





PLAY — PRACTICE — PLAY

Equipment: pinnies, 10-12 cones (3 colors)

Session Skill

Soccer ready position

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
	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
#1 12 mins	<u>Simon Soccer:</u> Set out 3 different color cone gates inside the practice area. Each player needs a ball. Coach calls out a color of a gate and players have to dribble through that gate. As the game goes on coach calls out more than one color, players have to remember the order and go through the gates in that order .		Keep the colors simple and don't call more than 3 in a sequence.
#2 12 mins	<u>Body Meet Cone:</u> All players dribbling a soccer ball without hitting the cones. When a coach yells out a body part (elbow!knee!) players must run to a cone and put that body part on the cone .		Call out various body parts. Players return to their ball and continue dribbling until they hear next body part.
#3 12 mins	<u>Name Game:</u> Half of the players with a ball and half without. Players with the ball dribble inside the practice area. Players without the ball start by sitting down. Coach calls "switch" & players with the ball dribble to a player without the ball and exchange names and the ball.		Call switch every few seconds. Players without the ball can start on their stomachs, etc.
PLAY 20 mins	<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).		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