

Warm Up (10 mins)

Set Up:

20x20 yd box (10-12 players)

Organization (Multiple Activities):

- 1) **Chain Tag** (3x60s). One player begins as the "Tagger" and as she tags players they join the "chain" and continue trying to tag players.
- 2) **Technical Dribbling** (5-7 min). Players with a ball each dribbling freely in the box; build in different ball manipulation challenges. Stop and teach the technique and then allow the players time to practice on their own.

Example of techniques:

- Inside-inside
- Inside-outside
- Left or right foot dribbling only

- 3) **Knockout** (3x30 sec). One player is the "shark" and will try to knock the other players' balls out of the box. Switch the shark (and add more potentially) if they are ready for more pressure.

Coaching Points:

1. Chain Tag - have fun with the kids and let them loosen up and have fun using teamwork to tag the players! Ask the players whom are running away from the chain - "How can you see the chain? How can you see the best space to run into? (Working on spacial awareness and scanning around the field). Ask the chain how they can "trap" players without just chasing and running.
2. Technical Dribbling - one player to one ball; ask the players to control the ball before going too fast. Break down the technique and give the players time to practice. Pick out a player who can perform the technique to demonstrate for the group. Dynamic body position, quick feet, small steps, locked ankles, small touches.
3. Knockout - progression to dribbling with pressure. Have fun! The most important aspect here is the players are trying to keep control of the ball and protect it away from the defender. Vision of pressure and space, dynamic body position, protection technique



Passing Gates

Set Up:

In the same 20x20 grid, set up 6 small gates for pairs to work in (2 yards apart)

Organization:

Part 1.

Players begin working in a pair at 1 gate - working on passing and receiving using specific techniques and surfaces. Start with basic passing in 2 touches with inside of the foot.

1. Progression - first touch across your body and play w/ opposite (Do not move onto this if they are still learning basic technique)
2. Competition - Must be in control - first team to 15 passes wins!

Part 2:

Stay in pairs - Player A passes to player B and runs to a different gate. Player B dribbles toward the gate and passes back to player A. The first team to 10 passes wins.

Coaching Points:

1. Break down the receiving/passing technique (Toe up, heel down, balance, knee bent, plant foot direction)
2. Quick movement and communication to find new gates.
3. Can the players keep the ball close as they're dribbling to the next gate?
4. Where is the closest open gate? Scanning the field!



4v4 Game (20 mins)

Set Up:

30x20 split in to 4 zones - 4v4 plus 1 neutral player
5 x 3min games - 1 minute rest

Organization:

1. Encourage (not require the team in possession to try and have a player in each of the 4 zones on the field.

2. The coach will ask team "blue" to open up into good attacking shape before passing the ball in to them ("What is the biggest space you can be in?"). Next time, do the same for team "black".

Coaching points:

1- (possession) Team - How and when do we open the space?

2- (possession) Individual - Where is the space on the field?

3- (possession) Individual - Which teammates are open?

(Encouraging the players to think about "space" and if there is space to dribble or an open teammate to pass to)

4- compliment and correct techniques earlier coached



1v1 Transition

Set Up:

15x10 yard field with mini goals. Teams line up by each goal.

Organization:

1v1 to small goals. Once the contest has finished two new players get ready to step in! The coach will pass the balls in to keep control of the timing and tempo of the game.

Coaching Points:

1. Control the ball with your first touch - toe up, heel down, cushion the ball

2. Try to use a feint or technique to beat the player!

3. Have fun!

