



WARM UP (10-15 mins) – Dribbling & Ball Skills

Dribble to a cone right foot only than you must do 4 scissors than pick the cone up. Dribble to a cone left foot only than do 4 scissors than pick the cone up 2:30 minutes. Here we are using different variations of skills - focusing on the speed of stopping the ball and picking the cones up

COACHING POINTS:

- Good dribbling technique
- Change of direction very fast.
- Quick reaction.



THEME #1 (20 mins) – 1v1 Skill Development

3 players are designated defenders- they must stop the other players from passing through a gate. 3 players can only block the gates can't take the ball away you want players to do scissors and drop shoulders 3 minutes than rotate defenders. After 6 minutes 3 new defenders it becomes lives they can take the ball away defenders have to keep score ! make it into a competition Make Sure goals are wide and different colors Focus on the scissors and drop shoulders.

Coaching Points

- Change of directions.
- Close control.
- Different skills.

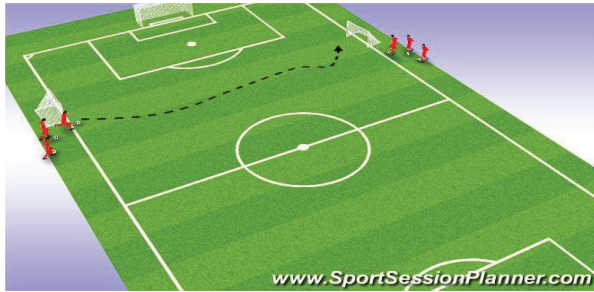


THEME #2 (20 mins) – 2v1 Attacking High Pressure

1v1 2v1 Going to goal Give players numbers and coach will call out there #s want players making runs finding space drop shoulder scissors- keep the intensity high and make sure everyone is working hard Solid passes weight of the pass and a good touch going forward.

COACHING POINTS:

- Communication.
- Different Skills.
- Acceleration.
- Giving options/ passing lanes.



THEME #3 (20 mins) – 1v1 Transition

Every player has a ball- 1 player dribbles in the other player on the opposite line defenders- if attacker score now he becomes the defender. Stays on until someone scores on him. (King of the hill)

COACHING POINTS:

Going direct with full speed.

Changing direction.

Focus on players taking a touch direct and going good touches.



THEME #4 (15 mins) – Small-Sided Game

Bring goals forward. Play 3v3 or 4v4 - you may need to set up two games.

Allow game to flow however make sure the focus is still on 1v1s and give more points if players perform a skill successfully. Continue to make correct coaching points.

COACHING POINTS:

Let them play.

Make sure touches are direct and going forward.

Use a lot of skills and be confident with the ball.



THEME #4 ALTERNATE (15 mins) – Scrimmage

If space available - Allow the players to play with no restrictions. You can expand this to one game (6v6; 7v7) if field space allows. Always promote the session topic within the game and remind players of the coaching points.

COACHING POINTS:

Approach.

Execute.

Accelerate.