 'switch' players leave the ball and switch boxes. Each team must go through their SAQ activities in the middle. Two footed jumps over hurdles and run through ladder. Once there players pass and moving again.

Coaching Points

- Correct technique through ladders, ie high knees, straight back, pump the arms, run on balls of feet
- Receive pass on back foot
- Head up
- Communication
- Speed of play

Progression(s)

- Create 4v1 keep away in box

Duration: 25mins

Intensity: High

Intervals: 5-8

Work:Rest: 2:1



Organisation/Explanation:

- Players split into 3 groups. 1 player working at a time from each group. Red group runs through ladder and collects ball on edge of area, whilst the blue group runs through ladder and becomes a defender. Yellow group runs through the ladder and becomes a GK. Once a goal has been scored or play breaks down the next players in each group will go.
- Each player will then rotate group after each go. Attacker becomes defender and defender becomes GK

Coaching Points

- Correct technique through ladders, ie high knees, straight back, pump the arms, run on balls of feet
- Speed of play
- Creativity

Progression(s)

- If the defender wins the ball they can also then look to score a goal
- Change SAQ exercise

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Theme/Objectives:

DEVELOP PLAYERS SPEED, AGILITY AND QUICKNESS WITH AND WITHOUT THE BALL

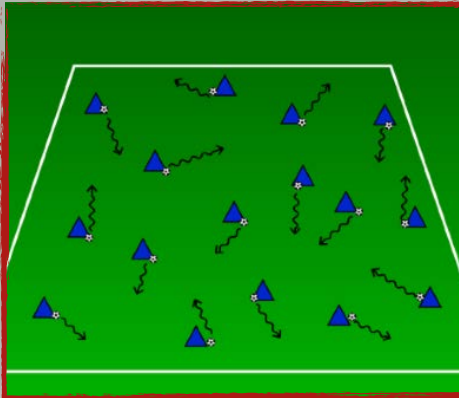
Age: U8-U12

Mesocycle: Winter

Microcycle: Phvs/Tech

Duration: 20mins Intensity: Low-Mod

Intervals: 8-10 Work:Rest: 1:1



Organisation/Explanation:

- 30x30 area with players having a ball each
- Ball manipulation warm-up with interspersed dynamic stretches and SAQ-specific techniques (e.g. cutting exercises, quick movement on toes, changes of direction)

Coaching Points

- Close control and movement with and without the ball
- Desired technique on SAQ-specific movements:
 - On toes
 - Quick and light on feet
 - Engage arms
 - Upright torso
 - Engage core

Progression(s)

- Limit surfaces used whilst dribbling
- Difficulty of turns and moved used

Duration: 20mins Intensity: Moderate

Intervals: 5-8 Work:Rest: 1:3



Organisation/Explanation:

- 30x30 area with 'home-bases' for each of the 4 teams in corners of the grid and area in middle with soccer balls
- As illustrated by Team B in diagram, one player from a team negotiates their SAQ equipment around side of grid and then breaks into grid to get a soccer ball from central area and dribble it back to their team's 'home base'. They then tag their team mate whom does the same thing
- Balls must be stopped within home base area to count
- Knocking over tall cones in central area = have to dribble back and re-set cone
- Play for set period of time (e.g 3mins) or until no balls left in central area - whichever comes first

Coaching Points

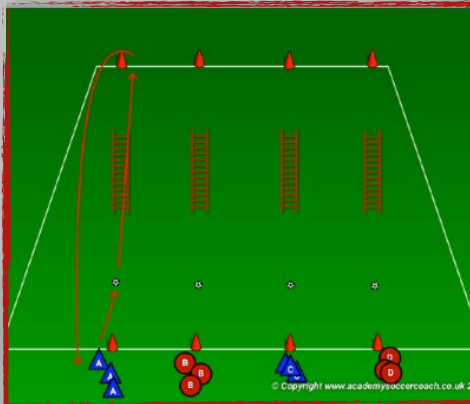
- Desired technique on SAQ equipment:
 - On toes
 - Quick and light on feet
 - Engage arms
 - Upright torso
- Close control and variety of surfaces whilst dribbling
- Decision making - whether to steal or not

Progression(s)

- Players can steal balls from another team's home base to take back to their own rather than getting a ball from the central area - further to run but potentially more reward - adds a tactical element and working on peripheral vision

Duration: 25mins Intensity: High

Intervals: 5-8 Work:Rest: 5:2



Organisation/Explanation:

- 25x25 area
- Ladder races with ball manipulation component
- First simply teach ladder techniques (without racing) to ensure appropriate ladder routines and techniques are being learnt
- When racing, first player from each team sprints to ball, performs ball manipulation technique and then runs through ladder routine set by coach
- Player then sprints round end cone and then back to team to tag next team mate to go
- First team all sitting down earn finished after set number of reps wins
- Give time penalties for incorrect techniques used or ladders being displaced by poor technique once technique mastered

Coaching Points

- Desired technique on ladder and sprints:
 - On toes
 - Quick and light on feet
 - Engage arms
 - Upright torso
 - Quick changes of direction
- Close control and use of appropriate surface on ball manipulation techniques

Progression(s)

- More challenging ladder routines
- More challenging ball manipulation techniques

Duration: 25mins Intensity: High

Intervals: 5-8 Work:Rest: 2:1



Organisation/Explanation:

- 30x30 area set up as shown with 4 mini goals
- 2 teams with players numbered
- On Coach's command, numbers called sprint outside of playing area around cones before splitting into playing area where ball is related by coach
- This then creates a directional 1v1, 2v2 to mini goals
- Players should be assigned more than one number each if wishing to create numbers up/down situations (e.g. 2v1, 3v2, etc)

Coaching Points

- Weight and accuracy of pass/shot
- Desired technique on SAQ equipment & sprints
 - On toes
 - Quick and light on feet
 - Engage arms
 - Upright torso
 - Quick changes of direction
- Close control, movement off of the ball & accuracy of passing/shot in 1v1/2v1/3v2 etc

Progression(s)

- Vary type of service into playing area
- Assign players more than one number for numbers up/down scenarios
- Add SAQ equipment to outside of playing area for players to negotiate en route (as shown)

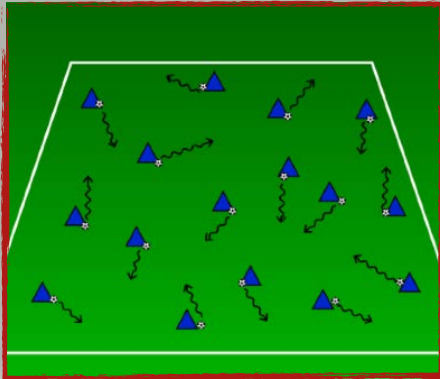
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Theme/Objectives:

DEVELOP PLAYERS SPEED, AGILITY AND QUICKNESS WITH AND WITHOUT THE BALL

Age: Mesocycle: Microcycle:

Duration: 20mins Intensity: Low-Mod Intervals: 8-10 Work:Rest: 1:1



Organisation/Explanation:

- 30x30 area with players having a ball each
- Ball manipulation warm-up

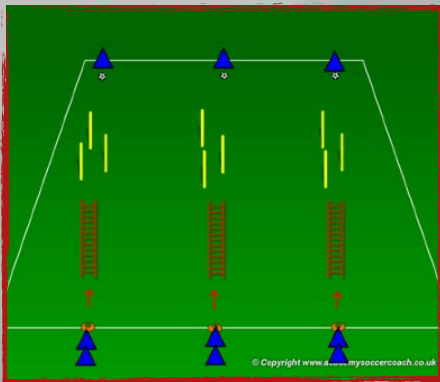
Coaching Points

- Awareness of the space
- Speed and quickness of feet
- Lots of touches with different parts of the foot

Progression(s)

- Add gates to dribble through
- Use mini balls

Duration: 25mins Intensity: High Intervals: 5-8 Work:Rest: 1:3



Organisation/Explanation:

- Amount of ladders & lines dependent on numbers
- Players line up behind the ladders and move through the course using a chosen footwork pattern in the ladders and then side shuffles through the poles
- At the end of the course there is a feeder who will feed the ball to the player moving through the course to play back with one touch with the right, then the left foot.
- After 5 repetitions change the footwork pattern and the touch back to the feeder.
- Change the feeder after each set of exercises.

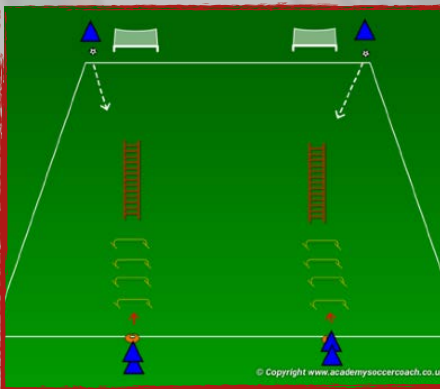
Coaching Points

- Correct technique through SAQ - light on feet, minimal contact time on floor, use of arms and high knees
- Correct technique when using side shuffles - light on feet, small movements
- Quality of touch back to the feeder.

Progression(s)

- Change footwork patterns and touch back to the feeder.

Duration: 25mins Intensity: High Intervals: 5-8 Work:Rest: 5:2



Organisation/Explanation:

- Players move through the hurdles with the technique demonstrated by the coach.
- Players use a designated footwork pattern through the ladders
- At the end of the ladder the player must call for the ball, take a touch and then use a side foot pass into the bownet.

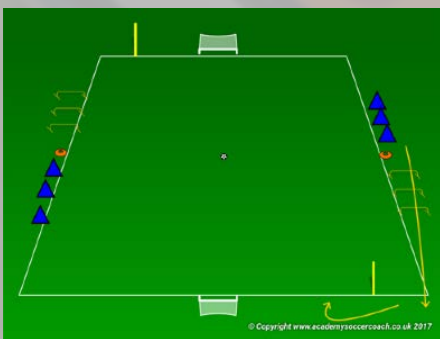
Coaching Points

- Correct technique through SAQ - light on feet, minimal contact time on floor, use of arms and high knees
- Correct technique through SAQ - light on feet, minimal contact time on floor, use of arms and high knees
- Correct technique when using side shuffles - light on feet, small movements
- Quality of touch and side foot finish.

Progression(s)

- Increase complexity of exercise
- Change the type of touch to finish

Duration: 20mins Intensity: High Intervals: 5-8 Work:Rest: 2:1



Organisation/Explanation:

- Players are numbered 1 through how ever many there are on each team.
- When the players number is called by the coach they must move through the SAQ course, round the pole and on to the field to face the other player or players.

Coaching Points

- Correct technique through SAQ - light on feet, minimal contact time on floor, use of arms and high knees
- Close control and quick touches when dribbling the ball
- Awareness and problem solving when placing cone

Progression(s)

- Change the footwork patterns
- Add different equipment
- 2v2 / 3v3

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Theme/Objectives:

DEVELOP PLAYERS SPEED, AGILITY AND QUICKNESS WITH AND WITHOUT THE BALL

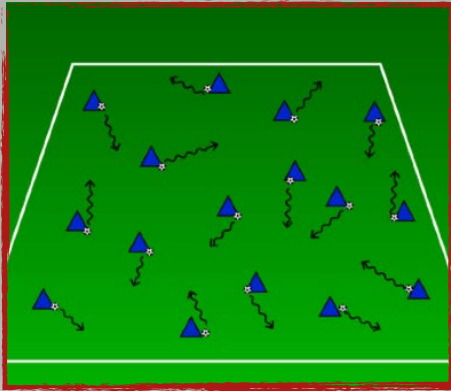
Age: U8-U12

Mesocycle: Winter

Microcycle: Phvs/Tech

Duration: 20mins Intensity: Low-Mod

Intervals: 8-10 Work:Rest: 1:1



Organisation/Explanation:

- 30x30 area with players having a ball each
- Ball manipulation warm-up
- Dynamic stretch

Coaching Points

- awareness of the space
- speed and quickness of feet
- lots of touches with different parts of the foot

Progression(s)

- Add gates to dribble through
- Use mini balls

Duration: 25mins Intensity: Moderate

Intervals: 5-8 Work:Rest: 1:3



Organisation/Explanation:

- 25 x 25 area with 2 teams each player with a no#
- 2 mini goals at either end of the area and SAQ equipment surrounding the outside
- Coach calls 2 numbers and both teams send the 2 players through the SAQ equipment before playing 2v2 to goal

Coaching Points

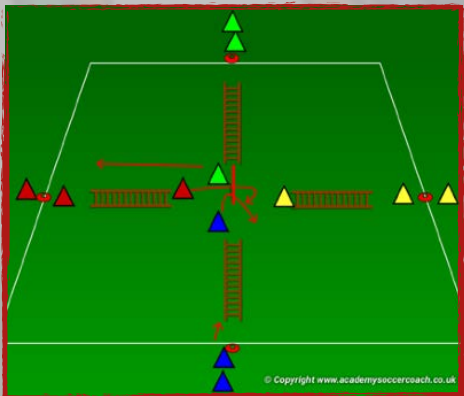
- Correct technique through SAQ - light on feet, minimal contact time on floor, use of arms and high knees
- movement and combinations during 2v2

Progression(s)

- Change SAQ equipment

Duration: 25mins Intensity: High

Intervals: 5-8 Work:Rest: 5:2



Organisation/Explanation:

- 25x25 area with 4 teams
- Ladder routine with player interference
- First simply teach ladder techniques (without racing) to ensure appropriate ladder routines and techniques are being learnt
- Players must complete a different exercise at each ladder before running round the center pole and to the start of the next ladder
- Players should move to the right each time

Coaching Points

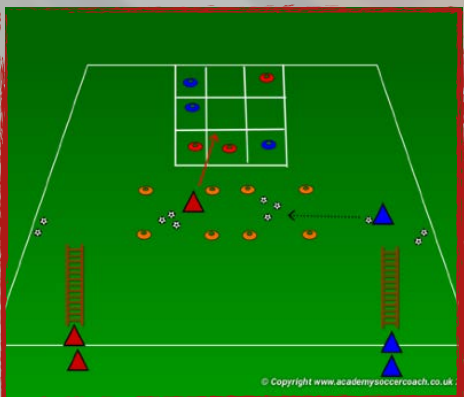
- Correct technique through SAQ - light on feet, minimal contact time on floor, use of arms and high knees

Progression(s)

- Increase complexity of exercise
- Incorporate the ball
- Team races

Duration: 20mins Intensity: High

Intervals: 5-8 Work:Rest: 2:1



Organisation/Explanation:

- 3-In-A-Row
- two teams each have different color cones and must complete a ladder routine before dribbling a ball into a square and picking up a cone and placing in the grid with the aim of getting 3-in-a-row
- They must then tag their team mate who must complete try to do the same until one team win

Coaching Points

- Correct technique through SAQ - light on feet, minimal contact time on floor, use of arms and high knees
- Close control and quick touches when dribbling the ball
- Awareness and problem solving when placing cone

Progression(s)

- Increase complexity of exercise

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Theme/Objectives:

DEVELOP PLAYERS SPEED, AGILITY AND QUICKNESS WITH AND WITHOUT THE BALL, WHILST DEVELOPING MUSCULAR ENDURANCE & CONDITIONING

Age: U13-U18

Mesocycle: Winter

Microcycle: Tech/Tact



Duration: 20mins Intensity: Moderate Intervals: 8-10 Work:Rest: 5:1

Organisation/Explanation:

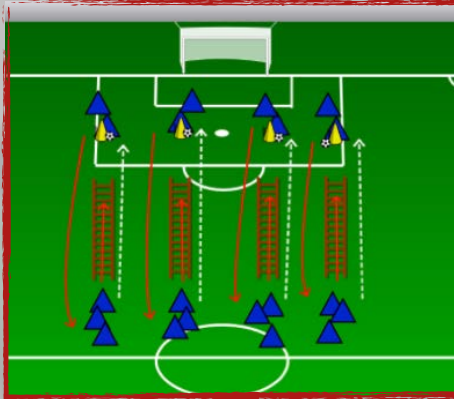
- Half field set up as shown with SAQ equipment outside of playing area
- 3 teams (Blue A, Blue B, Red) each have a ball and pass and move around the playing area
- After a set number of passes (e.g 5), whoever makes that pass, leaves playing area and works on 3 pieces of SAQ equipment before returning to play with their team
- Intersperse with dynamic stretches
- During warm-up phase SAQ activities should be undertaken at 60% pace, focusing upon technique required rather than speed

Coaching Points

- Weight and accuracy of passing
- Movement off of the ball
- Desired technique on SAQ equipment:
 - On toes
 - Quick and light on feet
 - Engage arms
 - Upright torso
 - Engage core

Progression(s)

- Limit number of touches
- Lower number of passes before SAQ work
- Increase intensity of performing SAQ activities



Duration: 20mins Intensity: Moderate Intervals: 5-8 Work:Rest: 3:2

Organisation/Explanation:

- Area set up as shown, but could also perform activity around outside of playing area from previous Phase using ladders, to avoid re-positioning equipment
- Players work in groups as shown
- Player passes ball on outside of ladder to player at other end and then performs deserted ladder routine
- As they get to the other end they receive a serve from team mate behind yellow service cone
- They control and play ball back before joining servers
- Server rotates to other end
- Player whom has taken their 1st touch is trigger for next player to begin

Coaching Points

- Weight and accuracy of passing
- Desired technique on SAQ equipment:
 - On toes
 - Quick and light on feet
 - Engage arms
 - Upright torso
- Positive first touch

Progression(s)

- Limit number of touches when receiving from server
- More complex ladder routines
- Servers serve earlier



Duration: 25mins Intensity: High Intervals: 5-8 Work:Rest: 3:1

Organisation/Explanation:

- Same area set up as Phase 1
- Players in 3 teams (Blue A, Blue B, Red)
- Players pass ball in their team and after every 8 passes the whole team leaves playing area and undertakes a lap around the outside of playing area using all SAQ equipment along the way
- Whole team then comes outside area and turns over an 'activity card' (blue cones) (body weight activities - e.g. push ups, sit ups, squats) and performs set amount of reps of that card (e.g. 10 reps)
- Completion of this sequence gets one point for the team
- Teams count how many points they can score within 3 minutes

Coaching Points

- Weight and accuracy of passing
- Desired technique on SAQ equipment:
 - On toes
 - Quick and light on feet
 - Engage arms
 - Upright torso
- Correct technique and timing during body weight exercises

Progression(s)

- Increase number of Activity Card reps
- Decrease number of passes prior to SAQ laps



Duration: 25mins Intensity: Mod-High Intervals: 5-8 Work:Rest: 2:1

Organisation/Explanation:

- Activity organized in half field as shown with 4 middle goals at corners
- Width/depth of field to be altered dependent upon number and ability of players
- 3 teams (Blue A, Blue B, Red)
- Blue A plays Red in directional play aiming to score in one of two mini goals
- Meanwhile Blue B are undertaking set number of reps of set number of Activity Cards at side of the field (blue cones)
- As soon as a team scores, they retrieve ball and look to attack opposite end against team that was performing activity cards
- Losing team leaves field and undertakes Activity Cards
- Teams count how many goals they score throughout set period of time

Coaching Points

- Weight and accuracy of passing
- Movement off of the ball to create space
- Correct technique and timing during body weight exercises

Progression(s)

- Increase number of reps of body weight activities / amount of Activity Cards
- One touch finish on mini goals
- Limit size of playing area

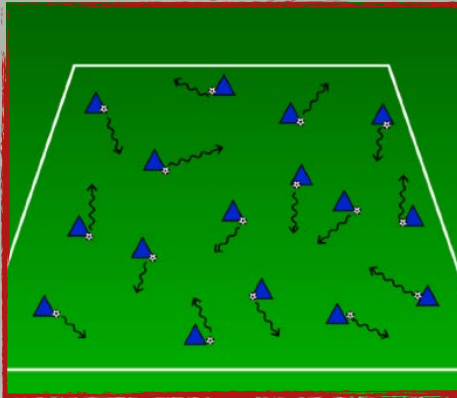
Theme/Objectives:

DEVELOP PLAYERS SPEED, AGILITY AND QUICKNESS WITH AND WITHOUT THE BALL

Age: U13-U18

Mesocycle: Winter

Microcycle: Phvs/Tech



Duration: 20mins Intensity: Low-Mod

Intervals: 8-10 Work:Rest: 1:1

Organisation/Explanation:

- 30x30 area with players having a ball each
- Ball manipulation warm-up with interspersed dynamic stretches and SAQ-specific techniques (e.g. cutting exercises, quick movement on toes, changes of direction)

Coaching Points

- Close control and movement with and without the ball
- Desired technique on SAQ-specific movements:
 - On toes
 - Quick and light on feet
 - Engage arms
 - Upright torso
 - Engage core

Progression(s)

- Limit surfaces used whilst dribbling
- Difficulty of turns and moved used



Duration: 20mins Intensity: Moderate

Intervals: 5-8 Work:Rest: 5:1

Organisation/Explanation:

- Area set up as shown. Can vary distance activities performed over based upon age and ability
- Players split between stations in groups of 4 or 5
- 1) First player at each station undertakes SAQ equipment (hurdles, ladder, speed cones, multi-directional hurdles)
- 2) They then perform a figure-8 dribbling around cones and leave ball back at starting position
- 3) Quick change of direction to receive ball from server and play to goal (2 touch, one touch, aerial control, etc)
- 4) Player becomes server for recovery, server recovers to end line
- 5) Next player goes after first player stops ball at end of figure-8
- Perform activity for 2mins before rotating stations with 30sec recovery time

Coaching Points

- Weight and accuracy of pass/shot
- Desired technique on SAQ equipment:
 - On toes
 - Quick and light on feet
 - Engage arms
 - Upright torso
- Close control and variety of surfaces whilst dribbling

Progression(s)

- Limit number of touches when receiving from server
- More complex ladder routines
- Servers serve earlier



Duration: 25mins Intensity: High

Intervals: 5-8 Work:Rest: 5:2

Organisation/Explanation:

- 30x30 area set up as shown with same activity taking place twice simultaneously
- 1) Two players (P1 & P2) start at central cones within playing area facing one another
- 2) On coach's command players sprint route around cones changing direction rapidly
- 3) Players work ladder facing one another to central flag using desired technique before entering attacking half
- Ball is played beyond them by server (S) to create a 1v1 to goal
- P1 and P2 recover outside of grid to recover and join opposite grid
- Server becomes P1 or P2
- Players score points for successful goals and play continues for 3min intervals

Coaching Points

- Weight and accuracy of passing
- Desired technique on ladder and sprints:
 - On toes
 - Quick and light on feet
 - Engage arms
 - Upright torso
 - Quick changes of direction
- Close control and accuracy of shot in 1v1s
- Use of body in 1v1s

Progression(s)

- Adapt route for more changes of direction
- Difficulty of ladder routines utilized



Duration: 25mins Intensity: High

Intervals: 5-8 Work:Rest: 2:1

Organisation/Explanation:

- 30x30 area set up as shown with 4 mini goals
- 2 teams with players numbered
- On Coach's command, numbers called sprint outside of playing area around cones before splitting into playing area where ball is related by coach
- This then creates a directional 1v1, 2v2 to mini goals
- Players should be assigned more than one number each if wishing to create numbers up/down situations (e.g. 2v1, 3v2, etc)

Coaching Points

- Weight and accuracy of pass/shot
- Desired technique on SAQ equipment & sprints
 - On toes
 - Quick and light on feet
 - Engage arms
 - Upright torso
 - Quick changes of direction
- Close control, movement off of the ball & accuracy of passing/shot in 1v1/2v1/3v2 etc

Progression(s)

- Vary type of service into playing area
- Assign players more than one number for numbers up/down scenarios
- Add SAQ equipment to outside of playing area for players to negotiate en route (as shown)

Theme/Objectives:

DEVELOP PLAYERS SPEED, AGILITY AND QUICKNESS WITH AND WITHOUT THE BALL

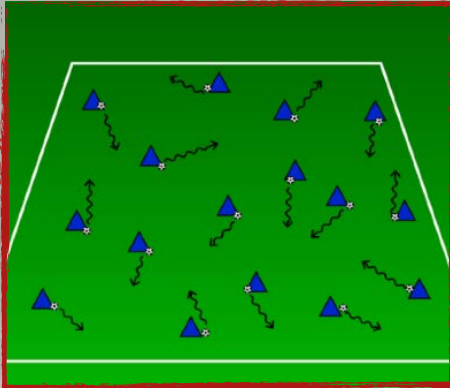
Age: U13-U19

Mesocycle: Winter

Microcycle: Phvs/Tech

Duration: 20mins Intensity: Low-Mod

Intervals: 8-10 Work:Rest: 1:1



Organisation/Explanation:

- 30x30 area with players having a ball each
- Ball manipulation warm-up
- Dynamic stretch

Coaching Points

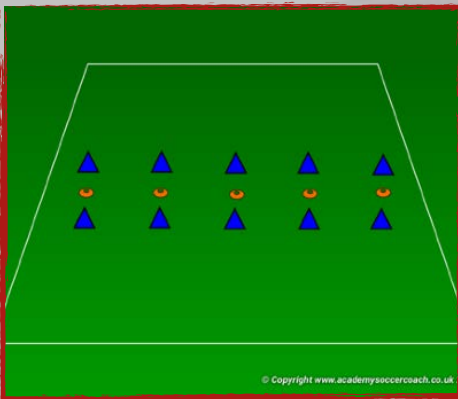
- awareness of the space
- speed and quickness of feet
- lots of touches with different parts of the foot

Progression(s)

- Add gates to dribble through
- Use mini balls

Duration: 20mins Intensity: Moderate

Intervals: 5-8 Work:Rest: 1:3



Organisation/Explanation:

- Body part reaction exercise
- In pairs, players stand one yard from a cone facing one another
- When the coach calls a body part the players must place both hands on that body part
- When the coach calls 'cone' the players must react as quickly as possible to grab the cone first without the other hand touching the floor
- if at any point either player touches the cone at the wrong time or touches the floor they lose the point

Coaching Points

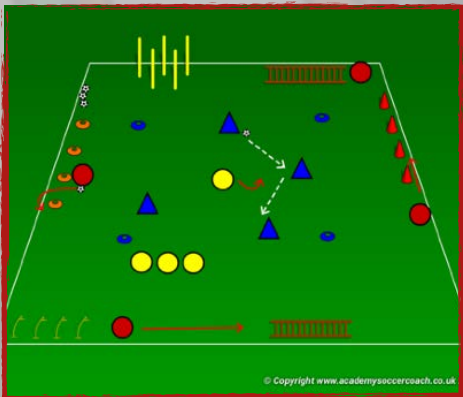
- Stay light on toes
- Stay in the squat position to stay close to the cone
- React quickly but with control

Progression(s)

- Replace cone with a ball and add targets

Duration: 25mins Intensity: High

Intervals: 5-8 Work:Rest: 5:2



Organisation/Explanation:

- Work, rest & Play
- 3 equal teams
- 1 team take part in a rondo
- 1 team works around the SAQ circuit
- 1 team sends 1 player at a time to defend the rondo
- Teams work for 2 minutes before rotating exercises (REPEAT 3 TIMES)

Coaching Points

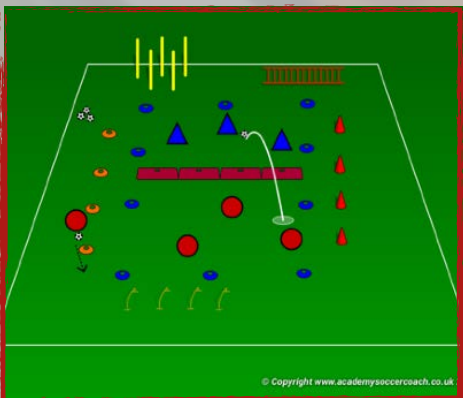
- Correct technique through SAQ - light on feet, minimal contact time on floor, use of arms and high knees
- Quality of pass and 1st touch in rondo
- Awareness and decision making

Progression(s)

- Add extra DF to rondo
- Increase complexity of SAQ exercises

Duration: 25mins Intensity: High

Intervals: 5-8 Work:Rest: 2:1



Organisation/Explanation:

- Soccer tennis with a twist
- 1 Player must perform an SAQ routine every time their team wins a point (alternate players)

Coaching Points

- Correct technique through SAQ - light on feet, minimal contact time on floor, use of arms and high knees
- Good first touch during soccer tennis
- Movement of feet to get in good positions

Progression(s)

- Increase complexity of SAQ exercises

Theme/Objectives:

TO DEVELOP PLAYERS SPEED, AGILITY AND QUICKNESS WITH AND WITHOUT THE BALL

Age: U13-U19

Mesocycle: Winter

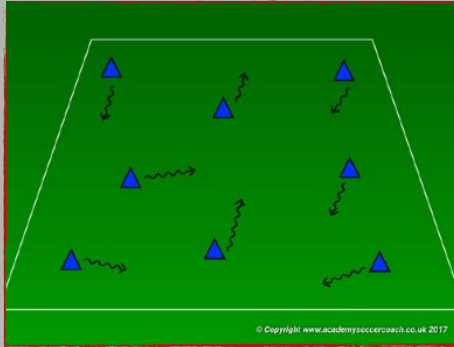
Microcycle: Phvs/Tech

Duration: 20mins

Intensity: Low-Mod

Intervals: 8-10

Work:Rest: 1:1



Organisation/Explanation:

- 30x30 area with all players dribbling with a ball
- Tricks / Turns
- Dynamic stretches

Coaching Points

- Head up
- Lots of touches of the ball using all parts of feet
- Speed of play
- Creativity

Progression(s)

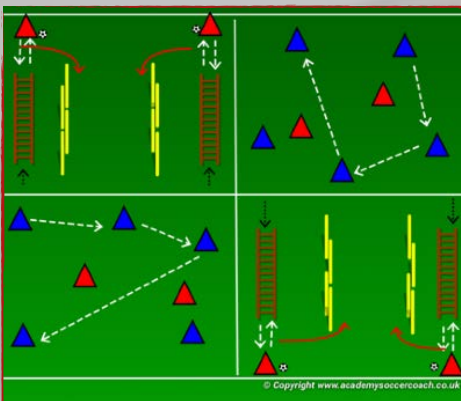
- Add cones to create obstacles

Duration: 20mins

Intensity: Moderate

Intervals: 5-8

Work:Rest: 1:3



Organisation/Explanation:

- 4x 12x12 areas with ladders and poles. 14 players with 1 ball per group
- Players split into 2 groups & play 5v2 rondo keep away
- SAQ circuit opposite each group
- Rondo rules: 1) Two touch max, 2) 10 passes = 10 push ups for defenders, 3) Splitting defenders with pass = 2 passes, 4) Players that gives ball away becomes defender as well as player to left
- On coaches call both groups go through ladder play volley back to defenders (who become feeders) then through poles back to rondo

Coaching Points

- Head up
- Angle and movement to receive pass
- Decision making, can you play 1 touch?
- Speed of play
- Correct technique through ladders, poles, ie high knees, straight back, pump the arms, run on balls of feet

Progression(s)

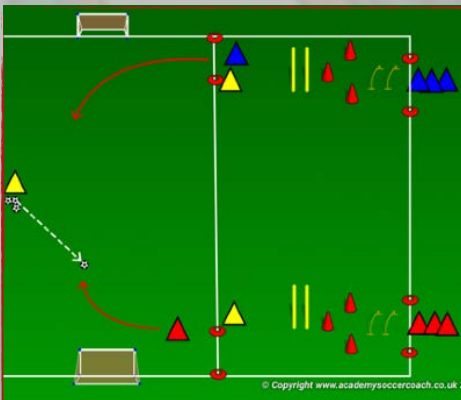
- Change technique through ladder Run/Jumping Jacks/Typewriter
- Make it competitive by having each group race back to rondo

Duration: 25mins

Intensity: High

Intervals: 5-8

Work:Rest: 5:2



Organisation/Explanation:

- Two 15x30 areas (SAQ & Game) 8 players + 3 feeders
- Players split into 2 teams behind red gates
- 1 player from both teams race through their SAQ circuits, hurdles = 2 footed jumps, out to cone then backwards to with left or right cone. Forwards through poles then they play a volley back from feeder with both left and right foot, then the first one through the gates starts with the ball 1v1. Next pair begin when players get through gates.

Coaching Points

- Correct technique through SAQ equipment, ie high knees, straight back, pump the arms, run on balls of feet
- Speed of play
- Creativity
- Attack defenders front foot
- Cushioned volley

Progression(s)

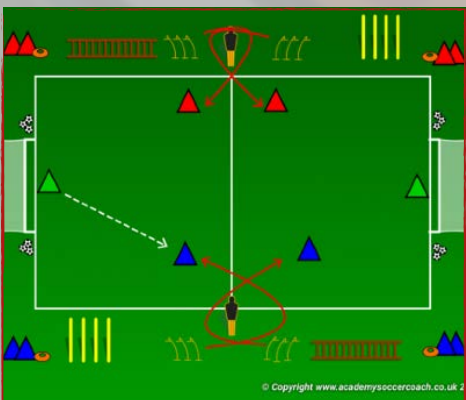
- If 1v1 is still playing when next 2 players get to gate then become 2v2

Duration: 25mins

Intensity: High

Intervals: 5-8

Work:Rest: 2:1



Organisation/Explanation:

- 25x40 area with SAQ equipment on either side of field
- 12 players inc 2 GK
- Players split into 2 teams and then again into 2 groups per team
- On coaches command 1 player from each group 2 red/2 blue moves quickly through their SAQ equipment before entering playing field. Each team has a chance to attack/defend in a 2v2. Once through SAQ attackers receive ball from GK then attack. When a goal is scored or play breaks down the next 4 players begin on coaches command. Players return to their side but swap groups

Coaching Points

- Correct technique through ladders/SAQ equipment, ie high knees, straight back, pump the arms, run on balls of feet
- Speed of play
- Creativity
- Communication
- Support

Progression(s)

- Wining team remain attackers until opposing team win

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