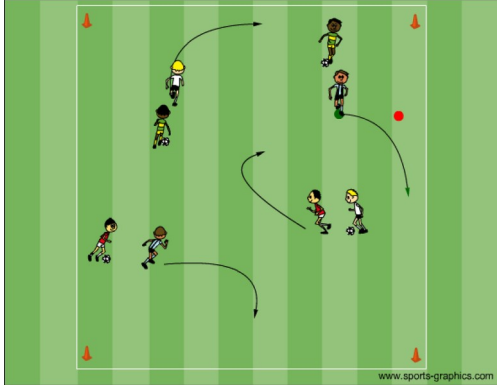
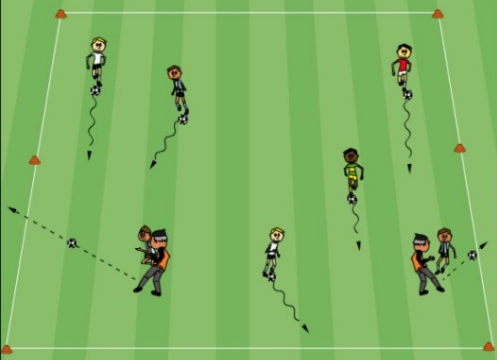
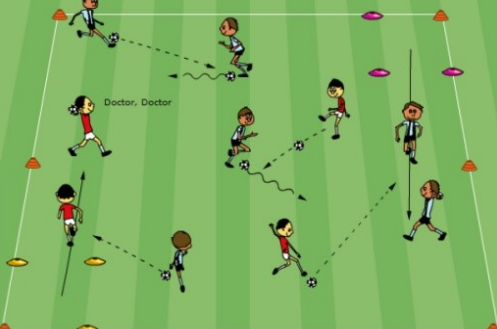



PLAY — PRACTICE — PLAY

Session Skill

Roll overs

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	<p><u>Follow the leader:</u></p> <p>In pairs, one player with the ball the other without. In a 20x25 yard grid. The player without the ball will jog inside the area changing direction and speed while the partner will try to stay close to them while dribbling the soccer ball. Change after a few minutes</p> <p>Next version Both players have a ball and play the same game.</p>		<ul style="list-style-type: none"> -Dribbling Technique -Change direction -Change speeds -Stop and start
#2 12 mins	<p><u>Monster:</u></p> <p>All players are dribbling a soccer ball from one end to the other end of a 20x25 yard grid. The coach begins as the “monster” and tries to kick the dribbling players’ soccer balls out of the grid. Once a player’s soccer ball is kicked out of the grid, he/she becomes a “monster”.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p>		<ul style="list-style-type: none"> -Dribbling Technique -Change direction -Change speeds -Stop and start
#3 12 mins	<p><u>Going To The Doctor</u></p> <p>Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team’s players. Teams try to freeze each other 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 “Doctor, Doctor”</p>		<ul style="list-style-type: none"> --Protect the ball -Dribbling Technique -Communicate with the players
PLAY 20 mins	<p><u>Small Sided Games</u></p> <p>4V4 small sided game. No goalies, no throw-ins, kick ins only. Set up multiple fields if needed (15yds X 20yds).</p>		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