



Description

Warm up - British Bulldog (10 mins)

British Bulldog

Each player starts without a ball spread out along one of the sides of the field. Coach, or one of the players starts as the bulldog in the middle of the field. When the bulldog yells "British bulldogs", each player tries to run from one side of the field to the other without getting tagged by the bulldogs. Once they cross the line on the other side they are safe. If you get tagged, you become a bulldog. Bulldogs should wait until everyone either gets tagged, or crosses the line before starting the next round. Players who leave the boundaries immediately turn into bulldogs.

Progressions

Each player must dribble their soccer ball with them while evading the bulldogs. The bulldogs must now get their foot on the player's ball in order to tag them.

Each player must dribble their soccer ball with them while evading the bulldogs. Once you get tagged, you must hold the hand of the other bulldogs creating a chain and tag players while staying together. Chains should be no longer than 3 or 4 and should be split into smaller groups if they get too big.

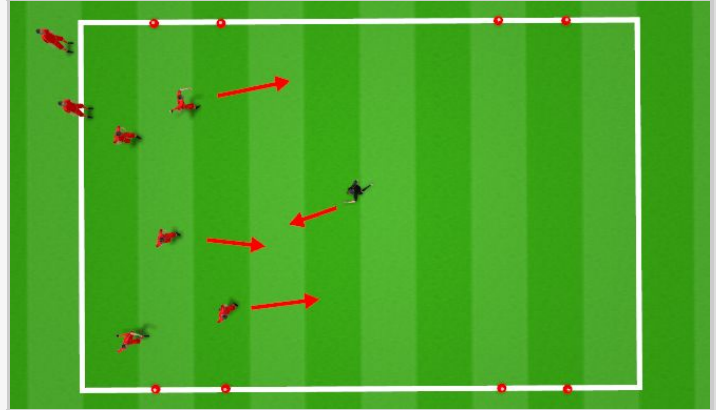
Each player must dribble their soccer ball with them while evading the bulldogs. The bulldogs have to steal their ball and dribble it through one of the four gates on the outside and then that player becomes a bulldog.

Coaching points

Encourage players to spread out and use the whole space.

Players should get their heads up to look and see where there is open space to run/dribble into.

Players should use a quick change of direction and a burst of speed to evade bulldogs.



Boss of the balls + 1

Boss of the balls - 1v1 + 1

Split the players up into two teams and have them start on their teams' pylons.

Coach starts by throwing a ball into the field and the first player from each team races out into a 1v1.

The players must try and dribble the ball under control into their own end zone.

The round ends once a player scores a point or the ball goes out of bounds.

Rounds should be pretty fast paced.

Progressions

1 v 1 + 1, if a player wins the ball they can pass to a teammate on the sidelines to make it a 2v1 - If the defender wins then attackers have to do push ups.

Instead of dribbling into the end zone, they must score on a goal.

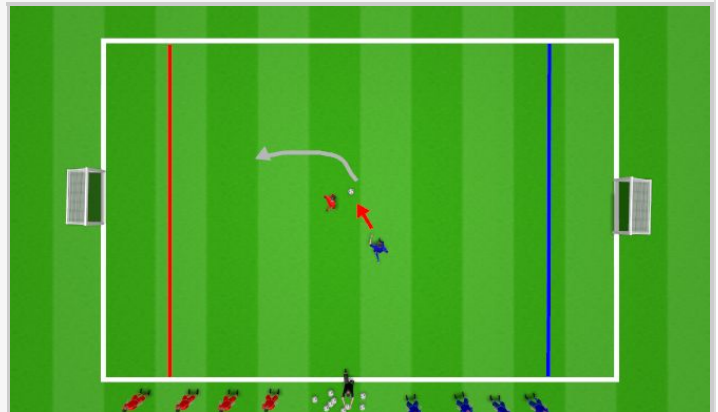
Turn it into a competition - first team to 10 points wins - 1 point for scoring 1v1 - 3 points if you score as the attackers in the 2v1 - 2 points if you score as the defender in the 2v1.

Coaching points

Shielding the ball if the defender gets close - put your body between them and the ball.

Encourage players to dribble away from pressure.

Head up once they win possession to find their teammate.



1v1 Transition Game (15 mins)

1v1 - Transition Shooting Game

Set Up

- Area set up 10m by 5m
- Mini goal at each end
- Flat markers dividing the area horizontally at the halfway mark.

Explanation

- A player dribbles the ball and attempts to score, as soon as they score or the ball leaves the area, a player from the opposite end drives in to try and score at the opposite end.
- The player that took the shot must recover defensively to prevent the player from trying to score.
- Players cannot shoot for goal until across the half way line.
- This continues with players entering at alternating ends, with the player that just attacked, becoming the defender.

Progressions

- Turn it into a competition, first team to 10 points wins
- 2 points for scoring nothing but net

Coaching Points

- Can the players attack quickly and not wait for the defender to reset before attacking
- Proper shooting technique
- Laces for power, inside for accuracy
- Plant foot in front of ball because the ball will continue to roll and will lineup perfectly when you actually strike it
- Need to generate power by bending the shooting leg (should be able to squeeze your finger when you are loading up)
- Follow through after the shot! - land on the striking foot for most power!



1v1 Recovery (15 mins)

1v1 Recovery

Coach should split the players up into two teams, one team starts as attackers (Blue) and the other starts as defenders (Red). The defenders start by passing a ball over to the attackers and pressuring them right away. The attacker can score on either net but they have to dribble inside the zone in order to score. Once they score or the ball goes out the goal line, both players will race to the other side of the field. If defenders win the ball, they can score on either of the nets too. Your team gets 1 point for scoring a goal and 1 point for winning the race back. The first team to 10 points wins and then you switch attackers and defenders.

Progressions

Move the nets to the top of the zone and turn them around so they are facing the opposite way

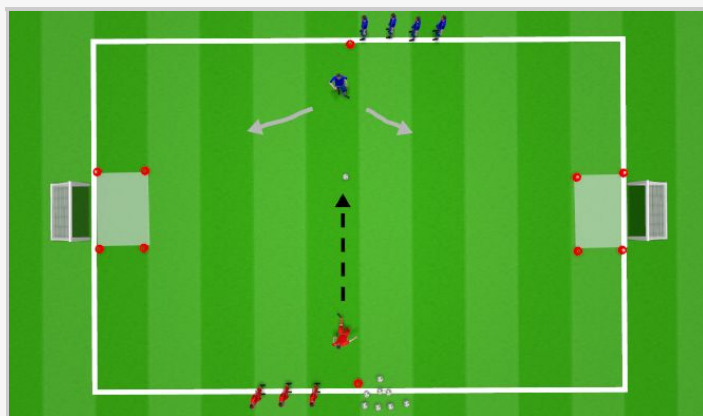
Turn it into a 2v2 but each team must make 1 pass before scoring

Coaching points

Attackers should make quick decisions when receiving the ball - don't wait for the defender to get close to you

Attackers will need to focus on getting their first touch right so they can start an attack right away

Defenders can't give up on the ball and must try and defend at all times



Battle Box - shooting (10 mins)

Equipment Needed:

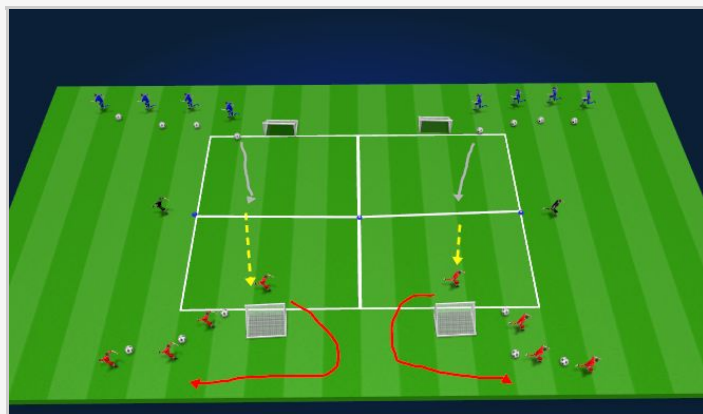
- Soccer Balls
- Cones
- 2 goals

Session Organization:

- Player 1 dribbles toward the line and shoots at the goal. Players must stay on their side of the line
- Once they shot they must run back to their goal and become the goalkeeper
- As soon as the shot happens the next player in line for the other team (diagram orange) dribbles to the line and shoots.
- The process repeats with the orange player running back to their goal while the next member of the blue team runs towards the line.
- The first team to six wins the game
- Rotation: Shoot, Goalkeeper, Get the shot ball and go to the back of your line.

Coaching Points:

- Head up to observe the position of the goalkeeper
- Head down at the point of contact with the ball
- Body weight forward, chest down
- Ankle locked, toe down



Lower the Boom

Lower the Boom

Setup

- Split the group into two teams
- One team starts with balls on either side of the net as defenders
- One team starts on the blue pylons without balls as the attackers
- One goalie or no goalie if using small nets

Play

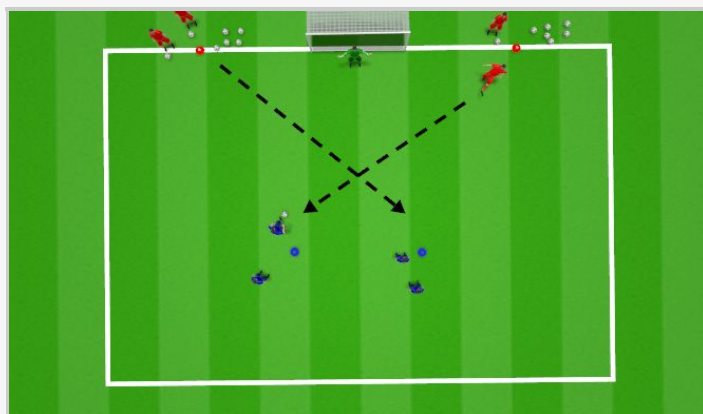
- On coaches "go", one defender plays a diagonal pass to an attacker
- Defender must wait until the attacker takes a touch before coming out to pressure
- Attacker can score in 1,2, or 3 touches but no more
- Once the attacker shoots or loses the ball, the next defender can go
- Play should be continuous for 2-3 minutes before switching roles

Progressions

- Defender can pressure the ball as soon as they make their pass
- Defender now throws the ball at the attacker - Attacker gets an extra touch to deal with an aerial pass
- Turn it into a competition - team with the most goals win - bonus point for nothing but net

Coaching points

- First touch is crucial - should set them up for a good shot
- Shot needs to be taken quickly or the defender will close them down
- Defender should not dive in
- Defenders pass need to be firm



End Game

Scrimmage

Split the players up into two evenly strong teams in order to play 4v4. Someone can play as a sweeper keeper but they are not allowed to use their hands. Practice CMSA game rules (dribble-ins, corner kicks, etc.). Remember to take a water break halfway through the game.

Conditioned game

1v1 scrimmage - Players are paired up with one player on the other team. They can only tackle that player and can't tackle anyone else. They must stay with and mark their player at all times

This will allow players to have more 1v1 opportunity in the game and practice shielding the ball

Goals are worth how many passes are made before them. Ex: 4 passes = 4 point goal, 0 passes = 0 point goal

Coaching Points

Set the players up in a shape before starting the game - Diamond or Square

Encourage players to focus on the skills they worked on in practice and praise the players who apply what they learned

Tactical - when to pass vs dribble, where and how to support player on the ball, where never to pass (front of net or the heart)

What is marking? Goalside - Putting your body between your mark and your net so they can't sneak behind you or into open space

