

# Multi Skills Warm Up

Category: Warm Up

Length: 00:12 Rec. Players: 10

Published: October 24, 2014 @ 23:18

## Practice Theme/Topic

Warm up

### General Notes

N/A

### Aims & Objectives

Keep possession and be patient on and off the ball

### Organisation & Setup

Two 'Safe Zones' at either end of pitch with a floater occupying the 'Safe Zone'

4v4 in middle pitch playing possession football

If can't break down other team you can drop ball back to your 'safe zone' and create an overload in 5v4

If play breaks down when 5v4 floater must go back to 'safe zone'

To score a point you must successfully transfer the ball into one of the 'safe zones' then continue play to the other 'safe zone' on the far side

### Coaching Factors & Outcomes

Passing

Receiving

Support play

### Adaptation & Progression

Play on 3 touches

### Technical

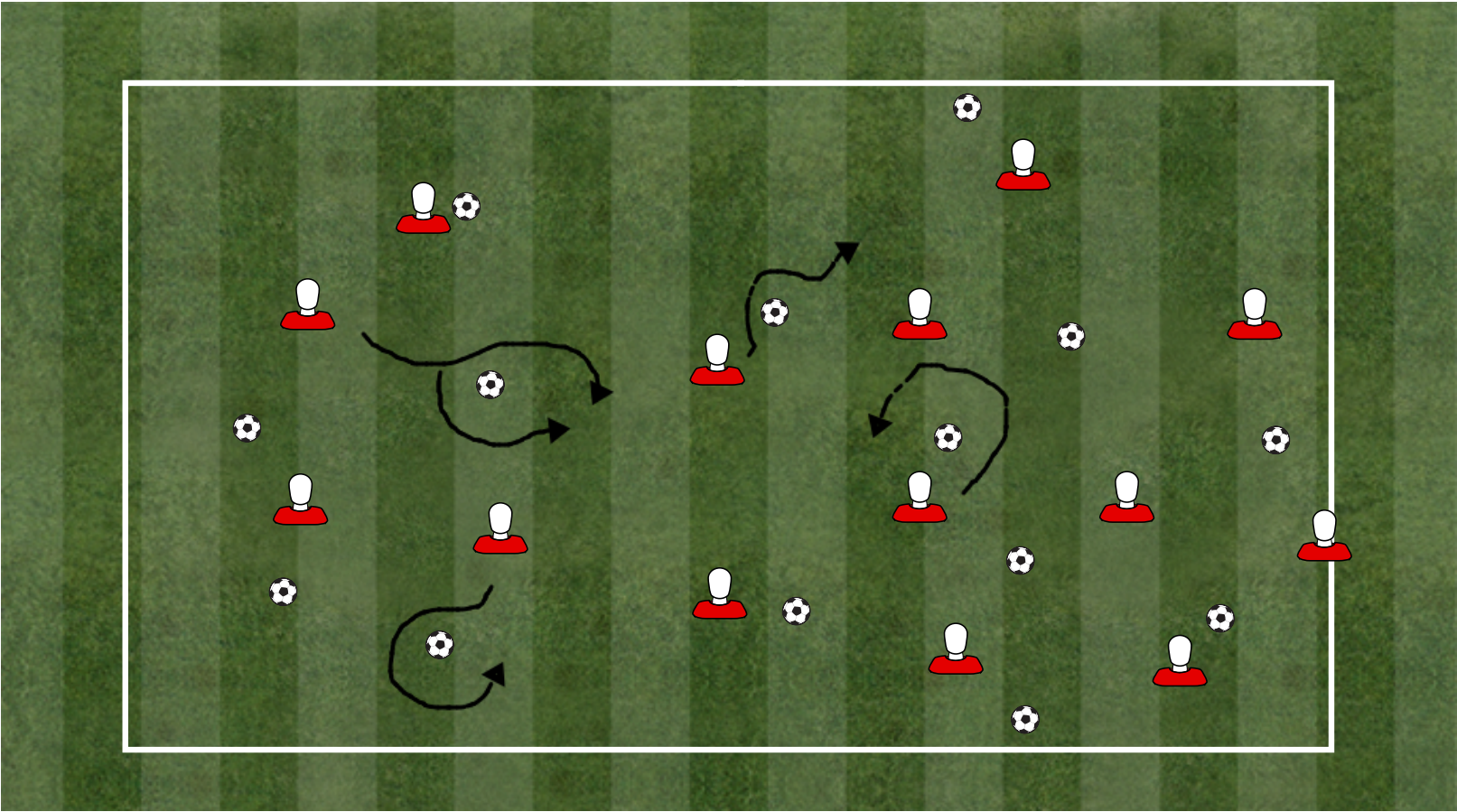
Passing

Receiving

Support angles

### Physical

ABCs



### Coaching Point #1

Try to use different movements and speed to move around, over and between footballs.

### Coaching Point #2

Try to touch the ball with both feet and different parts of the feet to move and change direction

### Coaching Point #3

Try to raise your head and identify people to pass to

### Coaching Point #4

Try to support the ball by having a clear passing line

AFC Dunstable U7 29/01/14

Practice: 02 Length: 00:27

Categories: Warm Up, Possession

Practice: 01 Length: 00:12

Multi Skills Warm Up

Category: Warm Up

Slide: 01/03





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Passing

Receiving

Support play

### Adaptation & Progression

Play on 3 touches

### Technical

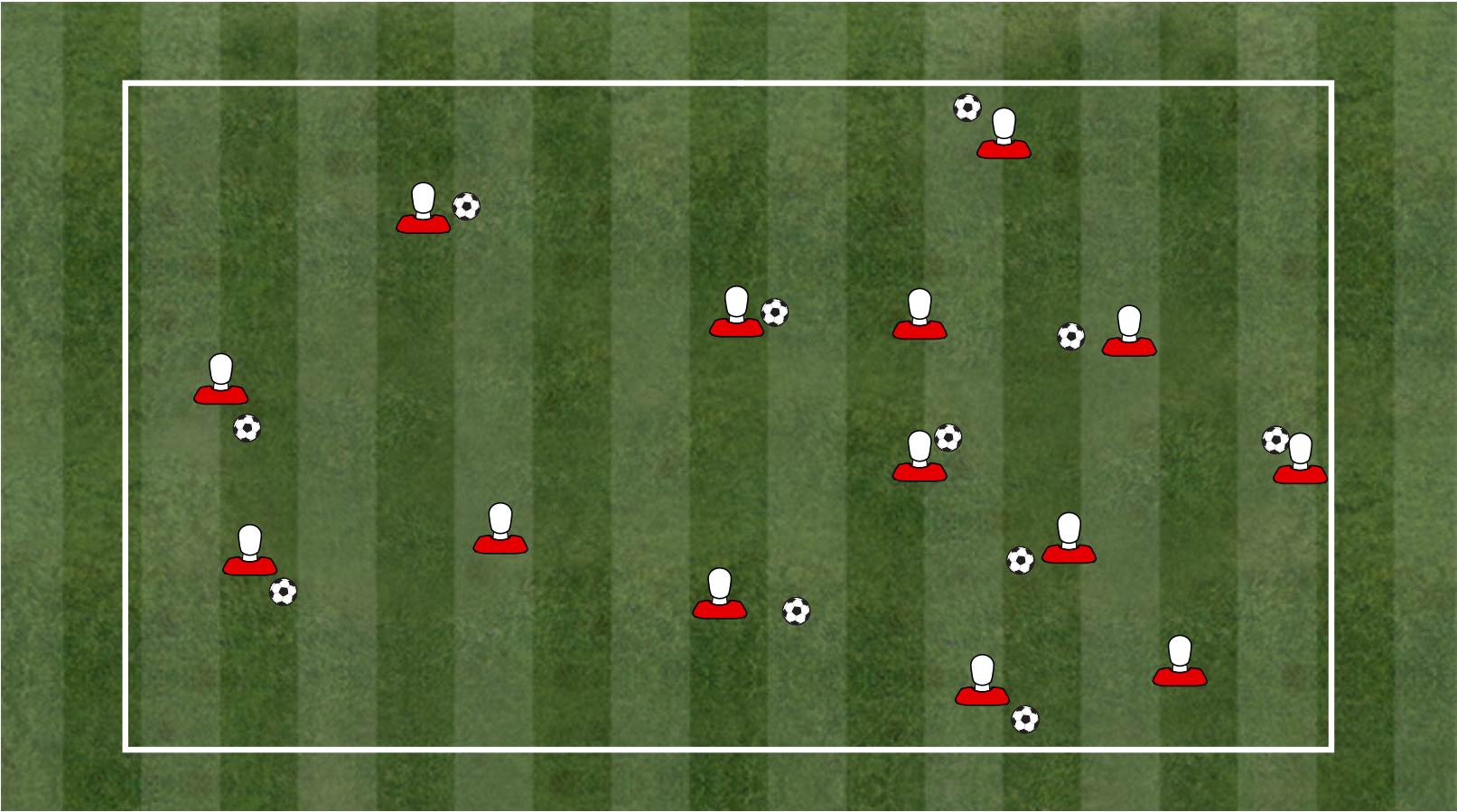
Passing

Receiving

Support angles

### Physical

ABCs



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AFC Dunstable U7 29/01/14

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Categories: Warm Up, Possession

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Multi Skills Warm Up

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Slide: 02/03





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Passing

Receiving

Support play

### Adaptation & Progression

Play on 3 touches

### Technical

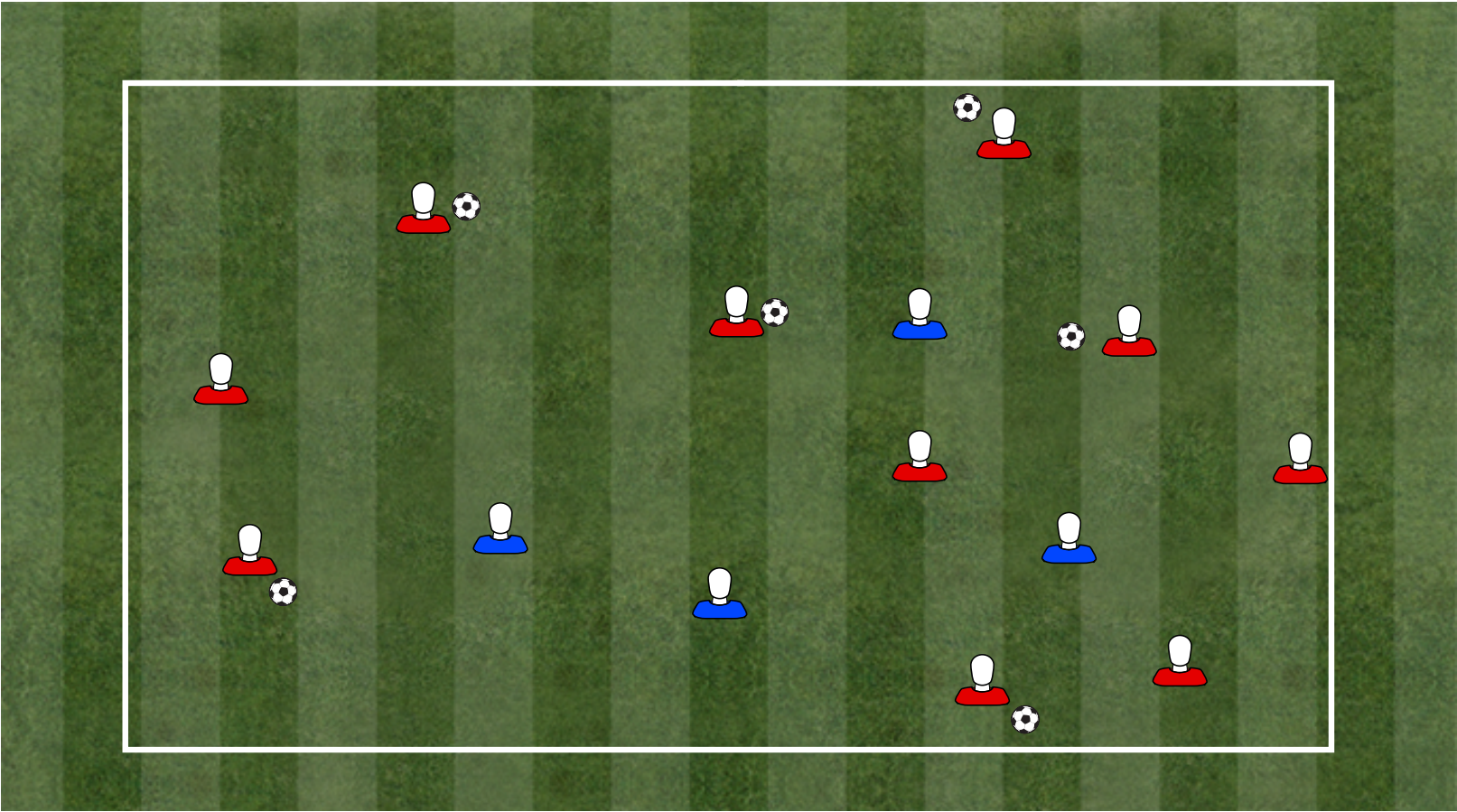
Passing

Receiving

Support angles

### Physical

ABCs



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AFC Dunstable U7 29/01/14

Practice: 02 Length: 00:27

Categories: Warm Up, Possession

Practice: 01 Length: 00:12

Multi Skills Warm Up

Category: Warm Up

Slide: 03/03



# Pass And Move

Category: Possession

Length: 00:15 Rec. Players: 12

Published: October 24, 2014 @ 23:19

## Practice Theme/Topic

### General Notes

N/A

### Aims & Objectives

Keep possession and be patient on and off the ball

### Organisation & Setup

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### Coaching Factors & Outcomes

Passing

Receiving

Support play

### Adaptation & Progression

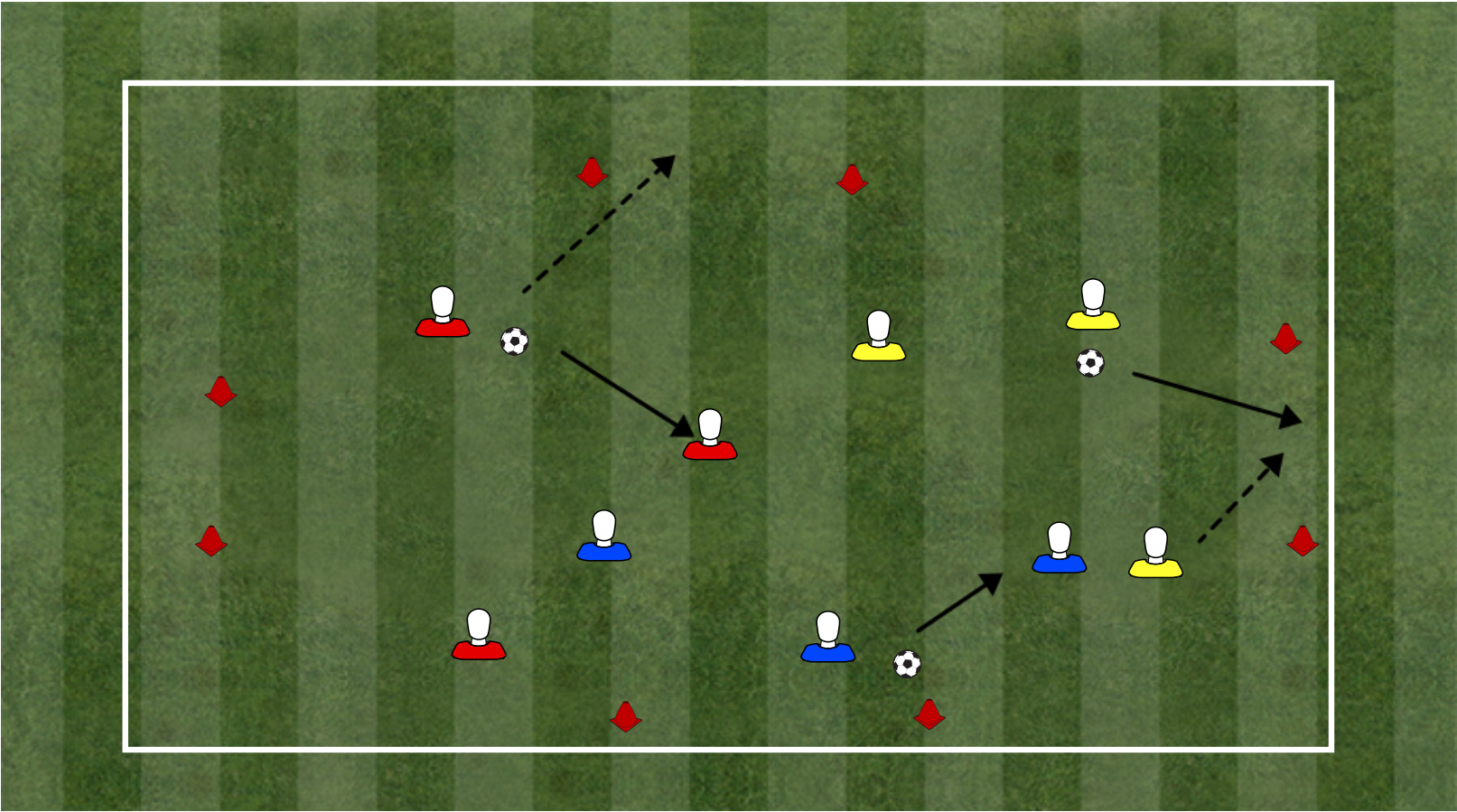
Play on 3 touches

### Technical

Passing techniques  
Receiving techniques  
Angles of support

### Physical

ABCs



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

AFC Dunstable U7 29/01/14

Practice: 02 Length: 00:27

Categories: Warm Up, Possession

Practice: 02 Length: 00:15

Pass And Move

Category: Possession

Slide: 01/02





# Pass And Move

Category: Possession

Length: 00:15 Rec. Players: 12

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### Coaching Factors & Outcomes

Passing

Receiving

Support play

### Adaptation & Progression

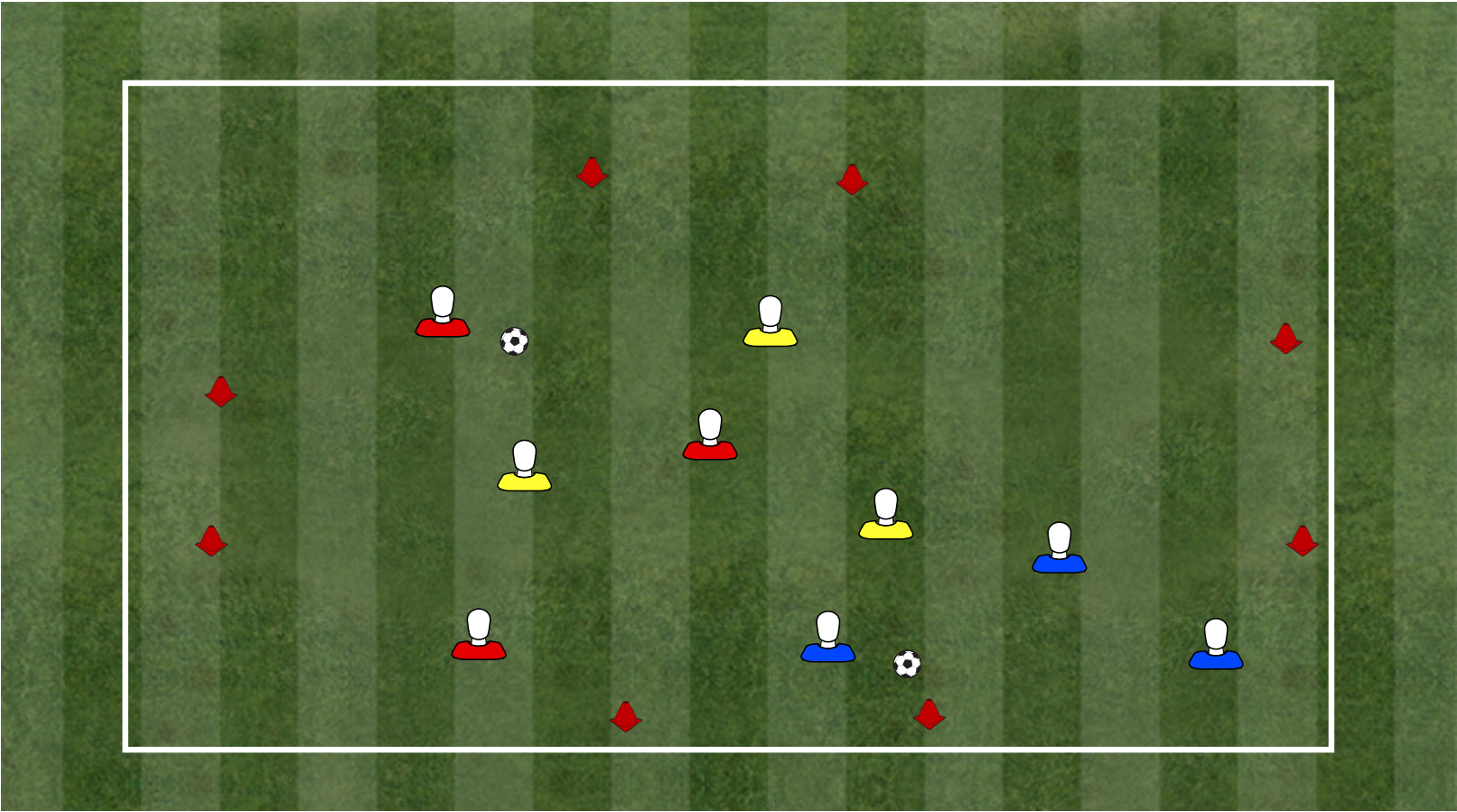
Play on 3 touches

### Technical

Passing techniques  
Receiving techniques  
Angles of support

### Physical

ABCs



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

