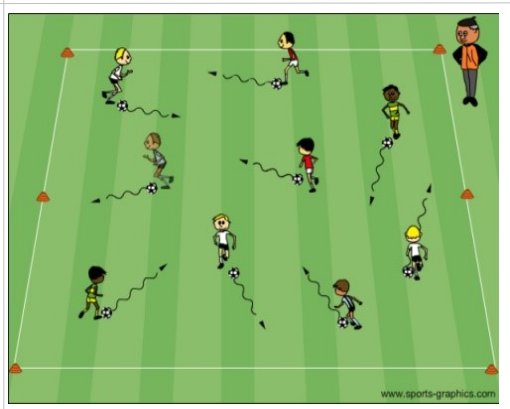
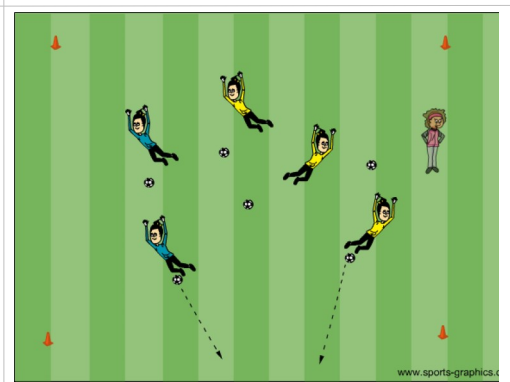




PLAY — PRACTICE — PLAY

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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	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
<p>#1 12 mins</p>	<p>Free Dribble: All players are dribbling a soccer ball in a 15x20 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"> -Keep the ball close to you -Look for open spaces to dribble -Game speed
<p>#2 12 mins</p>	<p>Creepy Crawler: All players down on the ground in the crab position. Balls set up randomly inside the playing area. Players must move on their hands and feet (like a crab) and try to kick the ball over the 2 touch lines. Coach: When a player kicks it over the line they can get up and dribble the ball back to the coach who puts it back in play. The player returns to the crab position and plays.</p>		<ul style="list-style-type: none"> -Working on coordination -Make it a contest
<p>#3 12 mins</p>	<p>Creepy Crawler 1: 2 players down on the ground in the crab position the other players start with a ball on one end line. On the coaches command the players with the ball try to dribble to the other side of the box avoiding the crabs. Coaches: Switch the crabs every few minutes.</p>		<ul style="list-style-type: none"> -Dribble close to avoid the crabs -Look for open lanes to get by the crabs
<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