



Description

Arrival Activity: Juggling (10 mins)

**Setup:** Defined space for the number of players. Ball per player. Coach observing, monitoring, motivating. etc.

**Activity:** Players try to execute specific juggling sequences > progressions.

-Thigh-Catch (R/L) > Thigh-Foot-Catch (R/L) > Thigh-Thigh-Foot-Foot-Catch

**Options:** How many times can a player successfully complete a particular sequence? How many times in a row? After a player reaches a specified number of repetitions, coach moves that player on to next level. Partner juggle (instruct players to make vertical touches rather than trying to pass the ball to each other in the air).



Technical: Dribbling/Attacking Moves/Killer Touch (15 mins)

**Setup:** Defined age/level-appropriate space. Large central cone.

**Activity:** 4-6 players per group. 1 ball per player. Running w/ the ball (RWB) and attacking moves in relation to central cone. Execute given Attacking Movement + Killer Touch (KT). Continue to opposite side. Next player attacks.

**Options:** practice, then competition round(s) with group races

**Progression:** RWB (R/L) > KT w/ Outside of Foot (R/L) > KT with Inside Chop (R/L)



Individual Tactics: 1v1 Defending: 1v1 Endline Soccer (15 mins)

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

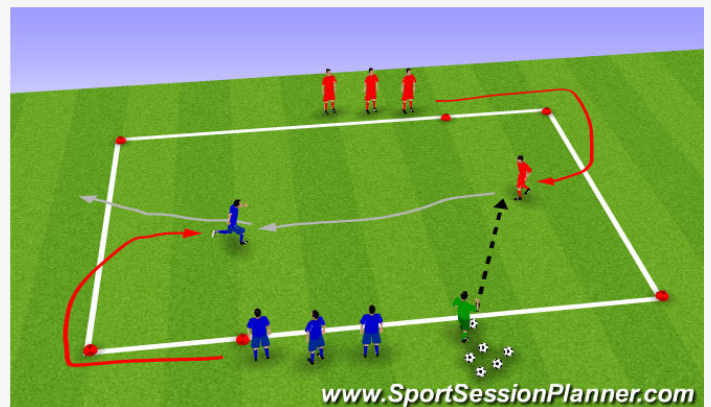
**The Exercise:** (as pictured) White player runs toward 1 end, around the corner cone and on to field. On White player's movement, Blue player runs opposite direction. White player tries to receive ball from coach and dribble across endline. Blue player tries to prevent white player from scoring. Blue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

**Options:**

- 1) 1v1 Tag (no ball) (tag ends 1v1, no counter)
- 2) 1v1 with Ball (coach plays ball out to attacking players as they enter the field of play).

**Focus:**

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



## Team Play: Attacking Shape: 4v4 Match Format (20 mins)

Play 4v4 match format. No goalkeepers. Attack 1 / Defend 1 Goal.  
Must score from within 8 yard shooting zone. All restarts are choice of kick-in/dribble-in.

Focus: Team Shape in Possession of the Ball:

- 3-1 Shape when Ball is in Back of team
- 1-3 Shape when Ball is Up Front

Utilize Coaching in the Game methodology to provide insight into the game, such as attacking shape, defensive shape, roles & responsibilities, decision-making, etc. Reinforce coaching points from the session's previous activities.

