|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Activity 1** |  |  |  | **Activity Description** |  |  |  |  | **Coaching Considerations** |  |
|  | **Paint the Field- Passing:** |  |  |  |  |  |  Passing and receiving |  |
|  |  |  |  |  |  | technique |  |
|  | In pairs, players will pass the soccer ball back and forth |  |
|  |  Weight of the pass |  |
|  | in a 20x25 yard grid. Explain to the players that their |  |
|  |  Ability to pass through |  |
|  | soccer ball is a paint brush and wherever it rolls it will |  |
|  | traffic |  |
|  | paint the area. Their task to pass (kick) the soccer ball to |  |
|  |  Communication and |  |
|  | paint as much of the grid as possible in the allotted time. |  |
|  | mobility of the players |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Version 2:** Tell the players to use the other foot |  |  | **Time: *8 minutes*** |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **Activity 2** |  |  |  | **Activity Description** |  |  |  |  | **Coaching Considerations** |  |
|  | **Team Tag:** |  |  |  |  |  |  |  |  |  Dribbling technique |  |
|  | Split | the | players | into | two | teams | (**Dribblers** | **and** |  Passing and receiving |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Taggers**). The taggers are trying to tag the | dribblers’ | technique |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | feet | or soccer | ball with their soccer ball. The taggers |  Weight of the pass |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | need to keep track of their tags. The dribblers are trying |  Accuracy of the pass |  |
|  | to keep their | ball | from | being | tagged | by shielding | it. |  |
|  |  Protecting the ball |  |
|  | After a determine time, the teams switch roles. |  |  |  |  |
|  |  |  |  |  |  |
|  | **Coach:** Can help taggers adding their points. |  |  |  |  |  |
|  | **Version** 2: Taggers can only tag the dribblers’ ball. |  |  | **Time: *8 minutes*** |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Activity 3** |  |  |  | **Activity Description** |  |  |  |  | **Coaching Considerations** |  |
|  | **Clean Your Backyard:** |  |  |  |  |  |  |  Basic Shooting |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Split the players into two teams to play in a 20x25 yard | technique |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | gird. With | cones, | divide | the field into three | portions. |  Simple decision making |  |
|  | The central portion (**the buffer zone**) is 6yds wide and |  |
|  |  |  |
|  | no one can enter it. Place three goals (3yds each) at the |  |  |
|  | far ends of the grid. Players in each team will try to |  |  |
|  | shoot/pass and score below knee height in any of the |  |  |
|  | other team’s goals. |  |  |  |  |  |  |  |  |  |
|  | **Coach:** Allow players to enter the buffer zone to retrieve |  |  |
|  | any ball that has stopped in there. |  |  |  |  |  |  |  |
|  | **Version 2:** Allow teams to defend the goals using their | **Time: *8 minutes*** |  |
|  | hands. |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **Activity 4** |  |  |  | **Activity Description** |  |  |  |  | **Coaching Considerations** |  |
|  | **4 Corner Shooting Without Goalkeepers:** |  |  |  |  Application of |  |
|  | In 20x25 yard grid with cone goals at each end, players |  |
|  | dribbling, passing- |  |
|  | of the same team are placed by the corner cones of the |  |
|  | receiving and shooting |  |
|  | goal they are defending. Half of the team is in a line at |  |
|  | technique under |  |
|  | one cone and the other half at the other cone. The coach |  |
|  | pressure |  |
|  | is standing outside the middle | with all the balls. The |  |
|  |  1v1 defending |  |
|  | game starts when the coach serves the ball into the field. |  |
|  |  Decision making |  |
|  | The game is over when one team scores or the ball goes |  |
|  |  |  |
|  | out of bounds. Players need to get out of the field |  |  |
|  | quickly and get back in line. |  |  |  |  |  | **Time: *8 minutes*** |  |
|  | **Version 2:** Add Goalkeepers |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Scrimmage** |  |  |  | **Activity Description** |  |  |  |  | **Time** |  |
| **3v3 or 4v4** | 3v3 in your area or 4v4 against the team practicing  | **30 minutes** |  |
| Next to you |  |  |
|  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |



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