

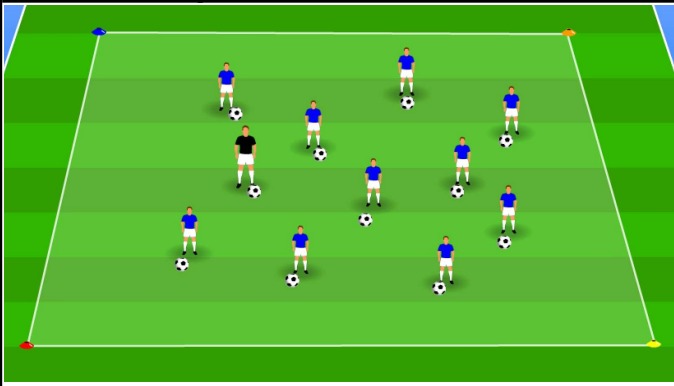


Session Format

Warm Up Activity - 5 minutes

Skill Builder Activity - 10 minutes 1v1 Activity - 10 minutes

Warm Up Activity



Players will dribble around the grid and look to listen to a variety of commands from the coach.
When dribbling, players will start with the inside of the foot, then the outside, then whichever method the players prefer.

Variety of Commands

Wall - Run to the Wall and Back

Turn - Pull ball back to turn the other way

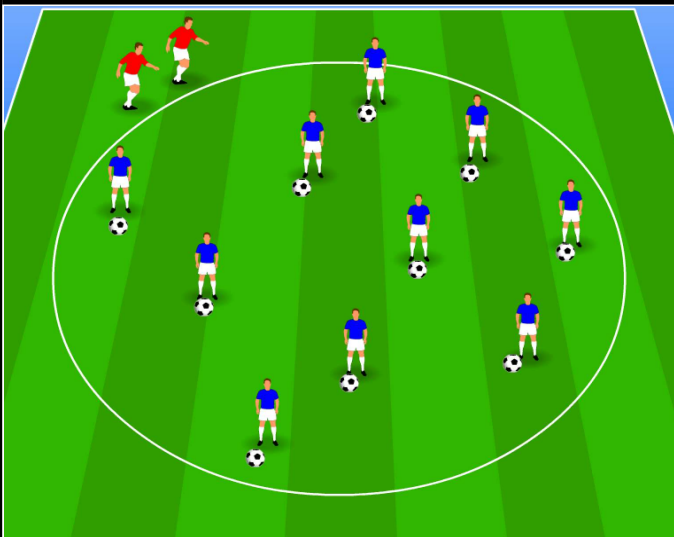
Switch - leave your ball and take someone else's

Jump - Jump over the ball and back

Fast Feet - Toe Taps

Perform these next two activities as one big group. For the 1st activity, the bigger numbers make the activity more fun. After a quick water break, the players will switch to the 2nd activity, but be split into 2 groups for more fun.

Skill Builder Activity



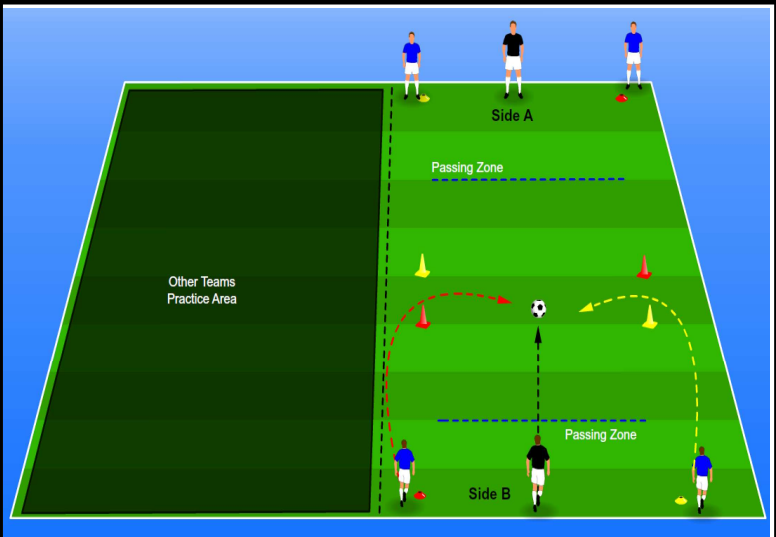
Sharks & Minnows

Designate two players to wear the orange keeper pinnie. That player will be the shark, the other players will be the minnows (shark food).

The shark will try and kick out the minnow's soccer ball from outside the grid. The minnow will try to protect the ball from being kicked out.

After every 1-2 minutes, switch out the shark so that all the players who want to be the shark get a turn.

1 vs 1 Activity



1v1 First to the Ball

Players will be split into 2 groups with 1 coach per group. Within the 2 groups, players will be split into 2 lines.

Set up 2 pylons about 10 yards in front of the lines. The coach will be set up in the middle of the two lines with a bunch of soccer balls at their feet.

On the coach's cue, players will run forward, around the pylon and run after the ball. The first player to the ball will try and dribble the ball into the scoring zone and pass the ball back to the coach.

If the defender wins the ball, they are trying to score on theirs.