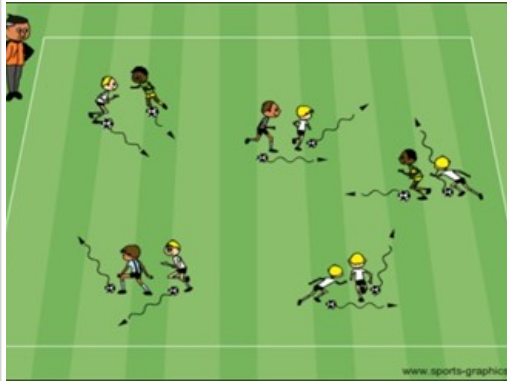





PLAY — PRACTICE — PLAY

Session Skill
Soccer ready position

<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><u>Tag</u> Players dribble the soccer ball and attempt to tag each other with their hands. Players must keep the ball close to their feet when trying to tag someone.</p>		<p>Players keep count of their own tags. If playing more than one game, have players improve their tags.</p>
<p>#2 12 mins</p>	<p><u>First Aid</u> Players dribbling a soccer ball will try to tag each other with their hands. If a player is tagged he/she must cover the tagged (injured) spot with one hand, second tag use the other hand, third tag the player must go to the ambulance to see the doctor and cure him/her.</p>		<p>Use a coach or player as the ambulance. Switch the players who get to be the ambulance</p>
<p>#3 12 mins</p>	<p><u>Body Parts</u> All players dribbling a soccer ball. The coach calls out a body part (elbow - knee) and the players then touch their ball with that part of the body.</p>		<p>Change which body parts are called out. Call out multiple body parts.</p>
<p><u>PLAY</u> 20 mins</p>	<p><u>Small Sided Games</u> 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