



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 > Thigh-Foot-Catch > Thigh-Head-Foot-Catch (Right > Left)

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: Attacking Moves: Pickle 1v1 (15 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 u5u6 players, a distance of 10-12m 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 Green Tops is shown as defenders. Blue and White/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. After each round, teams get together to total their points. Change defending team each round.

Option: (not pictured) Defenders moving on ground as Crabs to lessen pressure on attackers.

Focus:

- Dribbling Technique (running with the ball, attacking moves, turning moves)
- 1v1 Attacking Tactics (running at, fake/feint/move, killer touch, final touch)



Arrival Activity: 2v1 Attacking: 2v1 to Mini-Goals (flying rotations) (15 mins)

Setup: Age/level-appropriate space (15-25m wide x 20-30m long). Half line marked.

Activity: Teams of 4+ players each. Teams in 2 lines each, 1 line with balls. Play 2v1 to goals until ball leaves the field of play. 2 new players attack from end where ball leaves the field (sideline, end-line, or goal). players from that end leave the field and return to lines. 1 player from opposite end stays on to defend (first player to say I got ball.) Practice round(s) with each team attacking and defending. Competition round(s) where scores are kept.

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

Coaching Points: Big touches to run quickly with the ball. Smaller touches when approaching defender. Big killer touch or killer pass to get into space behind defender. 2 main strategies: run directly at defender making decision late whether to attack right/left space with killer touch/pass, or attack a space right away but be ready to change direction with dribble or pass based on defender's reaction. Attack to try to score and read defender's engagement before deciding whether to dribble or pass ('commit defender').



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: Shape in Possession of the Ball

- Triangle Shapes that allow for 2 Passing Options
- Forward Passing Options
- Side-ways Passing Options
- Backwards Passing Options

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.

