|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity 1** |  | **Activity Description** | **Coaching Considerations** |  |
|  | **Gate Passing:** |  Passing and receiving |  |
|  | In a 20x25 yard grid, set up many gates (two cones |  |
|  | technique |  |
|  | about 2 yards apart). Players are now in pairs with a |  |
|  |  Dribbling Technique |  |
|  | soccer ball. They must pass the soccer ball through the |  |
|  |  Decision Making |  |
|  | gate to their teammate in order to score a point. |  |
|  |  Weight and accuracy of |  |
|  | **Coach:** Players count how many points they score in a |  |
|  | the pass |  |
|  | minute. Repeat asking the players to beat their score by |  |
|  |  Communication and |  |
|  | one or more points. You can also ask them to pass with |  |
|  | mobility |  |
|  | the inside or outside of the foot, and using their favorite |  |
|  | **Time: *6 minutes*** |  |
|  | foot or with the other foot. |  |
|  |  |  |
| **Activity 2** |  | **Activity Description** | **Coaching Considerations** |  |
|  | **Catching Robbers:** |  Passing technique |  |
|  | All players are spread around a 20x25 grid. Only two |  Weight of the pass |  |
|  | players **(the cops)** have soccer balls. When the coach |  Accuracy of the pass |  |
|  |  |  |  |
|  | says **“let’s catch some robbers”,** the cops attempt to |  |  |
|  | catch the robbers who are running around the grid by |  |  |
|  | striking their legs below knee height with their soccer |  |  |
|  | balls. Once a robber is caught, he/she goes and gets any |  |  |
|  | ball from the perimeter and becomes a cop. |  |  |
|  | **Coach:** Place the balls that are not being used around |  |  |
|  | the perimeter of the grid. | **Time: *8 minutes*** |  |
| **Activity 3** |  | **Activity Description** | **Coaching Considerations** |  |
|  | **Capture the Balls:** |  How to get the balls |  |
|  | Players should be divided into equal teams to play in a |  |
|  | from the center or other |  |
|  | grid with each team’s home in the corners. Soccer balls |  |
|  | home bases |  |
|  | are in the middle of the grid with all players starting |  |
|  |  How to defend their |  |
|  | inside their home bases. On the coach’s command, the |  |
|  | home base |  |
|  | players each get one ball. They try to dribble or pass it |  |
|  |  Decision making: pass |  |
|  | into their home base. Players can steal soccer balls from |  |
|  | or dribble |  |
|  | their opponent’s home bases. |  |
|  |  |  |
|  | **Coach:** Call time and each team counts the balls they | **Time: *8 minutes*** |  |
|  | have collected. |  |
|  |  |  |
| **Activity 4** |  | **Activity Description** | **Coaching Considerations** |  |
|  |  |  |  Application of |  |
|  | **2v2 to 4 Goals:** | dribbling, passing- |  |
|  |  |  |
|  | Divide the | 20x25 yard grid into two equal grids of | receiving and shooting |  |
|  |  |  |
|  | 12x20 yards with a one yard buffer zone in between. | technique under |  |
|  |  |  |
|  | Place a two 2 yard goal with cones close to the each | pressure |  |
|  |  |  |
|  | corners of each end line. Players will score by dribbling |  1v1 defending |  |
|  |  |  |
|  | or passing through any of the two goals they are |  Decision making |  |
|  | attacking. |  |  |  |
|  | **Coach:** have two games going at the same time. If you |  |  |
|  | have extra players, make sure you sub them in. |  |  |
|  |  |  | **Time: *8 minutes*** |  |
| **Scrimmage** |  | **Activity Description** | **Time** |  |
|  | 3v3 in your area or 4v4 against the team practicing  |  |  |
| **3v3 or 4v4** | Next to you | **30 minutes** |  |
|  |  |  |
|  |  |  |  |  |



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