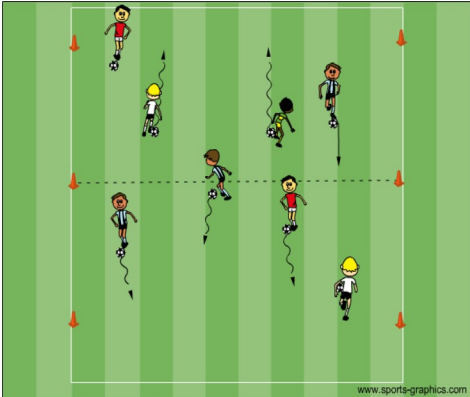
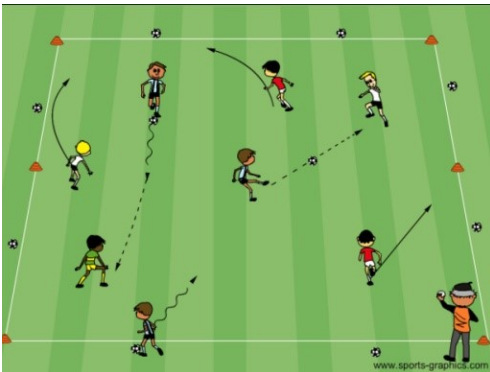
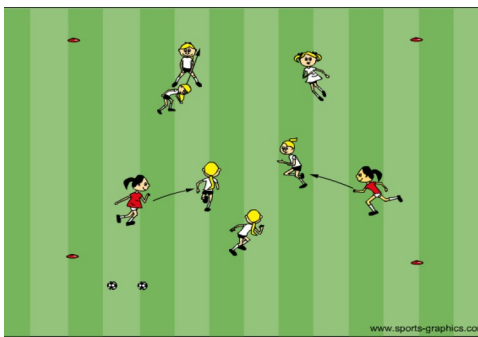



PLAY — PRACTICE — PLAY

Session Skill
Zidane double cut

<p>PLAY 10 mins.</p>	<p>Play- as players arrive have them join in a small sided game.</p>	<p>Set Up- 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed</p>	<p>Let them play</p>
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	<p>Activity Description</p>	<p>Set Up Diagram</p>	<p>Coaching Points</p>
<p>#1 12 mins</p>	<p><u>Dribble Back and Forth:</u> Line your players up half on one side of the playing area and half on the other with a ball at their feet. Tell the players to run without the ball to the center line and back to their ball. Do this a few times so they see where to go. Now include the ball. Coach: Have the sides compete to see who gets back to the line first. Variation: each group dribble to the other end of the area see who finishes first(ball must be stopped on the line in soccer ready position)</p>		<ul style="list-style-type: none"> • Dribbling with different surfaces of the foot • Change of speed • Dribble with the head up • Sudden change of direction
<p>#2 12 mins</p>	<p><u>Catching Robbers:</u> All players are spread around a 15x20 grid; only two players (the cops) have soccer balls. When the coach says “let’s catch some robbers” the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught he/she goes and gets any ball from the perimeter and becomes a cop. Coach: Place the balls that are not being used around the perimeter of the grid.</p>		<ul style="list-style-type: none"> • Robbers run quickly • Players must dribble with their heads up • Pass while dribbling
<p>#3 12 mins</p>	<p><u>Ouch:</u> All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit the coaches feet with their soccer ball. Players should keep count of how many times they hit the coach. Version 2: If the players hit the coach 5 times the coach has to do 5 pushups or jumping jacks. .</p>		<ul style="list-style-type: none"> • Coaches make loud noises when they are hit • Pass at the coach while dribbling
<p>PLAY 20 mins</p>	<p><u>Small Sided Games</u> 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