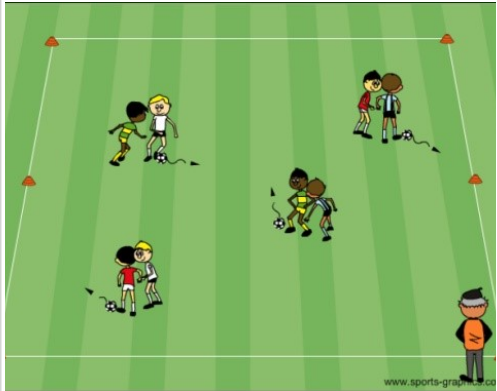
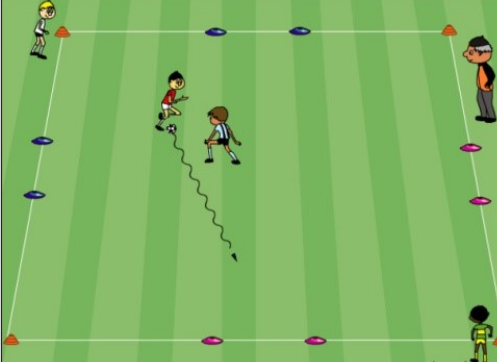




PLAY — PRACTICE — PLAY

Session Skill
Pull back, juggling

<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>Steal-Shield: Pair up the players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. Play 30-45 second matches. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly. Coach: Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>		<ul style="list-style-type: none"> • Body sideways on to opponent • Use arm to protect and know where defender is going • Knees bent • Turn as defender attacks or reaches for the ball
<p>#2 12 mins</p>	<p>1v1 to Cross Goals: In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. One attacker starts with a soccer ball, trying to score by dribbling through any of the two further goals. The defender is trying to defend the goals closest to them. If the defender gets the ball, he/she tries to score in the opponent's goal. The game ends when one player scores or the ball rolls out. Two new players go.</p>		<ul style="list-style-type: none"> • Keep soccer ball close to feet • Sudden change of direction • Burst of speed • Defending – tackling • Shielding • Decision making
<p>#3 12 mins</p>	<p>2v2 to Cross Goals: In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. The attackers start with a soccer ball, trying to score by dribbling or passing through any of the two further goals. The defenders are trying to defend the goals closest to them. If a defender gets the ball, he/she tries to score in the opponent's goal.</p>		<ul style="list-style-type: none"> • Application of dribbling, passing-receiving technique under pressure • 1v1 defending • 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