
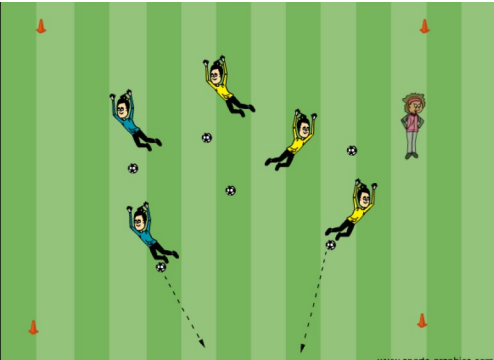
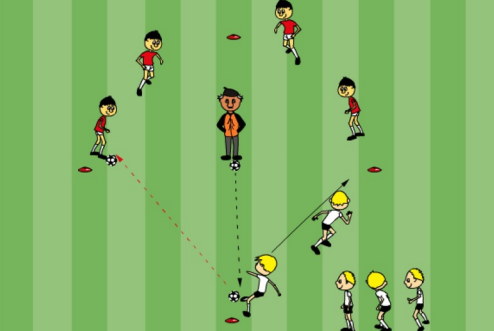



PLAY — PRACTICE — PLAY

Session Skill

L Turns

<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>Skill Box:</u> Players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot. 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
<p>#2 12 mins</p>	<p><u>Creepy Crawler:</u> All players down on the ground in the crab position. Balls set up randomly inside the playing area. Players must move on their hands and feet (like a crab) and try to kick the ball over the 2 touch lines. When a player kicks it over the line they can get up and dribble the ball back to the coach who puts it back in play. The player returns to the crab position and plays.</p>		<ul style="list-style-type: none"> Stay balanced Aim for the end line
<p>#3 12 mins</p>	<p><u>Soccer Kick Ball:</u> Players should be divided into equal teams. Set the field like a baseball diamond. One team in the field along the baselines tries to kick the ball back to the pitcher as quickly as they can while the kicker runs to first. Every player is safe and can only go one base.</p>		<p>Coach: coach pitches rolling the ball. Everyone kicks once then switch the kickers and fielders.</p>
<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