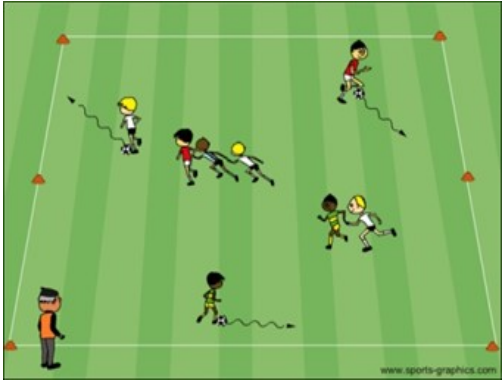
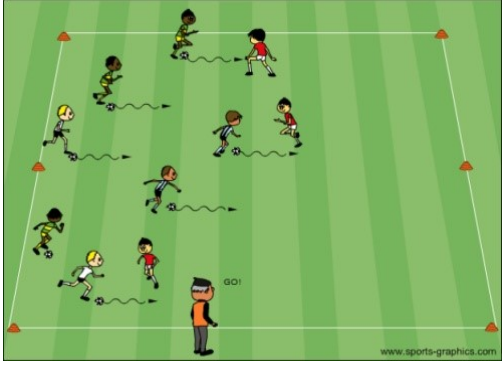
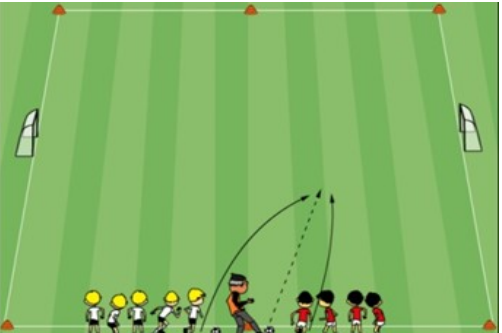



PLAY — PRACTICE — PLAY

Session Skill
Boxing dribble/ Out & Out

<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><u>Snake</u> Players are dribbling a soccer ball in a 20x25 yard box with except for at least 2 players. The 2 players hold hands or lock arms to create a wall. The wall works together to tag the dribbling players who then become a part of the wall. The wall must try to stay connected and not break into little parts</p>		<ul style="list-style-type: none"> -Keep ball close -Changing speed and direction -Sudden stops and going
<p>#2 12 mins</p>	<p><u>Sharks and Minnows</u> In a 15x20 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach says "GO" the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler's ball goes out, they become a shark. Minnows continue to try and stay in the game.</p>		<ul style="list-style-type: none"> -The game continues until all players turn into sharks. -For younger ages have the coaches be the sharks to start the game.
<p>#3 12 mins</p>	<p><u>Get Outta Here</u> Players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players stand at either side of the coach, with multiple balls and two small goals on each end line. The coach passes a ball into the grid and the players try to win the ball and score on their opponent. Either goal.</p>		<ul style="list-style-type: none"> -Players react quickly to the ball -First touch towards the direction they want to score a goal -If they are last to the ball, run to defend
<p>PLAY 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