





**PLAY — PRACTICE — PLAY**

**Session Skill**  
**Zindane Double Cut**

<p><b>PLAY</b> 10 mins.</p>	<p><b>Play-</b> as players arrive have them join in a small sided game.</p>	<p><b>Set Up-</b> 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed</p>	<p>Let them play</p>
<p><b>Activity Description</b></p>		<p><b>Set Up Diagram</b></p>	<p><b>Coaching Points</b></p>
<p><b>#1</b> 12 mins</p>	<p><b>Shadow Dribble</b> Two players (<b>Leader and Shadow</b>) each with a ball will dribble their soccer balls in a 20x25 yard grid. The leader will determine where they are going while the shadow will try to keep up with the leader.  Call the change from leader to shadow</p>		<ul style="list-style-type: none"> <li>-Dribbling with head up</li> <li>-Running with the ball</li> <li>-Using different foot surfaces</li> <li>-Changing direction</li> </ul>
<p><b>#2</b> 12 mins</p>	<p><b>Moving Wall:</b> All players are dribbling a soccer ball in a 20x25 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p>		<ul style="list-style-type: none"> <li>-Changing speed and direction</li> <li>-Running with the ball</li> <li>-Look for open space</li> <li>-Keep ball close</li> </ul>
<p><b>#3</b> 12 mins</p>	<p><b>Capture The Balls</b> Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.</p>		<ul style="list-style-type: none"> <li>-How to get the balls from the center or other home bases</li> <li>-How to defend their home base</li> <li>-Decision making: pass or dribble</li> </ul>
<p><b>PLAY</b> 20 mins</p>	<p><b>Small Sided Games</b> 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