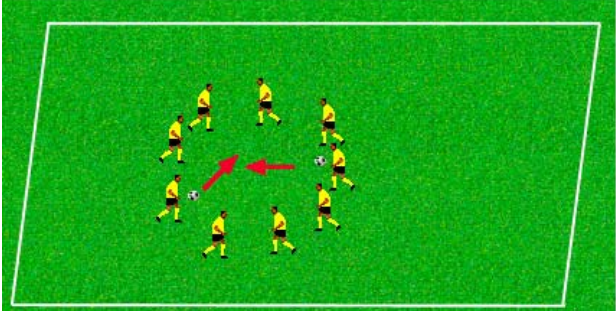

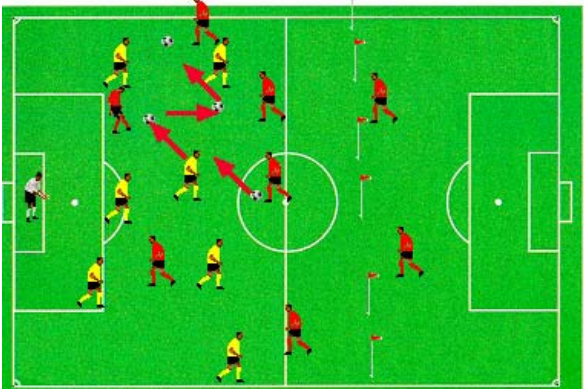


Sunderland U-17's

<p>Warm-up</p> <p>The main coach, warmed up the players who were in circles of about 8 players each. The warm-up was very spirited and the coach went through the exercises very quickly.</p>	<p>In a circle (groups of about 8 players each) Everyone is moving! A) Toss to another player who catches ball; B) Toss to another player who holds ball high for tossing player to jump up and head the ball; C) Toss to another player and then spin out; D) Toss to another player and then sprint; E) Toss to another player who receives with their chest and then catches ball; F) Toss to another player who receives with their thigh and then catches ball; G) Toss to another player who then receives the ball with the inside of their foot (hacky sack style) and then catches ball; H) Toss to another player who then receives ball with outside of foot and then catches ball; I) Toss to another player who takes two touches with any part of their body and then catches ball; J) Toss to another players head who then catches ball; K) Balls on ground, two touch passing; L) Pass to another player who receives with the inside then moves the ball to the outside of the foot (very creative); M) Pass to another player who must receive across body "Open Out"; N) Passing is now 1 touch; O) Pass to another player who then receives the ball and then does something special to get out!</p>	
<p>First Activity "Touch Football"</p> <p>Space 50 x 40</p>	<p>Two teams of 9. This is a possession game in which the attacking team is trying to score a point by either passing the ball across the line to a teammate or dribble the ball across and then being able to control the ball.</p> <p>No restriction on touches. The defense can only intercept passes, they can not tackle the ball directly. If they "touch" a player who has the ball, then that player has 3 seconds to pass the ball or it results in a turnover to the defending team.</p>	
<p>2nd Activity "Shadow Play"</p>	<p>The coaching staff then took and split the squad into two groups. Both worked on shadow play. One of the groups worked on different ways of getting services from the flanks, the other group worked on coordinating the backs and midfielders defensively. The defending team had 3 goals to attack after they won possession.</p>	
<p>Cool Down</p>	<p>Because they had a match to play the next day, they basically cooled down and went inside for a lecture.</p>	