|  |  |  |  |
| --- | --- | --- | --- |
| **Activity 1** | **Activity Description** | **Coaching Considerations** |  |
|  | **Steal-Shield:** |  Body sideways on to |  |
|  |  |  |
|  | Pair up the players with one ball. One player starts with | opponent |  |
|  |  |  |
|  | the ball and at coach’s command, his/her partner tries to |  Use arm to protect and |  |
|  | steal the ball away. Play 30-45 second matches. The |  |
|  | know where defender is |  |
|  | player that ends with the ball gets a point. If the ball |  |
|  | going |  |
|  | goes out of bounds, one of the players must get it back |  |
|  |  Knees bent |  |
|  | in play very quickly. |  |
|  |  Turn as defender |  |
|  |  |  |
|  | **Coach:** Show proper shielding technique during the | attacks or reaches for |  |
|  |  |  |
|  | demonstration. Fix technical shielding errors throughout | the ball |  |
|  |  |  |
|  | the activity to assure that the group is doing it properly. | **Time: *8 minutes*** |  |
|  |  |  |
| **Activity 2** | **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 |  |  |
|  | have collected. | **Time: *8 minutes*** |  |
|  |  |  |
| **Activity 3** | **Activity Description** | **Coaching Considerations** |  |
|  | **1v1 to Cross Goals:** |  Keep soccer ball close |  |
|  |  |  |
|  | In a 12x12yd grid, set up a two yard goal (two red and | to feet |  |
|  |  |  |
|  | blue goals) on each side of the grid. Divide the team into |  Sudden change of |  |
|  |  |  |
|  | two groups. One attacker starts with a soccer ball, trying | direction |  |
|  |  |  |
|  | to score by dribbling through any of the two further |  Burst of speed |  |
|  | goals. The defender is trying to defend the goals closest |  Defending – tackling |  |
|  | to them, If the defender gets the ball, he/she tries to |  Shielding |  |
|  | score in the opponent’s goal. |  Decision making |  |
|  |  |  |
|  | The game ends when one player scores or the ball rolls |  |  |
|  | out. Two new players go. | **Time: *8 minutes*** |  |
|  |  |  |
| **Activity 4** | **Activity Description** | **Coaching Considerations** |  |
|  |  |  Application of |  |
|  | **2v2 to Cross Goals:** | dribbling, passing- |  |
|  |  |  |
|  | In a 12x12yd grid, set up a two yard goal (two red and | receiving technique |  |
|  |  |  |
|  | blue goals) on each side of the grid. Divide the team into | under pressure |  |
|  |  |  |
|  | two groups. The attackers start with a soccer ball, trying |  1v1 defending |  |
|  |  |  |
|  | to score by dribbling or passing through any of the two |  Decision making |  |
|  | further goals. The defenders are trying to defend the |  |  |
|  | goals closest to them. If a defender gets the ball, he/she |  |  |
|  | tries to score in the opponent’s goal. |  |  |
|  |  | **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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