

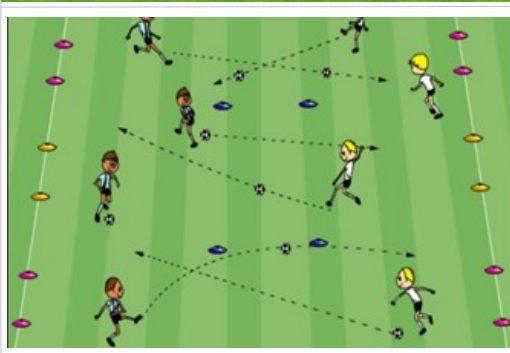



PLAY — PRACTICE — PLAY

Session Skill
Toe touches, pull back

<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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	Activity Description	Set Up Diagram	Coaching Points
<p>#1 12 mins</p>	<p><u>Dribble To The Square:</u> Players dribble freely inside the practice area but not inside the small square. On the coaches command the players must dribble their ball to the outside of the practice area (side of the box) and finish in the small square. Try not to be the last player to the small square. Coach: Change it up to-inside small square finish outside of box or around a corner cone finish inside small box. Be creative</p>		<ul style="list-style-type: none"> • Listening to instructions • Dribble with your head up • Dribble with the ball close to you • Avoid other players
<p>#2 12 mins</p>	<p><u>Star wars:</u> Split the players into two teams. Each team will have a leader who can pick any Star wars character they want to be. Both teams have to strike the ball at each, If a player gets hit, then they sit on their ball. To get free the Leader i.e Darth Vader must run and tap them on the shoulder so they can re-join the game. While the leader is out of their safe zone (marked in red and blue) they must also avoid being hit. If they are hit then it is game over. Play a couple of times to let other kids be the leader</p>		<ul style="list-style-type: none"> • Dribbling technique • Passing and receiving technique • Weight of the pass • Accuracy of the pass • Protecting the ball
<p>#3 12 mins</p>	<p><u>Clean Your Backyard:</u> Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players in each team will try to shoot/pass and score below knee height in any of the other team's goals. Version 2: Allow teams to defend the goals using their hands.</p>		<ul style="list-style-type: none"> • Basic Shooting technique • Simple decision making
<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