





PLAY — PRACTICE — PLAY

Session Skill

Side Step

<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>Skill Box All 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>		<p>-Coach can put pressure on players dribbling</p>
<p>#2 12 mins</p>	<p>Knock Out: All players are dribbling in a 20x25 yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game.</p>		<p>-Protecting the ball -Dribbling with different surfaces of the foot</p>
<p>#3 12 mins</p>	<p>Steal and shield Pair up the players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. Play 30-45 second matches. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.</p>		<p>-Body sideways on to opponent -Use arm to protect and know where defender is going - Knees bent -Turn as defender attacks or reaches for the ball</p>
<p>PLAY 20 mins</p>	<p>Small Sided Games 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