
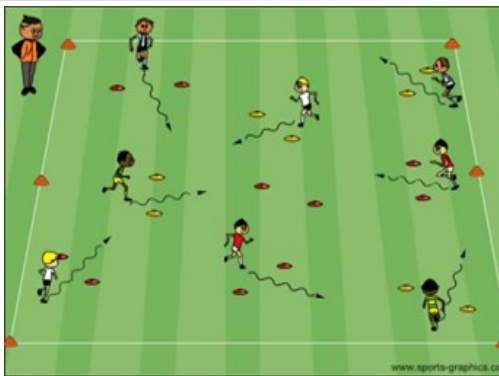
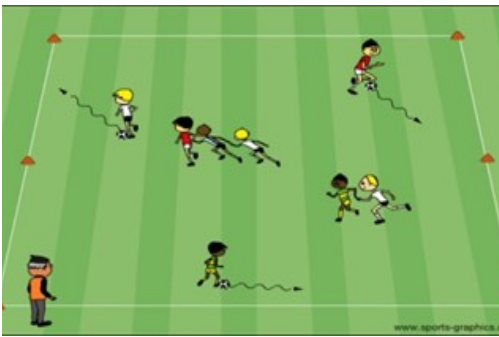



PLAY — PRACTICE — PLAY

Session Skill  
Toe touches, pull back

<p>PLAY 10 mins.</p>	<p><b>Play-</b> as players arrive have them join in a small sided game.</p>	<p><b>Set Up-</b> 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><u>Activity Description</u></p>	<p><u>Set Up Diagram</u></p>	<p><u>Coaching Points</u></p>
<p>#1 12 mins</p>	<p><b><u>Simon Soccer:</u></b> Set out 3 different color cones around the area in gates. Players need a ball each. Coach calls out a color of a gate and players have to dribble through that gate. As the game goes on coach calls out more than one color, players have to remember the order and go through the gates in that order.  Keep the colors simple and don't call more than 3 in sequence</p>		<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing directions</li> <li>• Dribbling using different surfaces of the foot</li> </ul>
<p>#2 12 mins</p>	<p><b><u>Gate Dribbling:</u></b> In a 20x25 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.  <b>Coach:</b> Have players keep count of how many points they scored in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p>		<ul style="list-style-type: none"> <li>• Changing speed and direction</li> <li>• Running with the ball</li> <li>• Look for open space</li> <li>• Keep ball close</li> </ul>
<p>#3 12 mins</p>	<p><b><u>Shadow Dribble:</u></b> Two players (<b>Leader and Shadow</b>) both with a ball each and will dribble their soccer ball in a 20x25 yard grid. The leader will determine where they are going while the shadow will try to keep up with the leader.  <b>Coach:</b> Call the change from leader to shadow <b>Version 2:</b> Use only favorite foot or other foot. <b>Version 3:</b> Leader must make a move.</p>		<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing direction</li> <li>• Acceleration after going through a gate</li> <li>• Decision making</li> </ul>
<p>PLAY 20 mins</p>	<p><b><u>Small Sided Games</u></b> 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