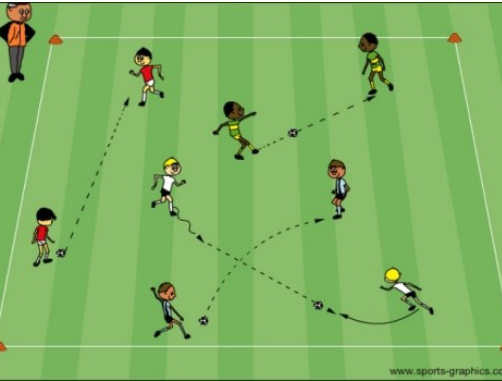

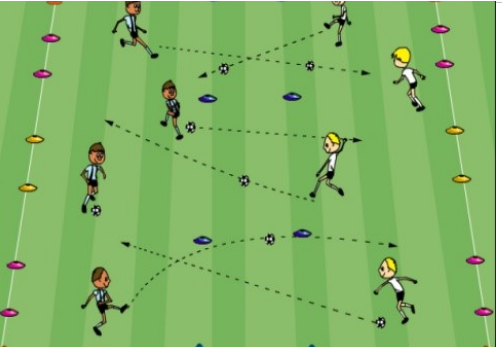



PLAY — PRACTICE — PLAY

Session Skill
Stop & push/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>Paint the field by Passing</u> In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a lawn mower and wherever it rolls it will cut the lawn in the area. Their task to pass (kick) the soccer ball to mow as much of the grid as possible.</p>		<ul style="list-style-type: none"> -Passing and receiving technique -Pass a moving ball -Ability to pass to open spaces. -Receiving players move to open passing lanes.
<p>#2 12 mins</p>	<p><u>Ball Tag</u> Players dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player</p>		<ul style="list-style-type: none"> -Dribbling technique -Passing and receiving technique -Weight of the pass -Accuracy of the pass
<p>#3 12 mins</p>	<p><u>Clean The Yard</u> Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central area is the neutral area and is 5-6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players in each team will try to shoot/pass and score below knee height in any of the 3 goals.</p>		<ul style="list-style-type: none"> -Basic Shooting technique -Simple decision making -Collect a new ball quickly and look for open lanes -Look at the target
<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