



Description

Warmup - Relay Races Passing

Relay Races - Passing

Setup

- Split the group into teams of 3-4
- Each team needs 1 ball to start
- The player with the ball starts on the pylon on the line
- Each other pylon needs a player without a ball on it

Play

- On coaches "go" the players will race to complete one of the passing patterns the coach has demonstrated
- The first player back wins a point for their team
- Not continuous, must wait for the coach to say "go"
- Rotation: Initial player goes to the middle pylon, middle player to the final pylon, and the final player will dribble back to the start

Start with pattern 1

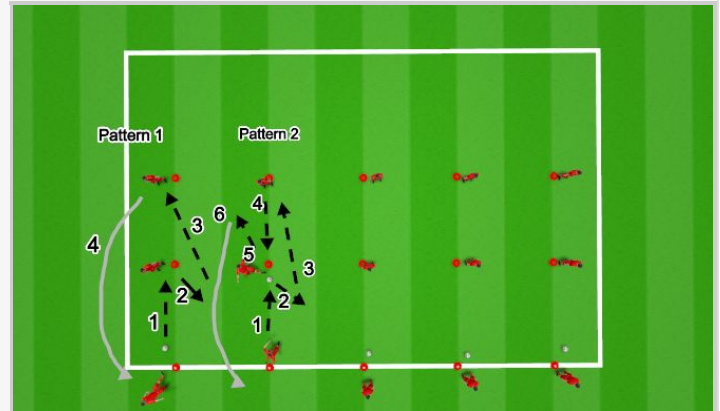
- Initial player plays it into the middle player (1)
- Middle player play a pass back (2)
- The initial player now passes up to the final player (3)
- the final player dribbles back to the starting pylon as fast as possible (4)

Progress to Pattern 2

- Initial player plays it into the middle player (1)
- Middle player play a pass back (2)
- The initial player now passes up to the final player (3)
- The final player plays back to the middle player (4)
- The middle player plays a wall pass back to the final player (5)
- The final player dribbles back to the start as fast as possible (6)

Coaching Points

- Proper passing technique
- Focus on quality of passes - 1 touch if possible but 2 touch to keep in under control



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



1v1 Recovery

1v1 with recovery run

One team starts as defenders while the other starts as attackers

Play:

1: defender plays ball across to attacker

2: attacker makes a quick decision and can score on either net

3: Attacker must dribble into the zone in order to finish

4: Once attacker scores or misses, there is a race to the opposite net

You get 1 point for scoring and you get 1 point for winning the recovery run

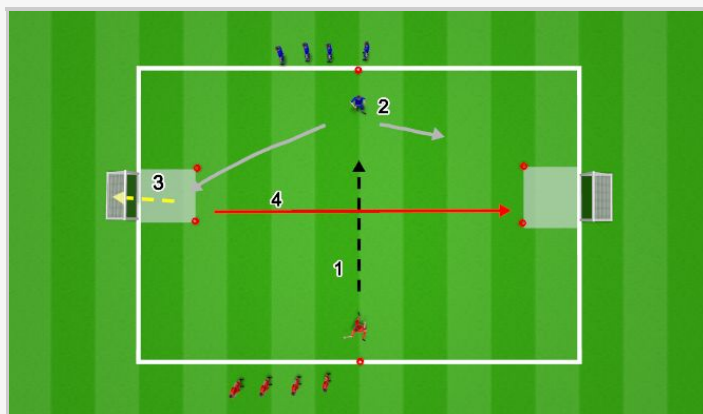
First team to 10 wins and then we switch

Defenders can score if they win the ball

Progressions

Change position of nets

2v2 or 3v3 and players must make a set amount of passes to finish



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 pylon.

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

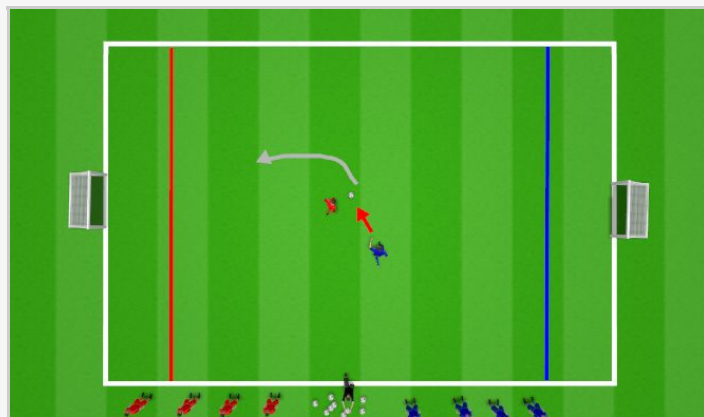
Turn it into a competition - first team to 10 points win - 1 point for scoring 1v1 - 3 points if you score as the attackers in the 2v1 - 2 points if you score as the defender in the 2v1

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



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

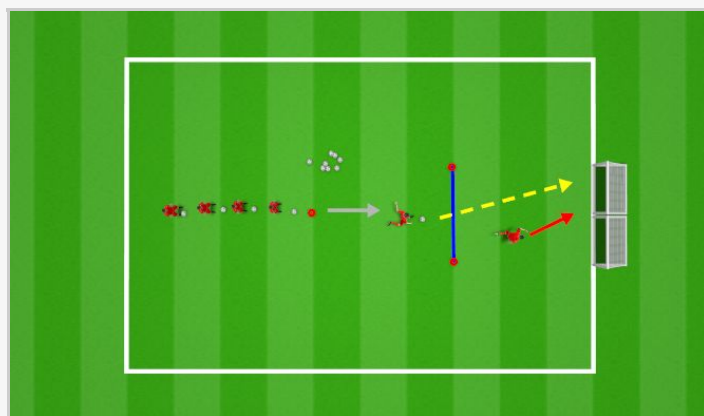
- On coaches "go", the first player in line dribbles out and shoots before the blue line
- If they score, they grab their ball quickly and go back in line
- If they miss, they become the goalie and try and stop the next player
- If a goalie gets scored on twice in a row, they are eliminated from the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

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

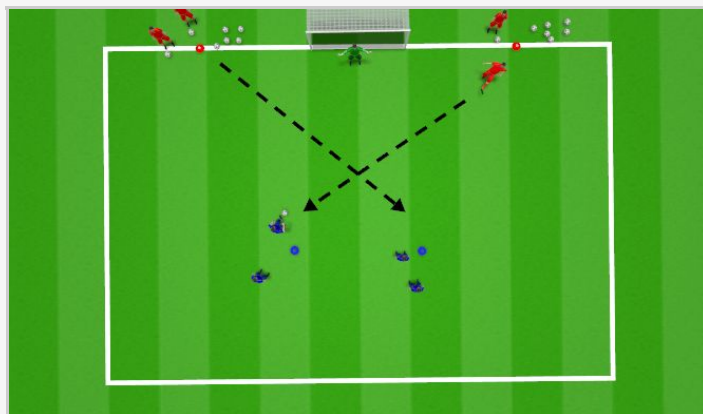
- On coaches "go", one defender plays a diagonal pass to an attacker
- Defender must wait until the attacker takes a touch before coming out to pressure
- Attacker can score in 1,2, or 3 touches but no more
- Once the attacker shoots or loses the ball, the next defender can go
- Play should be continuous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

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 cannot cross the red line, therefore, they must shoot from distance in order to score

Adding a passing rule that the players must follow - 2 passes before a shot etc...

Coaching Points

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

Encourage players to take lots of shots

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)

Encourage possession based soccer - Pass and Move!

