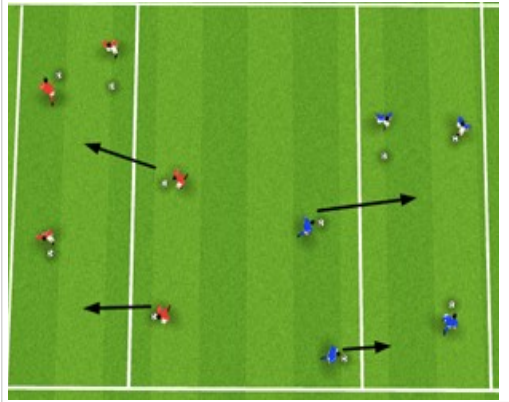
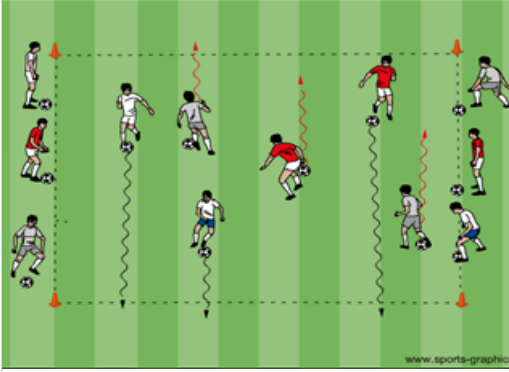
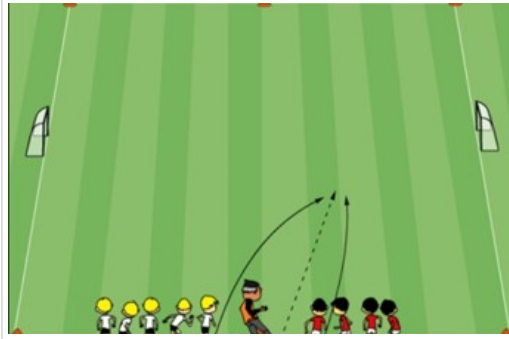



PLAY — PRACTICE — PLAY

Session Skill
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> |
|---------------------------------|---|---|----------------------|

| | <p>Activity Description</p> | <p>Set Up Diagram</p> | <p>Coaching Points</p> |
|--------------------------------|---|--|---|
| <p>#1 12 mins</p> | <p>Home and Away: Split the field into 3 zones and the group into two teams with a ball each. Assign both teams an end zone, this is their home. Both teams start in their respected home zones. When coach calls midfield all players enter the middle box, when coach calls home they run back to their home end zone, if coach calls away they swap zones and run into the opposite teams end zone. The activity is continuous so play does not stop.</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>Keep The Head Up: Divide your players into 4 groups and have each group start on a side of the 20x25 yard grid. On the coaches command the two groups opposite each other dribble to the other groups side. Keep your head up. Repeat for the other two groups. Coach: You can give them different restrictions each time (left foot, right foot, outside of the foot)</p> |  | <ul style="list-style-type: none"> • Keep your head up • Change direction while dribbling • Change speeds • Keep the ball close to you |
| <p>#3 12 mins</p> | <p>“Get Outta There” with Numbers: The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total # of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.</p> |  | <ul style="list-style-type: none"> • 1v1 dribbling • 1v1 defending • Scheming and creativity • Decision making |
| <p>PLAY 20 mins</p> | <p>Small Sided Games 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