

## 12+ Week #2 -

## PLAY — PRACTICE — PLAY

#### "1st Touch"

#### **Dribbling move** Matthews/inside outside

**PLAY** 10 mins.

**Play-** as players arrive have them join in a small sided game.

**Set Up-** 3V3 or 4V4 small games. -20yrds X 20yrds fields

-Set up multiple fields if needed

Let them play

#### **Activity Description**

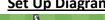
#### Set Up Diagram

#### **Coaching Points**

# **Inside and Outside:**

## #1

15 mins In a 30x30 yard grid, the coach separates the players into 2 groups. The Outsiders without soccer balls, spread out around the perimeter of the grid. The Insiders are the group with soccer balls. The Insiders players dribble around and look for an outside player to pass their soccer ball to receive it back.and find another outside player to pass it to. Change after a few mins.





- Take 1st touch towards passing option
- Communicate
- One touch or two touch restrictions.
- Ball in the air from the outsiders

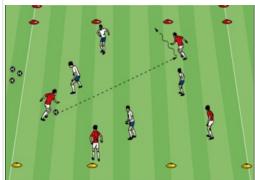
#### 4V0 vs 4V0

#2

15 mins

Two teams try to score by dribbling or passing the ball to a teammate running into the opponent's end zone (created with discs). The player can score by dribbling into the end zone or receiving by timing his/her run into the end zone.

Coach: Stress recognizing opportunities and timing of passes and receiving the ball into space



- View the entire field
- Team shape
- Look for options
- Increase speed of play

#### **4V4 To Small Goals**

#3

15 mins

In a 50x60 yard area with goals, two teams of 5 or 6 players with goalkeepers will try to keep the integrity of their attacking shape by creating good angles and effective angles of support, staying wide and making penetrating runs while in possession of the soccer ball.



- Team shape
- Move into space
- Communicate with teammates

### **Scrimmage**

**PLAY** 

11 V 11 scrimmage

25 mins



Let them play



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