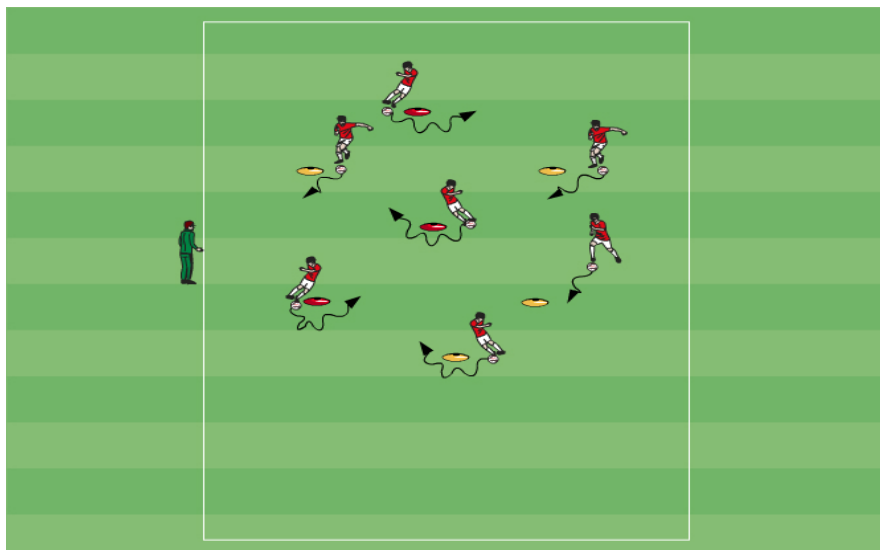




TRAINING SESSION

The Network



Objective

To develop movement abilities: Agility, balance, coordination To develop dribbling with the head up. To develop running with the ball. To develop turning the ball.

Description

Place different colored cones if available. Each player starts at a cone. Starting cone is called "home". Ask players to move from cone to cone in a variety of ways. At first try the activity without the ball. Consider the following movement actions: A) Run and touch a cone. See how many they can touch before "home" is called. B) Run and hop over a cone with two feet. C) Run and touch a cone with their hand. Then add a ball. Progression: A) Dribble from cone to cone. Don't touch the cones. B) Dribble around a cone and then go to a new one. C) Dribble around a cone and then go to a different colored cone.

Key Points

Running with the ball using pinky toe or laces. Turning the ball with the inside or outside of the foot.



Dribbling

Running with the Ball

Agility

Coordination & Balance

Perception & Awareness

Basic Motor Skills



U5 to U8



4 to 12 Players



Cones (two different colors if available), Ball for each player.



Intensity: Low



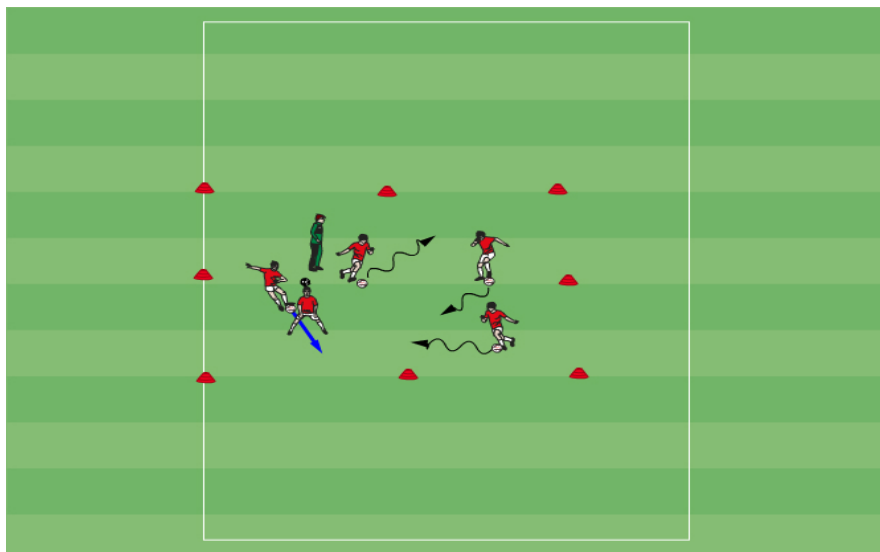
00:12 min

(6 x 01:00 min, 01:00 min rest)



TRAINING SESSION

Freeze Tag



Objective

To develop dribbling with the head up. To develop how to dribble to keep possession (turning the ball) Awareness

Description

Make a playing area with cones. Each player has a ball. The coach is "it". Players dribble their soccer ball and try to stay away from being tagged. If tagged, they are frozen. Frozen player has to stand and hold their ball above their head and spreads their legs apart. To get unfrozen, someone has to pass the ball under a frozen player's legs. Variations: A) Coach and the first player frozen become "it". B) To get unfrozen, a teammate has to dribble completely around a frozen player instead of passing.

Key Points

Keep the head up while dribbling Turn the ball with the inside or outside of the foot. Note: U6's will primarily use the inside. Introduce teamwork



Dribbling
Turning
Ball Control
Basic Motor Skills
Perception & Awareness



U5 to U8



4 to 12 Players



Cones and a ball for each player.



Intensity: Medium

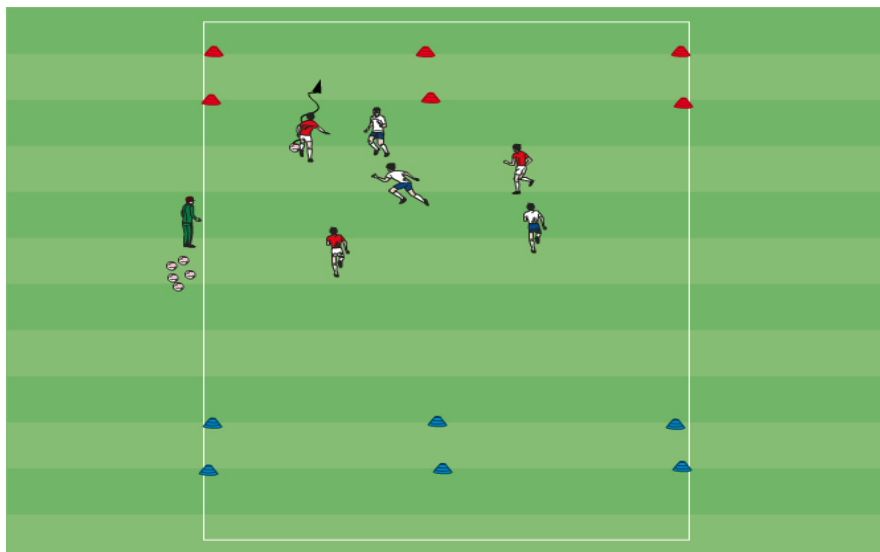


00:12 min
(6 x 01:00 min, 01:00 min rest)



TRAINING SESSION

Small-sided game to an endzone (2v2-4v4)



Objective

To develop how to dribble to keep the ball. To develop how to dribble to penetrate or go around an opponent. To develop how to run with the ball into a space. Introducing Attacking principle of play: Penetration

Description

Create a playing area in a rectangular shape. Each team attacks a zone on opposite ends of the playing area. Dimensions: For 2v2 approximately 15 yards long by 10 yards wide. For 3v3 approximately 25 yards long by 15 yards wide. For 4v4 approximately 35 yards long by 25 yards wide. Dimensions can vary. Create an end zone for both teams. A point is scored when a member from a team can dribble into an end zone and stop the ball.

Key Points

Keeping the ball close but also away from an opponent. If going forward with the ball is not an option then pass the ball to a teammate.



Dribbling
Running with the Ball
Turning
Ball Control
Individual attacking
Transition
Attacking Principles
1v1 Defending



U5 to U8



4 to 12 Players



One ball. Two teams. Cones



Intensity: High



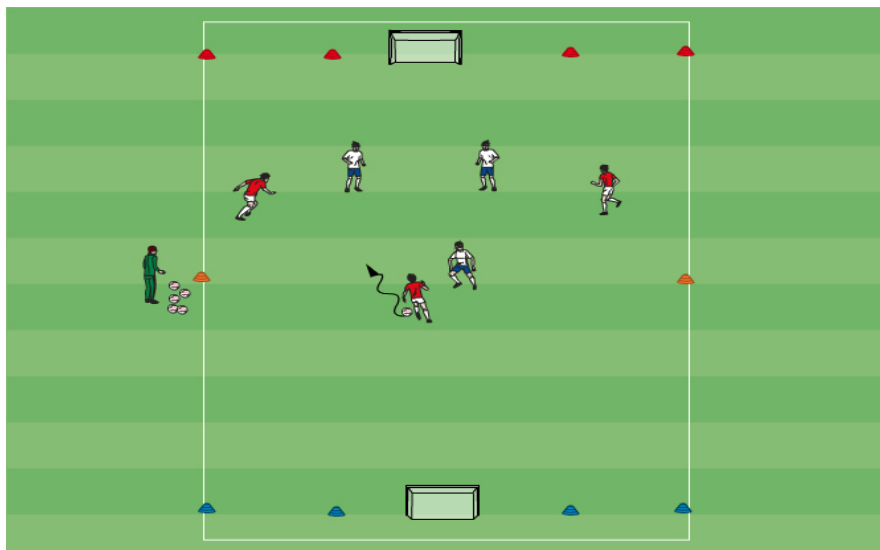
00:12 min

(6 x 01:00 min, 01:00 min rest)



TRAINING SESSION

Small-Sided Game to two goals (3v3-4v4)



Objective

Play a small-sided game. To set up conditions for players to learn from what a small-sided game can teach.

Description

Play two teams. Each team attacks one goal and defends another. Numbers may vary. Both teams play to score. Normal laws of the game. No restrictions. Let them play and enjoy.

Key Points

Principles of attack Principles of defense Techniques of dribbling, passing, shooting. Techniques of pressure (closing down), cover (body position), tackling



Individual attacking
Defending Principles
Transition
Passing and Receiving
Running with the Ball
Dribbling
Turning
Shooting
Heading
Basic Motor Skills
1v1 Defending



U5 to U8



4 to 12 Players



Small goals, cones, balls



Intensity: High



00:16 min
(4 x 03:00 min, 01:00 min rest)