

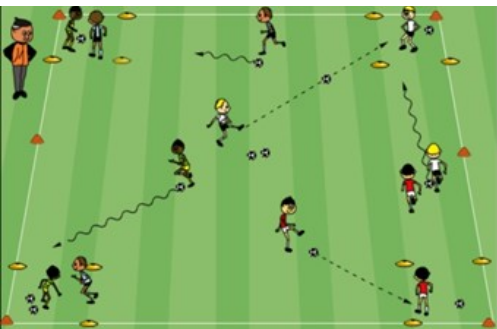



PLAY — PRACTICE — PLAY

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
	Activity Description	Set Up Diagram	Coaching Points
#1 12 mins	Gate Passing In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point		<ul style="list-style-type: none"> -Passing and receiving technique -Dribbling technique -Decision making -Weight and accuracy of the pass -Communication and mobility
#2 12 mins	Ball Tag: All players are 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		<ul style="list-style-type: none"> -Passing and receiving technique -Weight of the pass -Accuracy of the pass -Dribbling Technique
#3 12 mins	Capture The Balls 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.		<ul style="list-style-type: none"> -How to get the balls from the center or other home bases -How to defend their home base -Decision making: pass or dribble
PLAY 20 mins	Small Sided Games 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