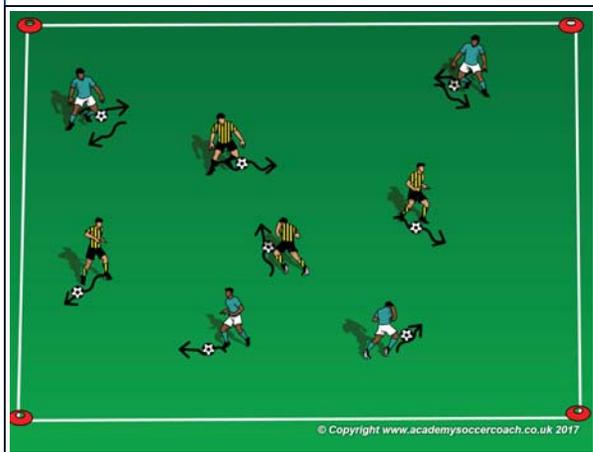
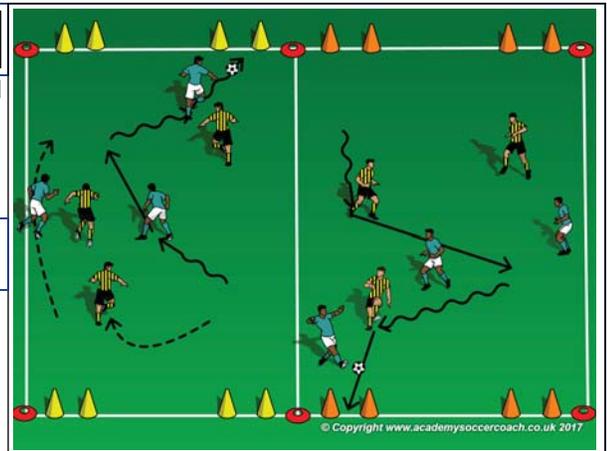


Play Up To A 3v3 Games Duration 12 min

Set up two 15W x 20L fields with 2 goals on each end line. When practice is scheduled to start and as soon as 2 players arrive, start playing a game. As players arrive, add them to the game. After 1 field is at 3v3, start the second game on the field next to it. Each team can score in either of the opponent's goals.

Coaching Points Activity Time 12 min Rest 0 min Intervals 1

- Is the activity organized?** (cones, scrimmage vests, balls, players, goals)
- Is it reality-based?** (does it look like a soccer game?)
- Is there repetition?** (Focus on dribbling (session theme))
- Is it challenging?** (Players should be engaged not frustrated or bored)
- Is there coaching?** (Positive reinforcement of dribbling)

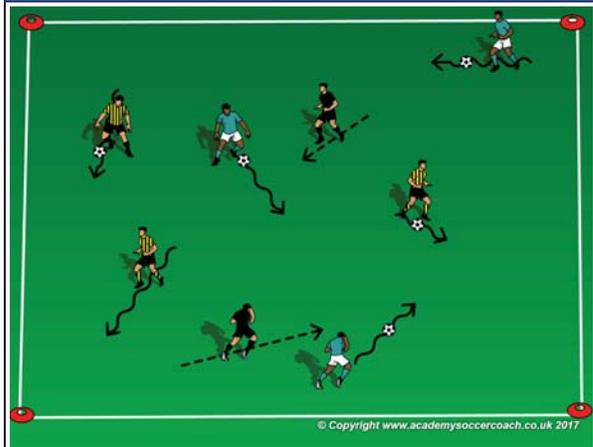


Practice Big Hero 6 Surface - Dribble Duration 10 min

In a 15W x 20L grid & all the players with a soccer ball, have the players try to use different surfaces of the foot in a pattern: outside right (pinky toe), inside right (big toe), outside left, inside left, 2 touches with the right laces & 2 touches with the left laces. Once the player uses the laces on both feet, repeat the pattern. (start with 1-2 surfaces at a time then layer in the other foot and surfaces)

Coaching Points Activity Time 45 sec Rest 30 sec Intervals 8

- Observation:** are the players able to remember all the surfaces?
- Technical Tip:** have the players call out the surface as they use it (outside-inside-laces).



Practice Frozen Tag Duration 14 min

In a 15W x 20L grid, the coach will select 2 Freeze Monsters who do not need a soccer ball. The rest of the players will dribble their balls around the grid. The Freeze Monsters will try to tag the dribblers with their hand. Once tagged, the dribbler is frozen and must stand still with the ball over their head. To get unfrozen, a teammate can pass the ball and hit their shin or pass through their legs.

Coaching Points Activity Time 90 sec Rest 30 sec Intervals 7

- Observation:** are the dribblers able to avoid the Freeze Monster?
- Technical Tip:** try to dribble with your head up so you can always see where the Freeze Monster is.

Play Up To A 4v4 Game Duration 24 min

In a 20W x 30L field and a small goal on each end line, play a 4v4 game. If the roster & attendance is larger than 8, divide the group into 2 equal team, set up a second field and play 2 games at the same time. Take plenty of breaks for rest and water.

Coaching Points Activity Time 10 min Rest 2 min Intervals 2

- Observation:** do the players try to dribble around opponents or continue in straight lines?
- Technical Tip:** use the inside or the outside of the foot to dribble side to side and the laces to go forward.

