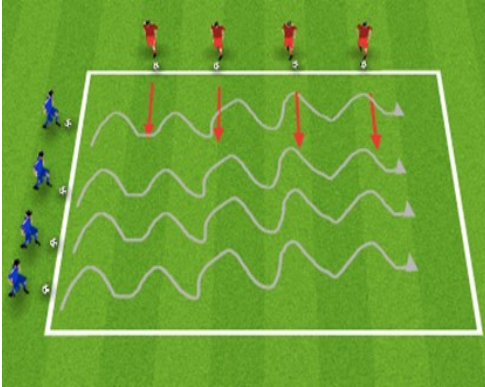





**PLAY — PRACTICE — PLAY**

**Session Skill**  
Toe touches, boxing dribble

PLAY 10 mins.	Play- as players arrive have them join in a small sided game.	Set Up- 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed	Let them play
	<b>Activity Description</b>	<b>Set Up Diagram</b>	<b>Coaching Points</b>
#1  12 mins	<p><b><u>Straight and Zig Zags:</u></b></p> <p>Set up two teams on sides of a 15x15 square. One team (red) is designated as the straights, the other (Blue) is the Zig Zags. The red run straight across the square and back, the zig zags go across the box. Both sides have to avoid each other.</p> <p><b>Variation:</b> Add a specific turn or skill at the end of the square before players travel back over i.e pull back, 10 toe taps etc</p>		<p>Give players a point for every clear run. After 45 seconds swap sides roles.</p>
#2  12 mins	<p><b><u>Center Stage:</u></b></p> <p>All players will dribble their soccer ball in a 15x20 yard grid at their own speed. The coach will call out a players name &amp; this player must put their foot on the ball and stop dribbling. The other players must dribble to this player as quickly as possible and get in soccer ready position.</p>		<p>Change the center stage player so everyone gets a chance.</p>
#3  12 mins	<p><b><u>Red Light/Green Light:</u></b></p> <p>All players are dribbling freely in a 15x20 yard grid. When the coach say “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast <b>Variation 2:</b> Add other light colors and actions (i.e.: “purple light” = hop back and forth over the ball</p>		<p>Control the frequency of light changes</p>
PLAY  20 mins	<p><b><u>Small Sided Games</u></b></p> <p>4V4 small sided game. No goalies, no throw-ins, kick ins only. Set up multiple fields if needed (15yds X 20yds).</p>		<p>Let them play</p>

**5 Elements**

**Organized**-set up and ready to go  
**Game like**-activity must be game like  
**Repetitions**-repetition on what you are trying to achieve

**Challenging**-players need to be challenged  
**Coaching**-the right coaching based on the age/level of the players