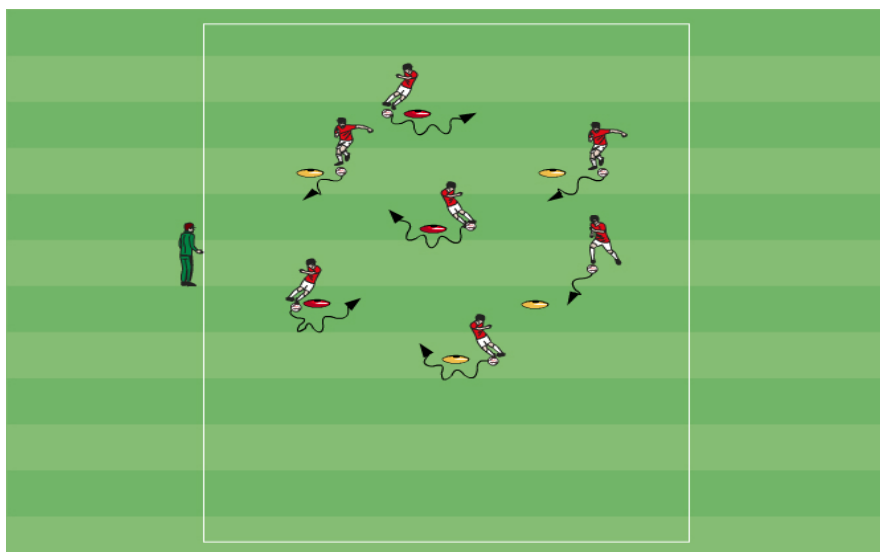




TRAINING SESSION

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**

 **6 to 12 Players**

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

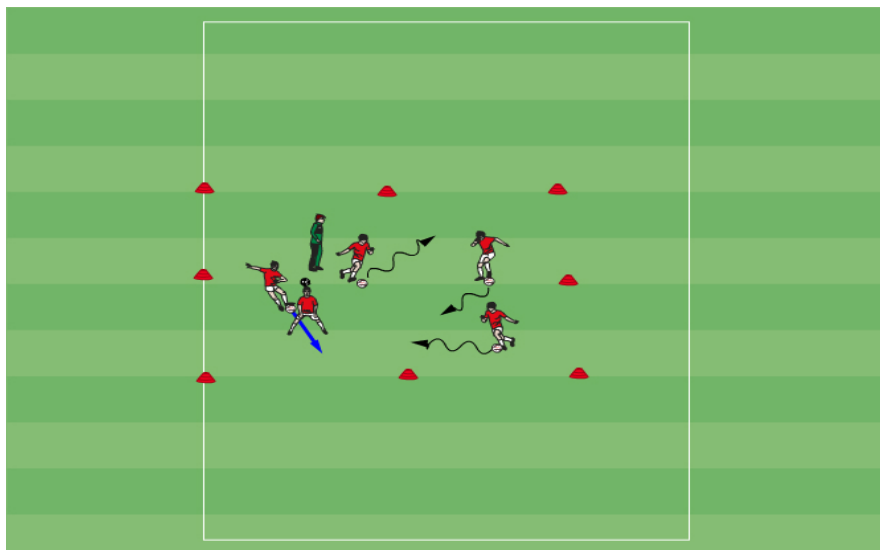
 **Intensity: Low**

 **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**

 **6 to 12 Players**

 **Cones and a ball for each player.**

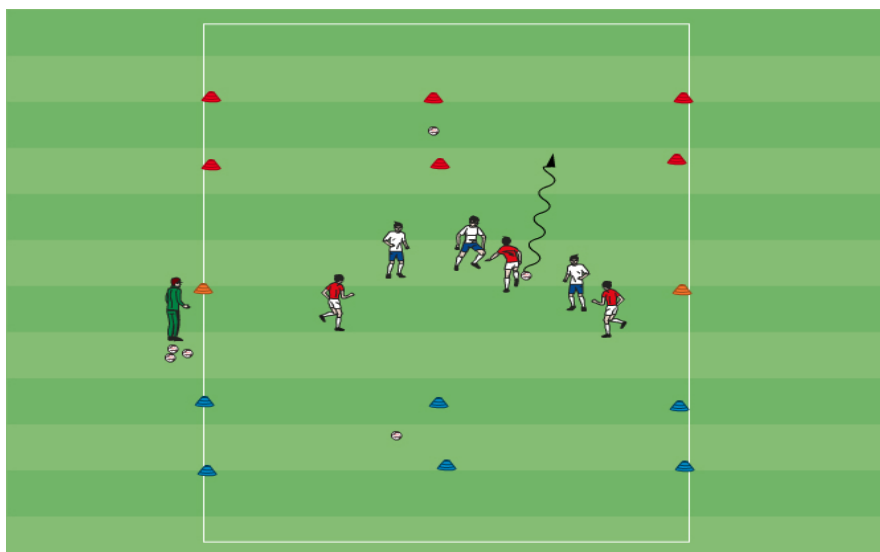
 **Intensity: Medium**

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



TRAINING SESSION

Small-sided game to an end zone (first to three) 2v2-4v4



Objective


To develop running with the ball. To develop dribbling past an opponent (penetrate) To develop turning the ball to keep the ball away from an opponent.

Description

Create a rectangular shaped field with an end zone on both ends. Place a ball in each end zone. Start with a game ball. When a team dribbles the ball into the other team's end zone, they then get a ball from their defensive end zone and try again. The first team to get all three balls into one end zone wins. Note: Only one ball is in play at a time.


Key Points

Dribbling to beat an opponent. Dribbling to turn the ball away from an opponent to keep possession.

 **Dribbling**
Running with the Ball
Turning
Individual attacking
1v1 Defending
Transition

 **U5 to U8**

 **6 to 12 Players**

 **Cones, minimum of three soccer balls per field.**

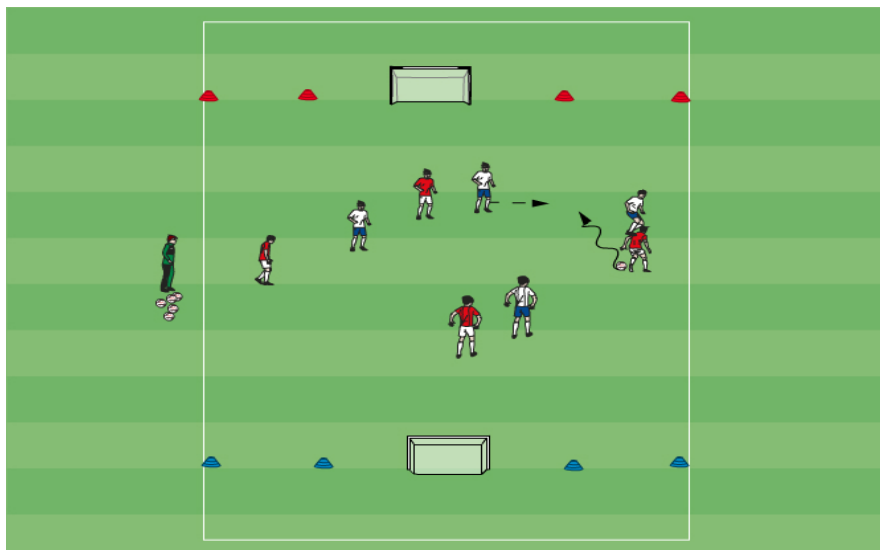
 **Intensity: High**

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



TRAINING SESSION

4v4 to small goals



Objective

To develop technical application within a small game. To develop attacking principles of play: Penetration, Support, Width, Depth To develop defending principles of play: Pressure, Cover, Balance, Compactness

Description

Two teams play 4v4 against each other. Field Dimensions: U6: Approximately 30 yards long by 20 yards wide; U8: Approximately 35 yards long by 25 yards wide. No goalkeepers.

Key Points

Application of technique "Diamond Shape" while on attack

Attacking Principles
Defending Principles
Dribbling
Passing and Receiving
Turning
Ball Control
Shooting

U5 to U8

6 to 12 Players

Cones, balls, small goals

Intensity: High

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