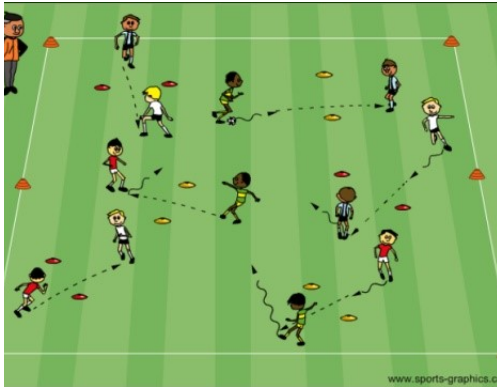
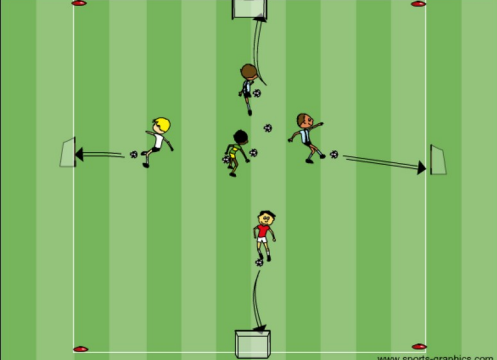




**PLAY — PRACTICE — PLAY**

**Session Skill**

**Roll Overs**

<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>
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	<b>Activity Description</b>	<b>Set Up Diagram</b>	<b>Coaching Points</b>
<p><b>#1</b> 12 mins</p>	<p><b>Gate Passing:</b> 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.  Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points.</p>		<ul style="list-style-type: none"> <li>-Proper weight on the pass</li> <li>-Move quickly to new gate</li> <li>-Communicate</li> <li>-Find the empty gate</li> </ul>
<p><b>#2</b> 12 mins</p>	<p><b>Clock Shot:</b> All the balls in the middle of the playing area. Players start on one end line. On the coaches command players run and dribble a ball from the middle and take a shot on any goal. Go back and get another ball and take a shot on a different goal.  Keep retrieving the balls and putting them back in the middle. Keep the game going.</p>		<ul style="list-style-type: none"> <li>-Head up to avoid other players</li> <li>-Quick shots</li> <li>-Dribble through traffic</li> </ul>
<p><b>#3</b> 12 mins</p>	<p><b>Catching Robbers:</b> All players are spread around a 20x25 grid. Only two players (<b>the cops</b>) have soccer balls. When the coach says “let’s catch some robbers”, the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught, he/she goes and gets any ball from the perimeter and becomes a cop.</p>		<ul style="list-style-type: none"> <li>-Change of speed</li> <li>-Watch for the cops with your head up</li> <li>-Keep the ball close to you</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