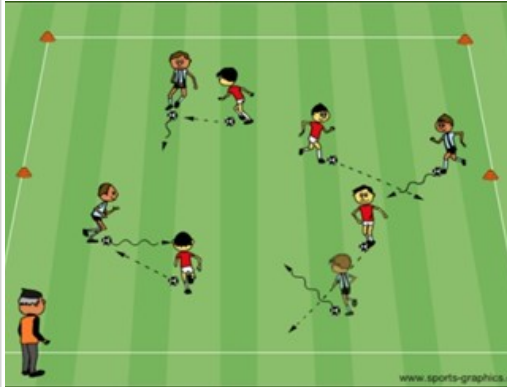

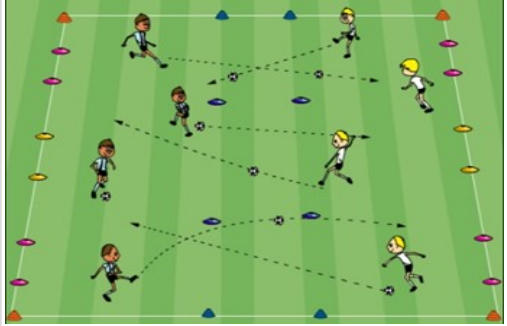



**PLAY — PRACTICE — PLAY**

**Session Skill**

**Ronaldo Chop**

PLAY 10 mins.	Play- as players arrive have them join in a small sided game.	Set Up- 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed	Let them play
	<b>Activity Description</b>	<b>Set Up Diagram</b>	<b>Coaching Points</b>
<b>#1</b>  12 mins	<b>Team Tag</b>  Split the players into two teams ( <b>Dribblers and Taggers</b> ). The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determined time, the teams switch roles.		<ul style="list-style-type: none"> <li>-Dribbling technique</li> <li>-Passing and receiving technique</li> <li>-Weight of the pass</li> <li>-Accuracy of the pass</li> <li>-Protecting the ball</li> </ul>
<b>#2</b>  12 mins	<b>Cops and Robbers:</b>  The coach sets up 8-10 stand up (tall) cones in a 20x25 yard grid. Robbers will strike the ball and try to knock the cone (the bank) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.		<ul style="list-style-type: none"> <li>-Passing and receiving technique</li> <li>-Weight of the pass</li> <li>-Accuracy of the pass</li> <li>-Dribbling Technique</li> </ul>
<b>#3</b>  12 mins	<b>Clean the Yard</b>  Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion ( <b>the buffer zone</b> ) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players on each team will try to shoot/pass and score below knee height in any of the other team's goals		<ul style="list-style-type: none"> <li>-Basic shooting technique</li> <li>-Simple decision making</li> </ul>
<b>PLAY</b>  20 mins	<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).		Let them play

**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