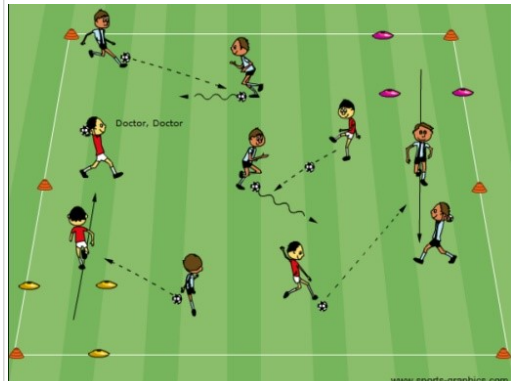

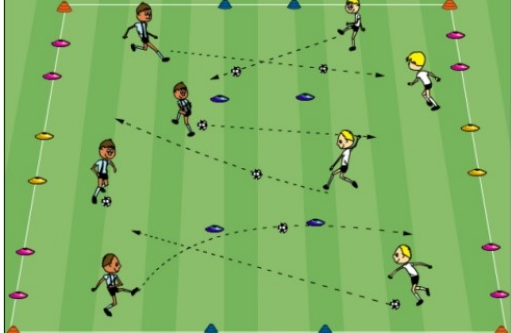



PLAY — PRACTICE — PLAY

Session Skill

Turn & drag/Croqueta

<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>Go See The Doctor</u> Divide the group into two teams. Send them to their (corner boxes). Each team selects a doctor. He/she will fix (unfreeze) his/her team's players. Teams try to freeze by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell "I need a Doctor"</p>		<ul style="list-style-type: none"> -Dribbling Technique -Protect the ball -Passing technique -Wight and accuracy of the pass
<p>#2 12 mins</p>	<p><u>Clear the field with #'s</u> Divide players into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score.</p>		<ul style="list-style-type: none"> -1v1 dribbling -Change direction -1v1 defending -Block shooting lane to the goal - Quick decision making
<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