



Description

Warmup - Sharks and Minnows (15 mins)

Sharks and Minnows

2 players will start as sharks on the outside of the grid while all the other players (Minnows) will grab a ball and start dribbling inside the grid. When coach says "Shark attack!", the sharks enter the grid and try and steal the ball from the minnows. The sharks then have to try and score on one of the two nets. Once your ball gets scored, you become a shark and chase down the other minnows. The round is over when all the minnows lose their ball and coach will pick a new shark for the next round. Sharks are not allowed to leave the grid after they enter, so if they miss the net, the minnow is allowed to dribble his ball back in the grid. If a minnow dribbles their own ball out of bounds, they become a shark.

Progressions

Add or lower the amount of starting sharks to make it easier or harder - I recommend coach being the first shark!

Move the nets to the middle and put them back to back so it's easier for the sharks to score

Use gates instead of nets that the sharks have to dribble through while keeping the ball under control

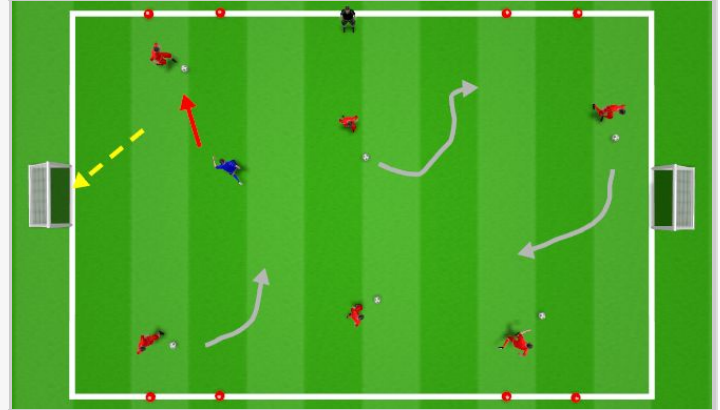
Coaching points

Encourage players to keep their heads up and look for open space away from the sharks to dribble into

If a shark gets close, use a quick change of direction and a burst of speed to get away

The players should be encouraged to keep the ball far away from the sharks and put their body in between the shark and the ball -

Show the sharks your back and bum!



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 Races (15 mins)

Running with the ball

Split the group into two and give each player a ball to start with. On coaches "go", each player dribbles their ball as quick as they can under control through their gate and into the shaded area before scoring. Once a player gets past the gate the next player can go.

Progressions

Players have to stop their ball in the gate and do a skill before continuing and scoring. Tic-tacs, toe-touches, turn around the gate.

Turn it into a race and the first player to score wins a point for their team

Instead of scoring, players must stop their ball on the blue line under control in order to score a point

Coaching points

Players should take big touches because they have lots of space

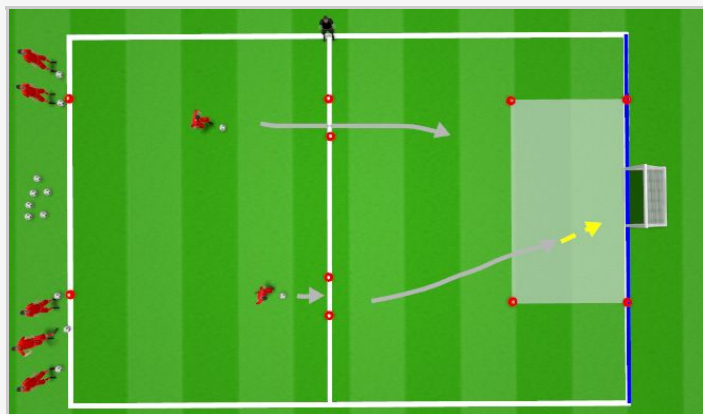
Players should be using their laces to dribble the ball

Head up to look where the space is and where you need to go

Dribble in a straight line to be the fastest

Keep the ball under control!

When shooting, plant foot should be in front of ball so it rolls into your shooting path



Bump Shooting

Bump Shooting

Setup

- Each player needs a ball except for one who starts as goalie
- Players with balls start on the red pylon and wait for coaches signal to start the round

Play

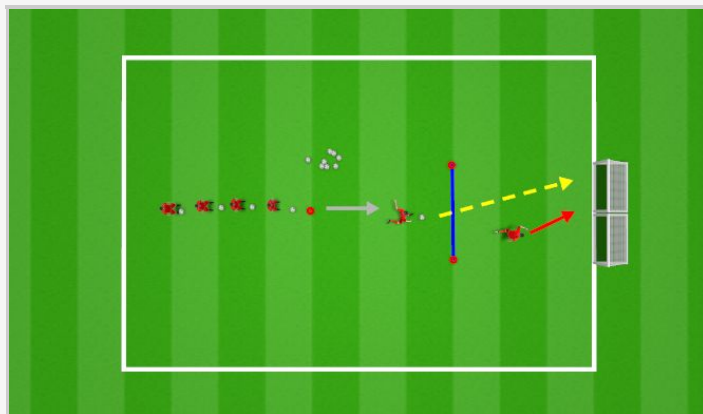
- On coaches "go", the first player in line dribbles out and shoots before the blue line
- If they score, they grab their ball quickly and go back in line
- If they miss, they become the goalie and try and stop the next player
- If a goalie gets scored on twice in a row, they are eliminated from the game
- the last player alive wins

Progressions

- Instead of eliminations, players just keep track of how many goals they score and the first player to score 10 goals win
- Player are only allowed 2/3/4 touches before they have to shoot

Coaching points

- 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!



Optional - 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

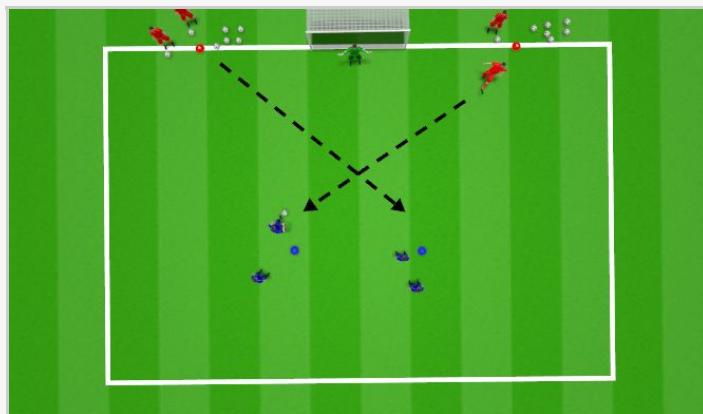
- On coaches "go", one defender plays a diagonal pass to an attacker
- Defender must wait until the attacker takes a touch before coming out to pressure
- Attacker can score in 1, 2, or 3 touches but no more
- Once the attacker shoots or loses the ball, the next defender can go
- Play should be continuous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

Players must make a set amount of passes before scoring - 1 or 2 passes

Players can score on either net but must make a pass across the center line to score

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)

