





PLAY — PRACTICE — PLAY

Session Skill

Toe touches/turn & drag

<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>Follow The Leader</u> Two players (Leader and Follower) both with a ball each and will dribble their soccer ball in a 20x25 yard grid. The leader will dribble wherever they want to go as long as they stay in the box. The follower will try to keep up with the leader.</p>		<ul style="list-style-type: none"> -Keep the ball close -Dribbling using different surfaces of the foot -Changing directions
<p>#2 12 mins</p>	<p><u>Gate Dribbling</u> Set up as many gates (two cones about 2 yards apart). In a small grid Players with a ball must dribble through the gate in order to score a point. Coach: 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.</p>		<ul style="list-style-type: none"> -Keep ball close -Acceleration after going through a gate -Decision making
<p>#3 12 mins</p>	<p><u>Gates With Bandits</u> In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Select 2-3 players to be the “Bandits”; they will try to dispossess the players with trying to score points by dribbling through the gates. When the bandit steals the soccer ball, the player that lost the ball becomes the bandit.</p>		<ul style="list-style-type: none"> -Keep ball close -Acceleration after going through a gate -Decision making -1v1 defending
<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