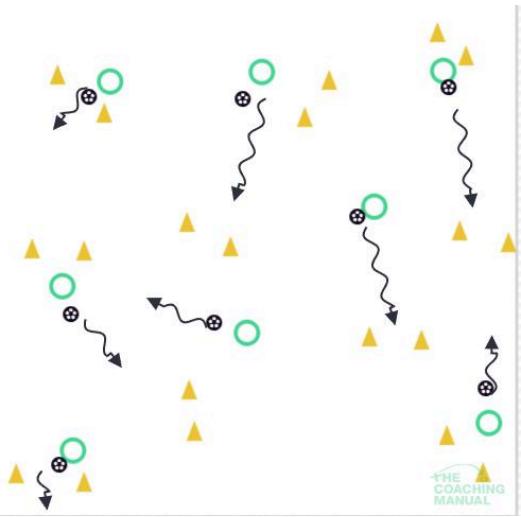




Attack the Gates



Time 10 minutes

Setup

Field/space 20x20

At least 10 gates to dribble through. Gates should be 1 yard wide

All players need a ball

Give a 45 second count down to see how many gates they can get through. See if they can beat their record the next time

Coaching Points

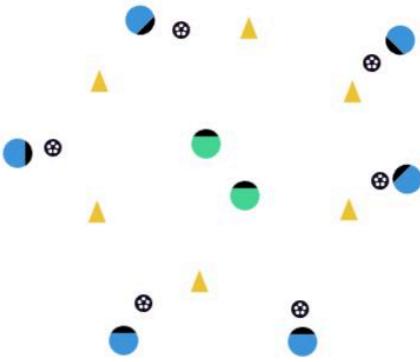
Keep the ball close with lots of touches

Use every surface of your foot as needed

Progression

At the gate do 5 toe taps then move on
Coach moves through the grid blocking gates so players need to change direction

Popcorn



Time 10 minutes

Setup

5 yard circle

2/3 inside players avoiding

Players on the outside will try to pass the ball and hit the players feet on the inside

Outside players cannot go inside, the coach will get the ball

Passing and Receiving

Coaching Points

Work with players on the outside to move and receive a ball as it comes to them

The better they are at receiving, the more chances they will have to pass the ball at their teammates

If they hit someone on the feet in the middle they yell POPCORN!

1 v 1 Attacking

Time 12 minutes

Setup

10 width by 15 long

Two teams in bibs across from each other in the grid

Coach plays the ball to either player, player who receives the ball attacks.

If the defender wins the ball they have one chance to attack.

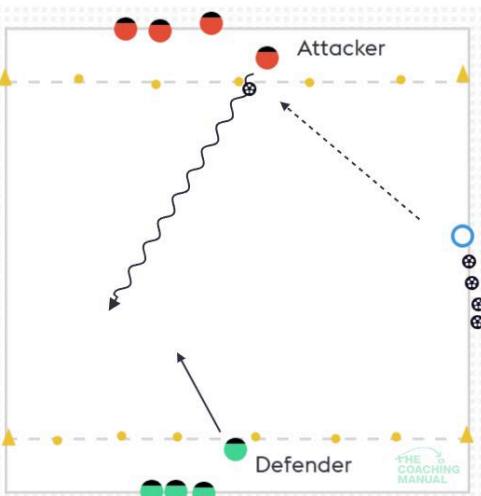
Coaching Points

Don't allow the play to run to long, idea is to quickly dribble over the opposing teams endline

Try to match up like able players if possible

Focus on the early lessons, touches, turns, etc.

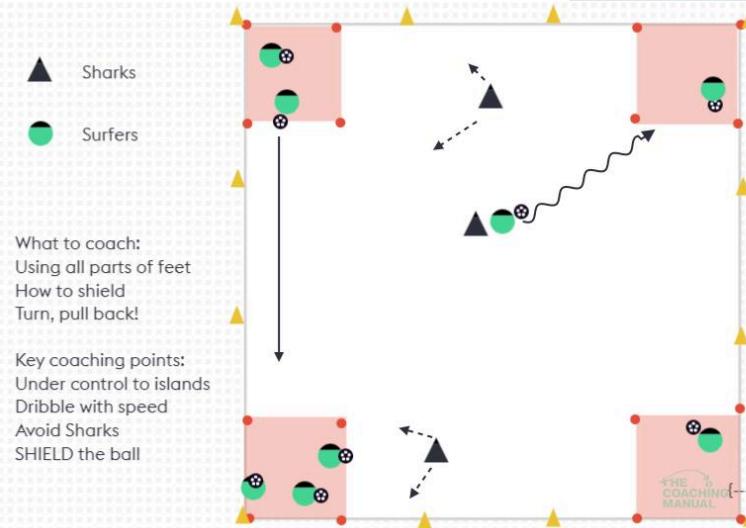
Water Break





Sharks vs Surfers

Teamwork and Communication



Time 10 minutes

Setup

Field/space 20x20 +-
All players should have a ball
4 Corner Squares
Kids are the surfers trying to get from safe zone to safe zone
Coaches are the sharks

Coaching Points

Keep the ball close
Shield your ball, protect it from the sharks and get to a safe zone
What turn can you use to turn away from the sharks?

Build the love of the game. When setting up sessions remember that the younger they are the more you need create a fun environment. Older kids still want the fun but find that in competitive opportunities. Everyone needs a reason to come back next week, whether it be ice cream on the way home, a high five from the coach or scoring a goal. Its up to you as the coach to figure that out for each and every player.

Game Time

Remind Players to Shield

Time 20 minutes

4v4 Format – Without a Goalkeeper. There are two formations in 4x4 Diamond and 2x2(Box) Remind your player(s) in the back not stay in the goalmouth and to instead get out and join the team as field players.

