

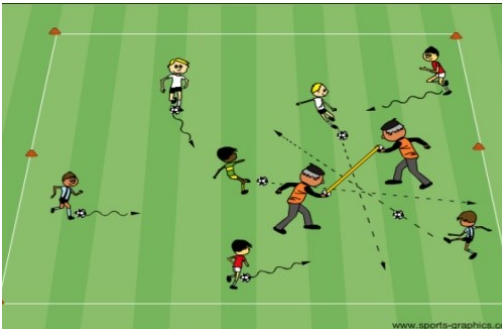



PLAY — PRACTICE — PLAY

Session Skill
Side step

<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>Free Dribble: All players are dribbling a soccer ball in a 20x25 yard grid using their inside, outside, and the sole of their foot. Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away. Version 2: Coach can put pressure on players dribbling. Version 3: Players can dribble at each other and perform a move and accelerate away.</p>		<ul style="list-style-type: none"> • Challenge players to use different surfaces of foot • Players must dribble with their heads up • Encourage the players to try a new move
<p>#2 12 mins</p>	<p>Knock Out: All players are dribbling in a 20x25 yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game. Coach: Have your players perform a skill task before re-entering the grid. i.e.: juggling 3-5 times, ball taps.</p>		<ul style="list-style-type: none"> • Protecting the ball • Dribbling with different surfaces of the foot
<p>#3 12 mins</p>	<p>Moving Goal: All players are dribbling a soccer ball in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal. Coaches: Move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>		<ul style="list-style-type: none"> • Head up while dribbling to find the goal • Change speeds while dribbling • Keep the ball close to your feet • Change direction
<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