
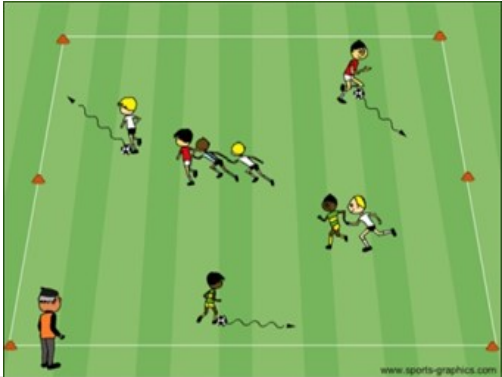
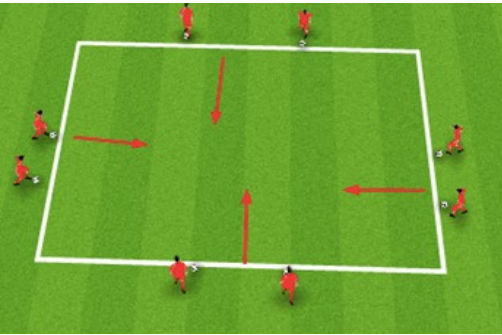



PLAY — PRACTICE — PLAY

Equipment: pinnies, 4-6 cones

Session Skill
Boxing dribble/ Out & Out

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>Throw Down: Half the players (offense) are dribbling a soccer ball in a 20x25. The other half (defense) have the ball in their hand and attempt to throw the ball at the dribblers ball to knock it away. 1 pt for offense if the defender misses. 1 pt for the defense if they hit the offenders ball.</p> <p>Coach: Switch after a few minutes.</p>		<ul style="list-style-type: none"> -Challenge players to use different surfaces of foot -Players must dribble with their head up -Encourage the players to change speeds -Make sure they throw the ball at the ball.
#2 12 mins	<p>Snake</p> <p>Players are dribbling a soccer ball in a 20x25 yard box with except for at least 2 players. The 2 players hold hands or lock arms to create a wall. The wall works together to tag the dribbling players who then become a part of the wall. The wall must try to stay connected and not break into little parts</p>		<ul style="list-style-type: none"> -Keep ball close -Changing speed and direction -Sudden stops and going
#3 12 mins	<p>Technical Square</p> <p>Each side has a skill. Players go across the box performing that skill and get 1 point for every clear run.</p> <p>Toe taps Boxes Inside outside Free Dribble</p>		<ul style="list-style-type: none"> -Close control -Head up looking for space -Add cones for additional obstacles
PLAY 20 mins	<p>Small Sided Games</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