



Activity (Foot Coordination & Speed)

Coaching Points

<p>1st Activity (warm-up) Island Game</p> <p>Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points.</p> <p>Progressions: Start game without balls and then add them.</p>	<ul style="list-style-type: none"> • <input type="checkbox"/> When dribbling for speed the players do not have to dribble the ball as close • Their should be about five or six steps in between each touch of the ball
<p>2nd Activity Ball Stealing</p> <p>Split the team into two groups and give one group red vests and one group blue vests. Give one of the teams balls to dribble. Those players try to dribble inside the area without losing possession of their ball to the other team. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession (passing???).</p> <p>Progressions: Rotate who starts with the balls.</p>	<ul style="list-style-type: none"> • When someone is trying to stop their ball from being taken away, can they keep their body between the ball and the defender? • If you are going to lose your ball can you find a teammate to give your ball to?
<p>3rd Activity Everyone vs. Everyone</p> <p>Set up several small gates in the playing area. Give half to three-quarters of the team a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score. Play multiple games and allow everyone to have a chance to beat their own score.</p> <p>Progressions: Define how goals are scored - by dribbling or shooting.</p>	<ul style="list-style-type: none"> • Don't tell the players that they can't dribble through the same gate twice, see if anyone is creative and dribbles through the same gate back and forth • As soon as players go through a gate they should look up to find an open gate and then go for it!
<p>4th Activity Edge of the World</p> <p>Each player gets a ball and stands on one sideline of an area. The objective is for everyone to pass his or her ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players gets points for getting their ball within one yard (distance depends upon ability) of the line without going over.</p> <p>Progressions: Players play ball with laces, inside of foot, etc.</p>	<ul style="list-style-type: none"> • Instead of having a line you could also have an end zone in which the players try to get their ball to stop.
<p>5th Activity (the game) Outta There</p> <p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of balls and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are "outta there." This should be a very fast paced game.</p> <p>Progressions: Start with 1v1 and progress to 2v2.</p>	<ul style="list-style-type: none"> • This game should be very fast paced • As soon as the ball goes out of bounds throw another ball in immediately • The coach is the master of the balls, look to see for players that aren't having a lot of success and distribute the ball straight to them • Vary how balls are distributed into the playing area

Scrimmage 3v3 or 4v4



Activity Name	Description	Diagram	Purpose/Coaching Points
1 Begin the Practice:			
<ul style="list-style-type: none"> Explanation that the main objective of this practice is to have 1st and 2nd defenders work together. Explanation and demonstration of the 1st defender's role: PRESSURE <p>(Areas that could be covered)</p>	<ul style="list-style-type: none"> 'Read the game' by looking around and seeing positions of teammates and opponents. 'Run to Defend' by first blocking your goal. 'Run to Defend' by then getting to within two yards of the ball. 'Run to Defend' by angling the approach using a curved run. 'Ready Position'. Glide into the Ready or Defensive Stance. <ul style="list-style-type: none"> The Head – eyes on the ball Upper body – half turned and slightly inclined forward Arms – away from sides for better balance Legs – one in front of the other and knees bent Back leg support body weight Front leg 'pokes' at the ball 	<ul style="list-style-type: none"> 'Ready P o s i t i o n' . Use a more definitive body position (Sideways-on) <ul style="list-style-type: none"> Sideways-on Stance is visual cue to your intent of where to force 1st Attacker. Sideways-on Stance helps in making your intentions predictable to teammates. Sideways-on Stance allows the application of the 'shepherding' technique. 'Reject Advancement' by forces 1st Attacker where you want him/her to go. 	<ul style="list-style-type: none"> 'Reject Advancement' by poking at the ball and not allowing 1st Attacker to 'Read the Game.' 'Regain Possession' of the ball when reasonably sure of success, otherwise delay.
2 Warm-up			
<ul style="list-style-type: none"> Have players go through Figure 8 Stretch Routine in the "Ready Stance" 	<ul style="list-style-type: none"> At appropriate moments ask the players to stretch/loosen: <ul style="list-style-type: none"> Ankles, Calves, Groin, Quads, Hams, Back, Stomach, Upper body and Neck. 		



3 One + One (Cooperative)

'Server' goes through 'the SERVE' pattern and become Cooperative 1st Attacker.

- As Cooperative 1st Attacker apply the appropriate Stage of Play:
- Beginning Stage – Allow 1st Defender to work on techniques by walking with the ball.
- Intermediate Stage – Allow 1st Defender to work on techniques by jogging with the ball.
- Advanced Stage – Challenge 1st Defender to work together by sprinting through the action.
- 1st Attacker Cooperate and Guarantee 1st Defender success in individual Defending techniques.



- Coach – Remember (PLUS) stands for...Players Learn Using Stoppages.

4 One vs. One (Competitive)

Players experiment with their newly acquired techniques in Defending




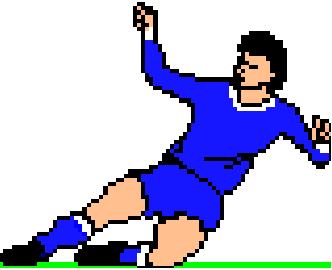
- Coach observes and takes notes on weaknesses to be improved at future practices.
- Coach – Remember (vs.) stands for you being ...Verbally Silent.




5 Half-time

<ul style="list-style-type: none"> Gather the team in a defined, secluded, shaded area. Encourage and have players replenish liquids. Check for injuries Have players relax and communicate with each other about the theme. Review 1st Defenders role – if necessary. 	<p>Explanation and Demonstration of 2nd Defenders role: COVER</p> <ul style="list-style-type: none"> Go through ‘the S E R V E’ pattern with SERVER and intend to become 2nd Defender. As 2nd Defender: <ul style="list-style-type: none"> Make proper recovery run. Remember, curved runs are best! Take (ideal) covering position at 2-4 yd. behind 1st Defender. At a distance where becoming 1st Defender is immediately possible. Begin verbal communication to inform 1st Defender of your covering position. Give 1st Defender ‘specific’ verbal instructions - for example: <ul style="list-style-type: none"> "Tighten" -get closer to 1st Attacker "Force out" -make 1st Attacker go toward touchline "Force in" -make 1st Attacker go away from touchline "Poke" -fake attempts at the ball "Tackle" -make attempts at the ball Give encouragement or other advice such as ‘get closer’; ‘watch the ball’. Etc. 		<p>Notes:</p> <p>Your goal is to limit verbiage... For example: "RIGHT," tells it all. No need to say "force-right". Hearing 2nd Defenders voice means... There is "cover" and ball position dictates the 1st Defenders next move.</p>
--	---	--	--



<p>Small Sided Game(s) (2 + 1 Cooperative Game)</p>	<ul style="list-style-type: none">• 'Server' goes through 'the SERVE' pattern and become Cooperative 1st Attacker.• As Cooperative 1st Attacker apply the appropriate Stage of Play:• Beginning Stage – Allow 1st and 2nd Defenders to work on Defending by walking with the ball.• Intermediate Stage – Allow 1st and 2nd Defenders to work on Defending by jogging with the ball.• Advanced Stage – Challenge 1st and 2nd Defenders to work together by sprinting through the action.• 1st Attacker Cooperate and Guarantee 1st and 2nd Defenders success in Working Together!		<ul style="list-style-type: none">• Coach – Remember (PLUS) stands for...Players Learn Using Stoppages.
<p>Small Sided Game(s) (2 vs. 1 Competitive Game)</p>	<p>1st and 2nd Defenders experiment with their newly acquired techniques in Defending</p>		<ul style="list-style-type: none">• Coach observes and takes notes on weaknesses to be improved at future practices.• Coach – Remember that (vs.) stand for you being Verbally Silent)



<p>Scrimmage (Cooperative Scrimmage)</p>	<p>Opposing team becomes Cooperative in Attack</p>	<ul style="list-style-type: none">• As Cooperative Attackers apply the appropriate Stage of Play:• Beginning Stage – Allow Defenders to work on 1st and 2nd Defender Working Together by walking with the ball.• Intermediate Stage – Allow Defenders to work on 1st and 2nd Defender Working Together by jogging with the ball.• Advanced Stage – Challenge Defenders to work together as 1st and 2nd Defenders by sprinting through the action.• Attackers Cooperate and Guarantee Defending Team success in Working Together!	<ul style="list-style-type: none">• Coach – Remember (PLUS) stand for...Players Learn Using Stoppages.
<p>Scrimmage (Competitive Scrimmage)</p>	<p>Defenders experiment with their newly acquired techniques in Defending in pairs.</p>		<ul style="list-style-type: none">• Coach observes and takes notes on weaknesses to be improved at future practices.• Coach –remember that (vs.) stand for you being...Verbally Silent.



Soccer Practice Drills - U11 Defending

2013

<p>Cool-down</p>	<p>To prevent soreness and injuries stretching Ankles, Calves, Groin, Quads, Hams, Back, Stomach, Upper body and Neck should take place after every game and practice. If you are going to stretch only once, afterwards, is the most important time.</p>	<p>End of Practice</p>	<ul style="list-style-type: none">• -Summarize practice session and theme of 1st and 2 Defenders roles.• -Briefly analyze/compliment the strong/weak points of their performance.• -End with a positive statement, which lets them know they improved.• -Give them homework assignment related to 1st and 2nd Defenders roles.
------------------	---	------------------------	--



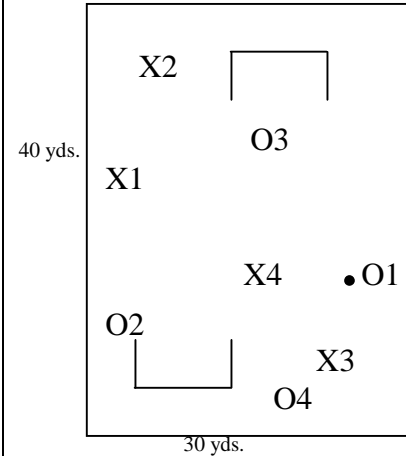
Activity Name	Description	Diagram	Purpose/Coaching Points
1. WARM-UP: PAINT THE GRASS			
<p>Pairs with one ball go into a 10-yard by 15-yard grid. Three rounds with a stretch between each round.</p>	<p>The coach has the watch and the players have thirty seconds to use the ball as a “paint brush” and “paint” (via passing) as much of the grass in the grid as they can.</p>		<p>The intent is to get the players to move, work on passing and receiving techniques, to communicate and solve problems together.</p>
2. SEQUENCE PASSING			
<p>The players organize themselves into groups of five to seven. Players are numbered 1-5(7) and must pass in that sequence, 1 to 2, and 2 to 3 and so on with 5(7) passing to 1.</p>	<p>All passing is done on the move, no standing allowed. Divide into two or three groups with all groups using the same field. The groups have to play through, over and around each other, which increases the demand on vision and communication and off the ball movement.</p> <p>VARIATIONS:</p> <ol style="list-style-type: none"> 1. Reduce the playing area to half of the original size. 2. Each group starts with one ball and once they have the hang of it add a second ball, which increases the tempo of the session. A player should not get caught with two balls. 		<p>The intent is to promote vision and communication between the players without the pressure of opponents. The activity will cause the players to work on the techniques of passing and receiving. Rhythm of play and timing of support runs will improve.</p> <p>Off the ball players must get into the field of vision of the teammate with the ball. A dynamic run should be made to show for the ball.</p>



3. CROSSING GAME

The players should organize themselves into groups of four to play 4v4. The training grid is 40 yards long by 30 yards wide. Corner flags or tall cones should be used for goals and disc cones to mark the corners of the grid. The goals are set up diagonally from one another and ten yards in from the goal line.

Players can score from either side of the goal and the game doesn't stop after a goal is scored. Play a normal 4v4 match except for goals being scored from either side of the goal. Because of the angled goals there will be more crosses into areas in front of the goalmouth. Many goals can be scored under match conditions in a short time period. Teamwork in preparation of attack and defense will improve.



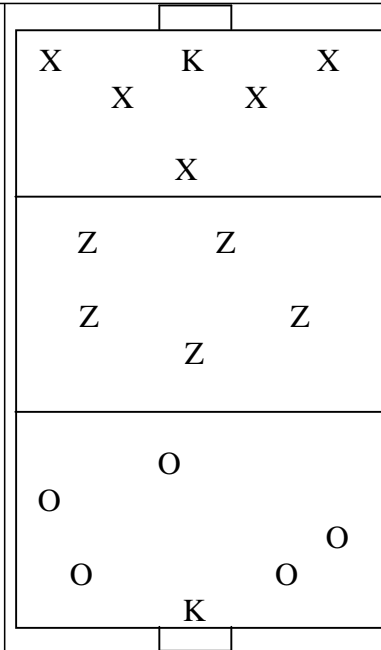
This activity promotes group movement (tactic) and involves transition. The techniques of dribbling, passing, receiving, shooting, heading, tackling and crossing will have the chance to emerge. As a bonus fitness will also improve in a fun and competitive fashion.



4. THREE TEAM GAME

The players organize themselves into three groups of five plus a goalkeeper in each goal. Use a regulation field and goals for the age group. Each group keeps track of their own score. Goalkeepers act as their own team.

Divide the field into thirds-defensive, midfield and attacking. Place each group (X, Z & O) into a third. The group Z in the midfield third has the ball. Group Z chooses one goal to attack and plays against the group X in that third. The group O at the other end is resting. Only the group in possession of the ball may enter the midfield third. If group Z scores they keep the ball, go back to the midfield third and attack the group O goal. If the defending group X wins the ball and gets it into the midfield third then group Z stays in the final third and group X now attacks against group O.



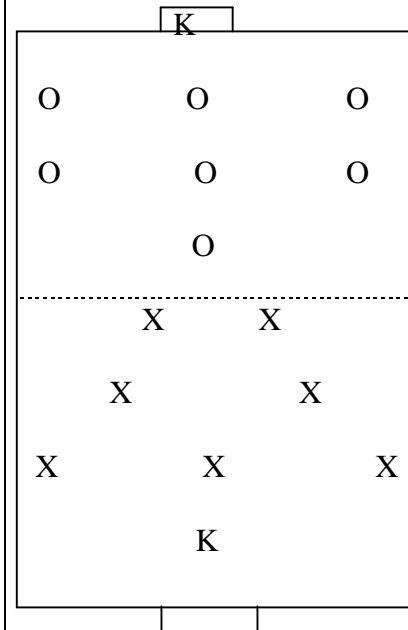
This is a complex environment and will require the highest level of concentration from the players. It will take them awhile to get the hang of it, so be patient. While this is a match related activity, it may be the most complex activity in this training session. Encourage one and two touch passing in the midfield third to change the point of attack and to get targets forward of the ball. A multitude of techniques, offensive and defensive tactics can be taught in this activity. The coach should focus in this lesson on creating space.



5. ALL UP & ALL BACK

Play a full field match of 8v8.
Follow the US Youth Soccer rules for 8v8 U12 soccer.
Use a painted/chalked line or small disc cones to mark the halfway line.

For a goal to count all field players of the attacking team must be over the halfway line. If any of the field players are not over the halfway line and in the opponent's half of the field then the goal does not count and a goal kick follows. Let them play under this condition until it is obvious they all understand it. Then if the coach feels they are ready the second condition can be added to the game. When a goal is scored against the defending team they must have all of their players in their half of the field or the goal counts double.



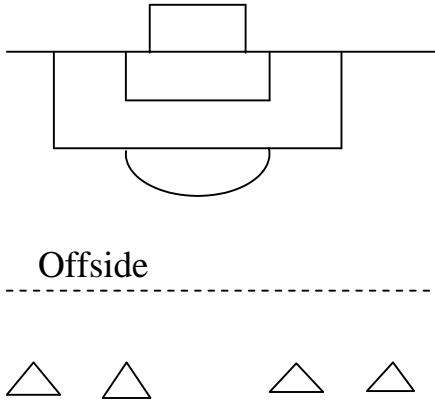
The intent of these conditions is to work on team communication, off the ball runs, vision, fitness and most importantly compactness.

COOL-DOWN





Activity Name	Description	Diagram	Purpose/Coaching Points
1. Warm Up			
KEEP AWAY	Two teams, one ball keep away. Score with combinations, 1-2's, take overs, over laps, etc.		Work on ideas for penetration. CP: Timing, movement, disguise, communication, weight and shape of pass.
2			
TARGET GAME	4v4 possession – Score by hitting the targets & receiving it back. Keep possession. All players must be in one half, can't cross half until ball does, either with a dribble or a pass. If defending team wins it they score in that half before crossing over.		As above with real focus on imagination and creativity. Don't force it.
3			
END ZONE GAME	Directional game. Each team tries to score in other team end zone. Score by getting ball in end zone under control, pass or dribble.		As Above



4			
ONE GOAL WITH COUNTERS.	Defending team defends the offside line & score on the counters. Attackers try to penetrate & score.	 <p>Offside</p>	As above
5			
FULL GAME 8v8	Play according to the US Youth Soccer U12 modified rules.		No restrictions.



Activity Name	Description	Diagram	Purpose/Coaching Points
1 Warm-up: “Juggling Balloons or Beach Balls”	Each player tries to keep their balloon or beach ball up in the air using any body part except for hands. Count how many touches. If it falls to the ground, pick it up try again.		-Follow object/ball with your eyes. -Move to get behind and in line with it—don’t stretch for it
2 “Juggling with a Partner”	Same as one but now 2 players compete against other pairs to keep the object up in the air using as many touches in 3 minute period.		-Move to get behind and in line with object. -Select the surface quickly.



<p>3</p> <p>“Soccer Newcomb” (use size 3 ball not too inflated)</p>	<p>20x15 (one yd. “dead space” for net). 2 teams of 2 play toss-receive-catch over the net. If caught point-if hits ground no point-toss it over. Allow 1 bounce. Partner helps catch/control</p>		<ul style="list-style-type: none"> -Move quickly to get behind and in line with flight of ball -Select surface early -“withdraw” on contact
<p>4</p> <p>“Toss-control-catch”</p>	<p>4v4 in 40x30 yard area (includes 5 yd. end-zone on each end). Toss-receive-catch to advance ball. If ball drops to ground goes to other team. Score by receiving and catching in your end zone. Opponent cannot block the toss.</p>		<ul style="list-style-type: none"> -Move to the ball -Select surface early -Look, get head up quickly -Move to open space
<p>5</p> <p>The Game</p>	<p>4v4 in 45x30 with 4 yd wide goals no GK. Coach is boss of Balls. Toss new one to a player after a goal or out of play. 1 pt for goal, 2 pts for volley goal.</p>		<ul style="list-style-type: none"> -Move to the ball -Move to open space -Look -Choose surface early

COOLDOWN: Try to beat your own ball juggling record. WATER – stretch – WATER.



Organization	Variations	Diagram	Coaching Points
Unrestricted			
<p>In pairs, one ball between two. "Shadow" exercises working on proper defending position and body shape. Alternate the attacker and defender throughout. Stretch.</p>	<ul style="list-style-type: none"> ❑ 1 v 1 defending with players going directly at each other (fundamentals). ❑ 1 v 1 defending with players facing each other and the ball being played away at an angle (angle of approach). ❑ 1 v 1 defending facing one another with the defender playing the ball through the attacker's legs (close space). 		<ul style="list-style-type: none"> - Pressure responsibilities - Proper body position and shape - Speed and angle of approach - Quick reactions and closing space accordingly - Patience – don't over commit
Restricted			
<p>1 v 1, 1 v 2 and 2 v 2 defending exercises in channels (10 x 20 area or as needed).</p>	<ul style="list-style-type: none"> ❑ 1 v 1 line soccer with players feeding the ball. Play is continuous until someone scores or the ball goes out of bounds. Repeat. ❑ 1 v 2 defending in [wider] channel (15 x 20) with small goals at each end or corners. Play is continuous until someone scores or the ball goes out of bounds. Repeat. ❑ 2 v 2 (same as second variation). 		<ul style="list-style-type: none"> - Pressure and cover responsibilities - Close down space quickly and under control - Select a proper angle of approach and cover - Decision when to get tight or to simply "shadow" the attacker - Communication between defenders

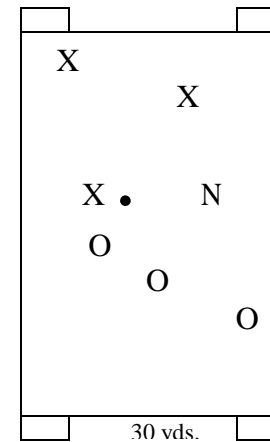


Counter Goals and/or Lines

3 v 3 + 1 directional game (30 x 40 area or as needed). Neutral player plays for team in possession.

- Line soccer or add 2-3 small goals on touchline or corners to score.
- Option to play this exercise rotating the length or width to change the demand on the defending group.

40 yds.



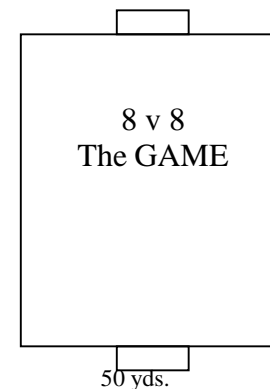
- Pressure, cover and balance responsibilities
- Visual and verbal communication between players
- Proper defensive shape and balance with movement of the ball
- Visual cues from the attacking team
- Zonal defending

Two Goals

7 v 7 with goalkeepers to two large goals (50 x 70 or as needed).

- Possible Formation 2:3:2.
- No restrictions.

70 yds.



- Immediate pressure to the ball at all times
- Defending shape and balance with movement of the ball
- Compactness of the field (limit attacking space and options)
- Zonal defending
- Counter attack




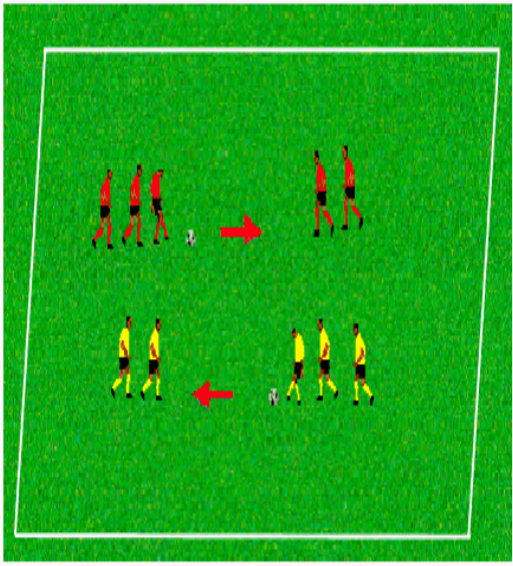
Cool Down

Players jog (dynamic movements). Stretch.

Focus on major muscle groups.

- Reduce Heart Rate
- Static Stretching
- Review Session



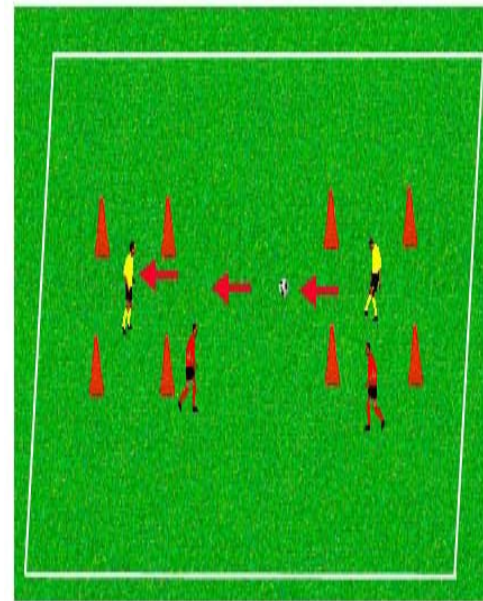
Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Receiving Square	Half the group with balls, half without. Player without ball runs to player on outside of square with a ball. Player with ball tosses ball underhand to player who is running toward them. Inside player receives ball with a designated part of the body and then passes it back. Then they repeat it by receiving a ball from someone new.		<ol style="list-style-type: none">1. First touch and importance of cushioning ball2. Get in line with the ball3. Select controlling surface early4. Relax body part at impact.
2			
Receiving Line	Passer using throw-in technique throws ball to a player ahead of them in the opposite line. After throwing the ball, they run towards the receiving player to simulate pressure, but don't take the ball away. After simulated pressure, then run to the back of the opposite line. Receiving player brings ball down and then dribbles to the line across and leaves the ball for the first player in the opposite line to repeat.		<ol style="list-style-type: none">1. First touch and importance of cushioning ball2. Get in line with the ball3. Select controlling surface early4. Relax body part at impact.5. First touch sets up your second touch.6. Ball should come down no farther than a "legs length" away.



3

Box to Box

Two players per team. Two boxes are made approximately 20-30 yards apart. There is a player from each team in one box. One team starts the game. When the ball is played to the other box, the attacking team gets the opportunity to get the first touch. Then they have to dribble outside of the box (square) to receive a point. The defending player is outside the box and has to wait until the attacking player gets the first touch. The defending player tries to win the ball after the first touch has been made. If the attacking player is successful in bringing the ball down and dribbling outside of the square then they keep it. If the defending player wins the ball after the first touch, then they become the attacking team. Coach may have to allow serving players to toss ball in air and then strike it to their teammate in opposite box.



1. First touch and importance of cushioning ball
2. Get in line with the ball
3. Select controlling surface early
4. Relax body part at impact.
5. Take first touch away from where pressure is coming from.

4

6v6 (4v2 in each half)

Play 4v2 in each half. Field is 50 x 30 yards with no one allowed over half line. Four players from each team go into their defensive half of the field. The other two players go into the attacking half. The defending players can only defend with two. The other two defending players retreat back to their goal until possession is retained or the attacking team scores.

Could make a restriction that the ball played into other half has to be in the air.



1. First touch and importance of cushioning ball
2. Get in line with the ball
3. Select controlling surface early
4. Relax body part at impact.
5. Take first touch away from where pressure is coming from.



5

6v6 match

Session should end with a 6v6 match played on a field that is 50 x 30 or 60 x 40.



Control made easier by early selection, getting in line of flight of the ball, and relaxing body part at impact.

COOL DOWN

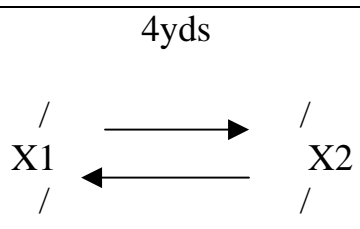
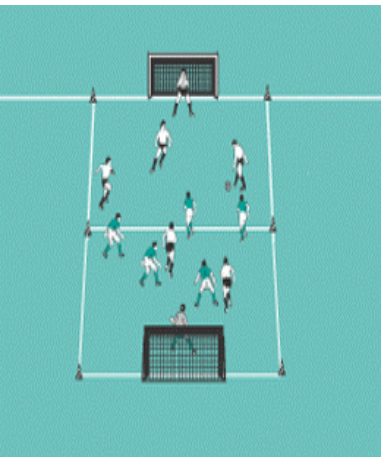
STRETCH

WATER



Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Head It/Catch It	<p>A circle of players surrounds coach/server. Server moves around, softly tosses ball to players head. As ball is in the air the server calls out “head it” or “catch it” and the player must do the opposite. A mistake and a point are given. The idea is to have the least points in a period of time.</p> <p>Progress: Increase number of servers to players. Increase the speed of tosses.</p>		<ul style="list-style-type: none"> • Introduction to heading • Concentration of commands
2			
Heading Juggling	<p>In pairs, in an open area, players heading to each other counting successful exchanges. Give players opportunity to beat previous score.</p> <p>Progress: Have players move across the field heading in pairs.</p> <p>Players may juggle with head before heading back to partner.</p>		<ul style="list-style-type: none"> • Controlled heading • Eye on the ball –read flight of ball • Area of contact



3			
Heading Wars	Multiple pairs of players defend a small goal four yards across from each other. One partner tosses ball in the air to other partner to attempt heading on goal while server must defend goal. Take turns heading and defending goal. First player to two wins round. Rotate players down the line for multiple games.	<p>4yds</p> 	<ul style="list-style-type: none">• Heading for Attack• Body Mechanics• Competitive activity
4			
Throw/ Head/Catch	Two teams of 6 players in 35x40- yard area with goals. The objective is to head into opposition's goal. Start play with two-handed, underhand throw by attacking team. The receiver attempts to head the ball to any teammate who, in turn, must catch it before it hits the ground or it's a turnover. He can take 3 steps and within 5 seconds must throw it to the next player, who heads it to another player, who catches it, tosses it for a teammate to head. All shots must be from headers. Defenders are not allowed inside 6-yard box, cannot block any throws. They can contest headers of intercept ball after a header.		<p>Heading for Attack: Direct ball to goal, teammate, path of teammate.</p> <p>Timing of jump to attack ball at highest point.</p>



5



The Game

Two teams of 6 playing in 35x40 yard area.
One point for goals coming from shots and 3 points for goals coming from headers.

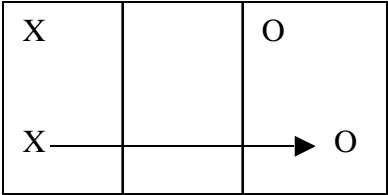
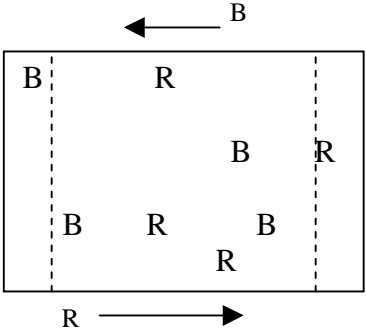



The game
Looking to head to goal whenever possible for extra points.



Activity Name	Description	Diagram	Purpose/Coaching Points
1 Warm-up: “Juggling Balloons or Beach Balls”	Each player tries to keep their balloon or beach ball up in the air using any body part except for hands. Count how many touches. If it falls to the ground, pick it up try again.		-Follow object/ball with your eyes. -Move to get behind and in line with it—don’t stretch for it
2 “Juggling with a Partner”	Same as one but now 2 players compete against other pairs to keep the object up in the air using as many touches in 3 minute period.		-Move to get behind and in line with object. -Select the surface quickly.



<p>3</p> <p>“Soccer Newcomb” (use size 3 ball not too inflated)</p>	<p>20x15 (one yd. “dead space” for net). 2 teams of 2 play toss-receive-catch over the net. If caught point-if hits ground no point-toss it over. Allow 1 bounce. Partner helps catch/control</p>		<ul style="list-style-type: none"> -Move quickly to get behind and in line with flight of ball -Select surface early -“withdraw” on contact
<p>4</p> <p>“Toss-control-catch”</p>	<p>4v4 in 40x30 yard area (includes 5 yd. end-zone on each end). Toss-receive-catch to advance ball. If ball drops to ground goes to other team. Score by receiving and catching in your end zone. Opponent cannot block the toss.</p>		<ul style="list-style-type: none"> -Move to the ball -Select surface early -Look, get head up quickly -Move to open space
<p>5</p> <p>The Game</p>	<p>4v4 in 45x30 with 4 yd wide goals no GK. Coach is boss of Balls. Toss new one to a player after a goal or out of play. 1 pt for goal, 2 pts for volley goal.</p>		<ul style="list-style-type: none"> -Move to the ball -Move to open space -Look -Choose surface early

COOLDOWN: Try to beat your own ball juggling record. WATER – stretch – WATER.



Activity Name	Description	Diagram	Purpose/Coaching Points
1			
<p>“Rehearsal”</p>	<ul style="list-style-type: none"> • Have 2 players stand 2-3 steps on either side of the ball. • On command both players should squarely step to address and block the ball. 		<ul style="list-style-type: none"> • Players rehearse safely a “block” tackle. • Inside of foot to ball. • Get weight into the tackle. • Do not stretch or go to ground.
2			
<p>1 vs. 1 “Faced Up”</p>	<ul style="list-style-type: none"> • 1 vs. 1 to goal. • Coach serves ball to slightly favor one player. • If you have 10+ players use 2 grids. 	<p>10x12</p>	<ul style="list-style-type: none"> • Close to the ball. • Maintain a good distance to tackle and recover. • Get body behind tackle. • Tackle without crossing feet.
3			
<p>1 vs. 1 “From Recovery”</p>	<ul style="list-style-type: none"> • 1 vs. 1 to goal. (As above but...) • Players attack goal they start at. • Defender must recover goal side. 	<p>10x12</p>	<ul style="list-style-type: none"> • Recover goal side. • Do not tackle from behind. • Face up to opponent. • Tackle firmly with closest foot.
4			
<p>2 vs. 2 “Decisions”</p>	<ul style="list-style-type: none"> • 2 vs. 2 to goal. • Restarts are passed in. • Play 3-4 minute sets with good rest. 	<p>15x20</p>	<ul style="list-style-type: none"> • Defender not on ball must be ready to close. • Close as ball is traveling. • Ensure proper tackling technique.
5			
<p>6 vs. 6 “The Game”</p>	<ul style="list-style-type: none"> • 6 vs. 6 including keepers. • No conditions on play. • Be prepared to stop 2-3 times in 15 minutes to review topic. 	<p>40x50</p>	<ul style="list-style-type: none"> • All tackles should be made from the front. • Avoid going to ground. • Tackle with either foot as situation demands. • Do not reach; stay compact.