



Description

Arrival Activity: 1v1 to Mini-Goals - 2 new players each attack (10 mins)

Setup: Age/level-appropriate space (10-15m wide x 15-20m long). Half line marked.

Activity: Teams of 3-4 players each. Balls with the coach. Play starts with pass to attacking team. Play 1v1 to goals until ball leaves the field of play. All field players leave the field returning to lines. Next ball to attacking team starts next 1v1. Attack starts with the same team for allotted time, then other team attacks for same amount of time. Practice round(s) with each team attacking and defending. Competition round(s) where scores are kept (3-4min each way).

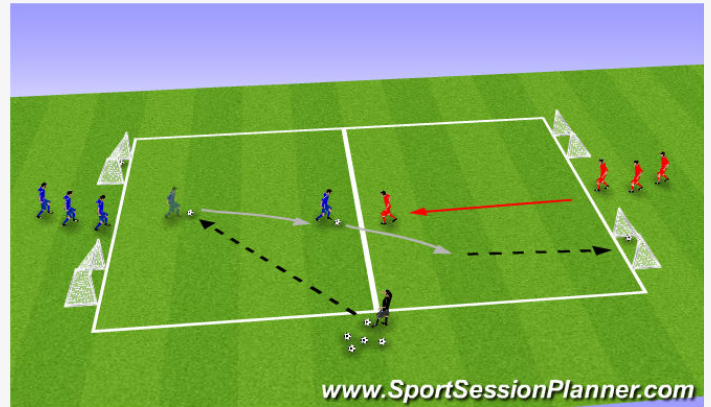
Options:

- Must be in attacking half to score.
- Must be inside 6-8 yard shooting zone to score (not pictured).

For Less Advanced Players:

- Ball is placed in front of player, rather than passed to them.
- Player scores by passing ball to coach, or 1 of 2 coaches, on the field.
- Player scores into either goal on opposite side or by passing to coach.

Coaching Points: Big touches to run quickly with the ball. Smaller touches when approaching defender. Big "killer touch" to get into space behind defender. Take touch to cut across defender's recovery path "sealing off" defender from access to the ball. 2 main strategies: run directly at defender making decision late whether to attack right/left space, or attack a space right away but be ready to change direction based on defender's reaction.



Technical: Running w/ the Ball: Pickle 1v1 (10 mins)

Set-up: Set up field with central playing area and 2 end-zones. Field size varies with age, ability, number of players, and focus of session. For u7u8 players, a distance of 10-15m b/t end-zones is appropriate. The width of the playing area should vary with number of players, number of defenders, ability, etc. Make 3-4 teams of 2-4 players.

Activity: (as pictured) Team with Yellow Tops is shown as defenders. Blue and Red teams are shown as attackers. Attacking players try to get from zone to zone as many times as they can in allotted time (2-3min). Player keep count. Defending players try to get their foot to the attacking players' soccer balls. Anytime a defending touches a ball, the attacker must start their count over again at zero. If an attacker dribble outside of the playing area, their count goes to zero. Defenders get a point each time they touch a ball. Change defending team each round.

Options:

- Tag first, then with balls
- Defenders only need to touch a ball.
- Defenders must knock a ball out of the area.
- Attackers must execute a move in the central area for their crossing to earn a point.
- Teams of 2 must inter-pass to get across the space (can require a wall-pass or overlap combination to get 1 point)
- Teams of 3 must inter-pass to get across the space (all 3 players must touch the ball)
- CITY PICKLE – Play with 3-4 cities. Teams accumulate points for going from city to city. Each round 1 team acts as taggers/defenders in the middle area. (1 pt. for going b/t 2 neighboring cities, 2 pts. for going b/t 2 diagonal cities)

Focus:

- Dribbling Technique (running with the ball, attacking moves, turning moves)
- 1v1 Attacking Tactics (running at, fake/feint/move, killer touch, final touch)
- 1v1 Defending Tactics (close space, match momentum, force to side, timing of attempt on the ball)

Variations:

- 2 Players per Ball: dribble and combine to get from zone to zone.
- Relay races with defenders (1 team defends, other teams race each other) Practice rounds, then competition rounds.



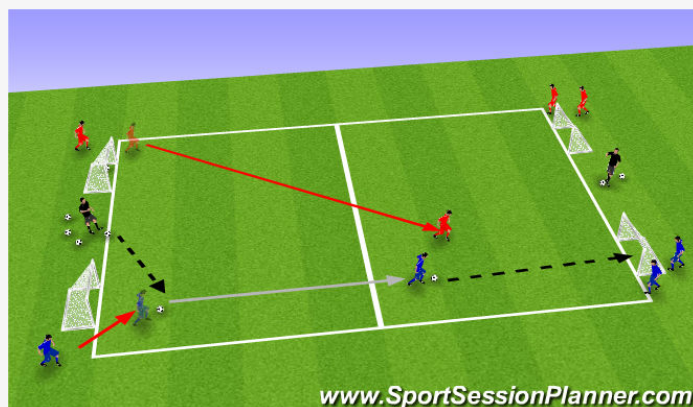
Technical/Tactical: Running w/ the Ball: 1v1 Att/Def 2 Mini-Goals w/ Recovering Def (10 mins)

Setup: Age/level-appropriate space (10-15m wide x 15-20m long). Half line marked.

Activity: Teams of 4+ players each. Balls with each of 2 coaches. Play starts with pass to attacking player (blue player as pictured). Coach at that end (left as picture) will always play to blue. Defending player (red player as pictured) chases. Play 1v1 to goals until ball leaves the field of play. Both players leave the field returning to lines at the opposite end. Now the other team receives a pass from coach at opposite end to start next 1v1. Coach at that end (right as pictured) will always play to red. Continue, alternating attacks b/t teams/ends. Practice round(s), then competition round(s) where scores are kept.

Options: Must be in attacking half to score as pictured. Must be inside 6-8 yard shooting zone to score (not pictured) (to encourage penetration). Allow attacker to score in only the 1 goal directly ahead (to encourage speed and "sealing-off" of defender)

Coaching Points: Big touches to run quickly with the ball. Touch only the back of the ball to run a straight line to goal. "Seal off" the defender by taking a touch across the defenders path to prevent him from recovering to the ball.



Individual Tactics: 1v1 Attacking: 1v1 Att/Def 1 Goal / 2v2 Att/Def 1 Goal (10 mins)

Setup: Age/level-appropriate space (8-12m wide x 10-15m long). Half line marked.

Activity: Divide teams to play 1v1 and/or 2v2. Balls with each of 2 coaches. Players play freely. Whenever ball leaves the playing area, play re-starts with a pass from the coach to an attacking player (team that did not put the ball out). Rotate players/teams every 2-3 min.

Options: Must be in attacking half to score as pictured. Coaches can vary the difficulty for players by providing the ball to players in more or less advantageous positions/situations. Place more developed players in the 2v2 to provide options to both dribble and pass, and less advanced players in the 1v1 giving them more time on the ball.

Coaching Points: Encourage players to take on defenders 1v1, even on the 2v2 field. Only by trying to score will players figure out when to keep the ball and when to pass. Coach any other points from the session.



Team Play: 3v3 Match Format (10 mins)

Play 3v3 match format. Attack 2 / Defend 2 mini-goals. Must score from within 6 yard shooting zone. All restarts are choice of kick-in/dribble-in.

Review 3v3 Match Format & Rules.

Utilize Coaching in the Game methodology to provide insight into the game, such as attacking and defensive shape. Reinforce coaching points from the session's previous activities.

For Less Advanced Players:

- Whenever ball leaves the playing area, play re-starts with a pass from the coach to an attacking player (team that did not put the ball out).
- Play 3v2 or 3v1 for more success and to encourage passing.
- Allow the 3 players to have 4-6 attacks in a row, rotating defenders every 2-3 attacks. New ball coming from a coach.
- Require 1 pass before a goal is scored.

