



Arrival Activity: 1v1 Defending: 1v1 Tag in a Box (10 mins)

Set-up: 12m x 20m space. Cones at starting points, and corners. 2 teams, on opposite sides, at starting points.

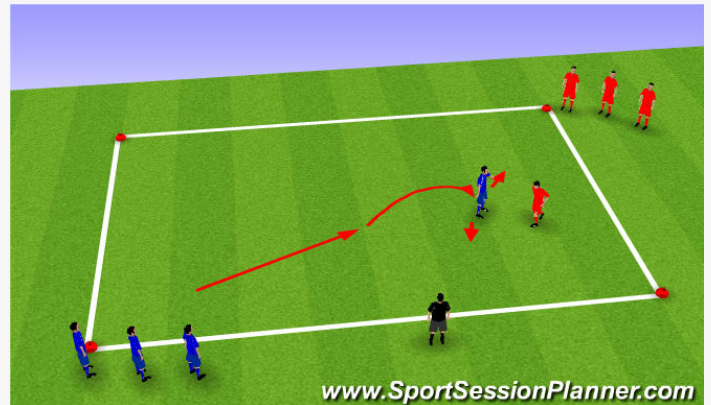
The Exercise: (as pictured) 1 Red player and 1 Blue player enter the field. Blue player tries to tag the Red player with 20 seconds to score 1 point. Red player tries to avoid being tagged. All tags must be with 2 hands simultaneously. Blue team defends/tags for 2-3 min, then Red team defends/tags. Practice rounds, then competition rounds.

Focus:

- 1v1 Defending (delay/restraint, dictate/control, timing of tag/tackle)

For Less Advanced Players:

- Make the playing area smaller.



Technical: Passing: Clean Your Back Yard (10 mins)

Setup: 20x25 yard area with central buffer zone (5 yards). Each player with a ball.

Activity: Players pass/kick/shoot balls into opposing team's back yard. Team with fewest balls in their yard at end of round wins. Play rounds of 2-3 min.

Option: Make 2-3 small goals (3 yards wide) on endlines (back line of each team's area). Points scored only for balls passed into goals. Team with most points wins a round.

Coaching Points: Technical points: use inside of foot to pass with greatest accuracy (top up/heel down ankle position), use top inside edge of laces to pass with power (toe down/heel up angle position), plant foot next to ball, plant foot pointed at target, step into ball, strike ball, follow thru at target.



Individual Tactics: 1v1 Defending: 1v1 Endline Soccer (10 mins)

Set-up: 12m x 20m space. Cones at starting points, and corners. 2 teams, on opposite sides, at starting points.

The Exercise: (as pictured) Red player runs toward 1 end, around the corner cone and on to field. On Red player's movement, Blue player runs opposite direction. Red player tries to receive ball from coach and dribble across endline. Blue player tries to prevent Red player from scoring. Blue player can win ball and attack opposite endline. Red team attacks for 2-3 min, then Blue team attacks. Practice rounds, then competition rounds.

Options:

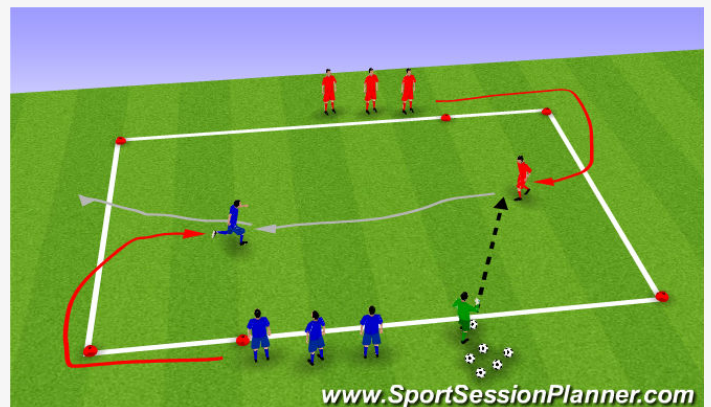
- 1) 1v1 plus recovering defender (recovering Blue starts from same end as Red attacker)
- 2) 2v1 plus recovering defender (recovering Blue starts from same end as Red attacker)
- 3) 2v2 (2 Red Attack, 2 Blue Defend)

Focus:

- 1v1 Defending (delay/restraint, dictate/control, timing of tackle)
- 1v2/2v2 Defending (1st defend delay/dictate, 2nd def recover, double team)

For Less Advanced Players:

- Make the playing area smaller.



Coach Serves for Shot on Goal (10 mins)

Setup: Age/level-appropriate space and goal. Starting points for players marked (right-footed starting point to left, left-footed starting point to right). Coach positions on endline next to goal with supply of balls.

Activity: Coach passes ball in front of goal. Player runs onto the ball and strikes the ball on goal.

Options:

- Goal only counts if ball struck on sweet spot with heel up in the back, and no back spin.
- Vary distance of shot from goal
- Vary angle of service (coach serves from different positions)
- Vary speed of service.
- Serve bouncing ball (or air ball) (advanced).
- Specify surface to finish with (instep/laces, inside of foot, head, etc.)
- Add a goalkeeper
- Add a recovering defender coming from various positions/angles.
- Require 2-touch finish (to emphasize receiving to set up for a shot)
- Receive to turn before shooting, etc.

Focus:

- Judging rolling ball
- Shooting Technique (angle of approach, plant foot placement, choice of surface, ankle position/heel up in the back, balance/body position, follow-thru)
- Ball should have very little rotation after being struck - no back spin.
- Receiving to shoot (1st touch)



Team Play: Defensive Shape: 3v3 Match Format (10 mins)

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

Focus: Shape for Controlling Attacking Play (2-1)

- Steering Attacking Play Toward 1 of 2 Goals (taking away option to attack 1 2 goals)
- 1v1 Defending Principles
- Group Defending: positioning of 3 players

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:

- Make the playing area smaller to compensate for lack of mobility of players and of ball.
- 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). To work on DEFENSIVE PRINCIPLES play the ball to an attacking player in their defensive half so the defending players can have time to defend.

