



Training Block	Session Objective
Block 1	Technical - Ability to sharply move laterally with the ball
Session Focus	Tactical - Spatial awareness of defenders and goal
Cuts & Turns	Physical - Quick lateral movement and acceleration afterwards
	Psychological - Comfort level with distance of defender to perform move

Skill Builder Activity		Players will be partnered up with a ball between them.
		Players will dribble to the end of the line using a variety of dribbling techniques.
		FOCUS - Keep the ball close and under control using lots of little touches.
		Dribbles - Any foot, Right Foot Only, Left Foot Only, Inside Feet Only, Outside Feet Only
		Focus Cuts - Inside Cuts, Outside Cuts, Pull Backs

1 vs 1 Activity	
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1vs1 Activity	
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One line will be designated the attackers (RED) and the other will be designated the defenders (BLUE).	Players will start in corners, diagonal from one another.
On the coach's cue, the players will run out to get to the ball. The attacker always gets the ball, the defender must prepare to defend them. If the defender wins the ball wins the ball back, they will look to dribble into the mini box. Players must dribble into the scoring zone before shooting	On the coach's cue, the players will run to the corner in front of them, then towards the middle of the field.
PROGRESSION - Both players race to the ball the first player there is the attacker.	The Defender will run around the net, the attacker will run towards the coach. If the defender wins the ball they will look to dribble into the mini box.
	Players must dribble into the scoring zone before shooting

Game Play	
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Field will be set up for players to play 2v2 or 3v3.
When a goal is scored, players will be rewarded for their goal by getting the opportunity to battle the coach in a game of ROCK-PAPER-SCISSORS.
If the player wins the mini-game, they goal is worth two.
Remember: Smaller Game Numbers, more opportunities for players to touch the ball and more goals to be scored.



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Skill Builder Activity		Players will work within 2 cones set up 5 yards apart starting at the middle point of the cones.
		FOCUS - Keep the ball close and under control using
		Players will start with Toe Taps or Bells in the middle. On the coach's cue, players will go from one cone to the next.
		Outside Cuts Inside Cuts Inside-Inside-Outside Cuts
		Scissors V-Cuts L-Cuts

Skill Builder Game	<p>Lateral Movements, Trying to Lose Your Defender START WITH NO BALL</p>	1vs1 Activity	<p>1v1 Activities</p>
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One player will be designated the attackers (BLUE) and the other will be designated the defenders (RED)	Players will be divided up into 2 lines. One line will be designated the attackers (BLUE), the other line will be designated the defenders (RED).
The attacker has to go to the furthest cone, the defender just has to make it to the closest cone.	The attack will race towards the coach. The coach will pass the ball to the attack who must receive the ball, turn around and attack either one of the two goals.
Once the players get comfortable with the lateral movements, introduce the ball.	The defender will race toward the goal, then turn around and pressure the attack on the ball.
Players will attack for 30 seconds, then switch roles to defenders. After a couple rounds, switch partners.	If the defender wins the ball, they must dribble through the RED gate where they started the run from.

Game Play		Field will be set up for players to play 2v2 or 3v3.
		Each team will be split into two mini teams.
		When a goal is scored, the team that scored the goal will switch fields with the team next to them.
		Remember: Smaller Game Numbers, more opportunities for players to touch the ball and more goals to be scored.



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Skill Builder Activity		Each player will get a cone and a ball to work with for the activity. This is a stationary activity.
		FOCUS - Ball Mastery Skills with the ball on the spot.
		Players will perform 2 sets of 30 seconds for each move.
		Toe Taps Bells V-Cuts L-Cuts Scissors
		Complete each skill before repeating the circuit

Skill Builder Game		1vs1 Activity	

A square will be set up and 2 players will be inside of it. All of the other players will be set up around the square. The objective is for the outside players to dribble through the square without being tagged.	The Attacker (BLUE) will run out towards the coach and receive a pass with their back turned to goal. While they are running out, the defender (RED) will run around the middle cone and look to apply pressure on the attacker from behind.
If the inside player tags them, they get 1 point. The inside players are working together to tag as many as they can within 60 sec. Switch players after.	If the defender wins the ball, they are looking to dribble the ball into a scoring zone right in front of the coach, pictured in red.

Game Play		Field will be set up for players to play 3v3 or 4v4.
		PLAYER FOCUS
		1) Dribble/Run with the Ball
		2) Take players on 1v1
		3) Create space for your teammates to play
		Remember: Smaller Game Numbers, more opportunities for players to touch the ball and more goals to be scored.



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Skill Builder Activity		Players will dribble towards the cone, perform one of the Focus Cuts, then accelerate away to the LEFT. Once the player makes the cut, the next player in line can go.
		Progression - Perform the same skills but go to the RIGHT
		Coaching Points 1. Keep the ball close and under control
		2. Drop the shoulder when performing the skill
		Focus Cuts - Outside Cuts, V-Cuts, Scissors

1 vs 1 Activity		1vs1 Activity	

One line will be designated the attackers (BLUE) and the other will be designated the defenders (RED).	This is based on the Retreat Line Concept.
On the coach's cue, players will run around their designated cones. Once the attacker turns, they will receive a pass from the coach and look to attack one of the two goals (Goal A or B). If the defender wins the ball back, they attack the opposite goal	The attacker (in BLUE) will stand on one side of the goal and look to receive a pass from the Coach (acting as the goalkeeper). Once the ball is passed, the defender (in RED) will look to apply pressure on the attacker. The attacker is trying to dribble past the "Retreat Line" while the defender is trying to win the ball and score on the goal.
PROGRESSION - Have the players both start where the BLUE player is starting from and they both go for the pass.	PROGRESSION - Have two defenders pressure the ball.

Game Play		Field will be set up for players to play 3v3 or 4v4.
		PLAYER FOCUS
		1) Dribble/Run with the Ball
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		FOCUS - Ball Mastery Skills with the ball on the spot.
		Players will perform 2 sets of 30 seconds for each move.
		Toe Taps Bells V-Cuts L-Cuts Scissors
		Complete each skill before repeating the circuit

1vs1 Activity		1vs1 Activity	
	Players will be divided up into 2 lines within the playing area. To start, the defender (the Red player) will pass the ball to the attacker (the Blue Player)		Players will be divided up into 2 lines within the playing area. To start, the defender (the Red player) will pass the ball to the attacker (the Blue player). After they pass the ball, the defender will rush out to apply pressure on the attacker. The attacker will look to use their cuts & turns to beat the player before scoring on either of the two goals that are set up in front of them. If the defender wins the ball they switch to trying to score on either goal.
	After they pass the ball, the defender will rush out to apply pressure on the attacker.		After they pass the ball, the defender will rush out to apply pressure on the attacker. The attacker will look to use their cuts & turns to beat the player before scoring on either of the two goals that are set up in front of them. If the defender wins the ball they switch to trying to score on either goal.
	The attacker will look to use their cuts & turns to beat the player before scoring on the goals that are set up back to back. If the defender wins the ball they switch to trying to score on either goal.		The attacker will look to use their cuts & turns to beat the player before scoring on either of the two goals that are set up in front of them. If the defender wins the ball, they are trying to score on either of the two goals at the back of the grid.
	Switch roles after each turn.		Switch roles after each turn.

Game Play		Field will be set up for players to play 3v3 or 4v4. There will be 2 goals located in the corner for each team.
		PLAYER FOCUS
		1) Dribble/Run with the Ball
		2) Take players on 1v1
		3) Create space for your teammates to play
		Remember: Smaller Game Numbers, more opportunities for players to touch the ball and more goals to be scored.



Training Block Block 2	Session Objective Technical - Ability to run with the ball under close control.
Session Focus Dribbling / Running w/ the Ball	Tactical - Ability to identify when to take smaller or bigger touches
	Physical - Speed with the ball at their feet.
	Psychological - Understanding the importance of keeping the ball close.

Skill Builder Activity		<p>All the players will be inside the grid with a ball at their feet. They will dribble around inside the grid.</p> <p>On the coach's cue, players will follow the command of the coach. The coach will call out a number and a color.</p> <p>The players will have to run around a cone matching the color the coach has called out. Depending on the number that the coach calls, the player will have to run around that many cones of that color and back to the middle.</p> <p>This can be turned into a competition where the last player back from the dribble has to do a punishment.</p>
	1 vs 1 Activity	
1vs1 Activity		<p>Players will be split up diagonally from each other between 2 lines. The line with the balls will be the attackers and the line without the balls will be the defenders.</p> <p>On the coach's cue, players will race to the cone in front of them, then cut into the field of play and either attack the goal (now in front of them). The defender will protect the goal and if they win the ball back, will try and score on the goal in front of them. (Red shoot on Red Net, Blue shoot on Blue net)</p>
Game Activity		<p>The field will be set up in a square with nets on the middle of each line. This game has 4 teams, however only 2 teams are playing each other at a time. All 4 teams are on the field at the same time.</p> <p>Pictured - The Red and Blue team are playing against each other while the Yellow and Green team are playing against each other at the same time.</p> <p>PROGRESSION - Teams can score on any of the goals except for their own goal.</p>

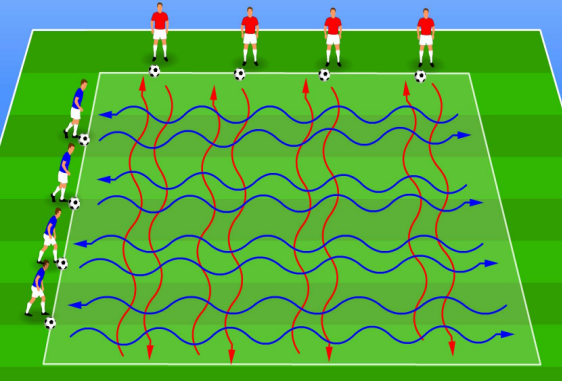
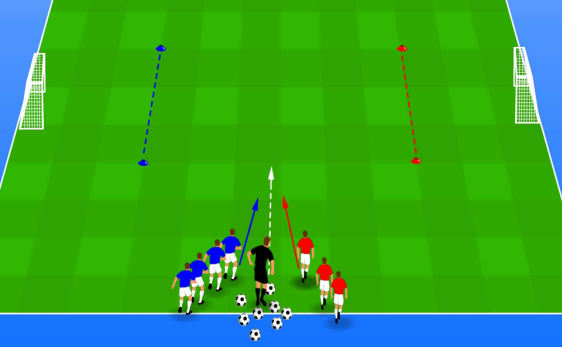
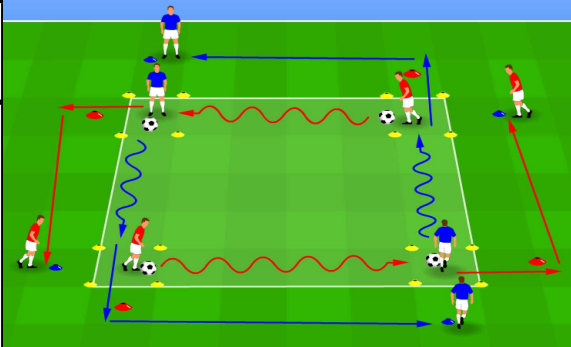
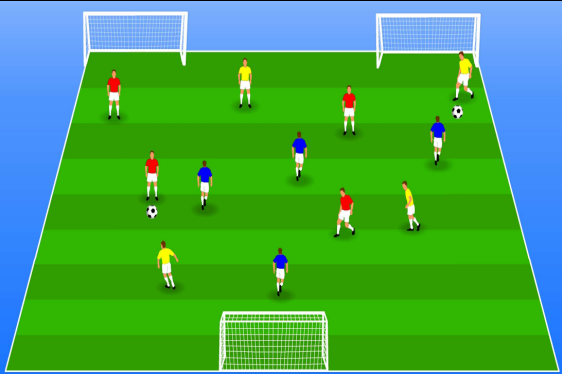


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Block 2	Technical - Ability to run with the ball under close control.
Session Focus	Tactical - Ability to identify when to take smaller or bigger touches
Dribbling /	Physical - Speed with the ball at their feet.
Running w/ the Ball	Psychological - Understanding the importance of keeping the ball close.

Skill Builder Activity		<p>To start, players will be divided up into 2 teams with 1 player at each cone. Lines will be set up 10 yards apart. Players will stand at the cone and look to perform either toe taps or bells(tik toks) with the ball on the spot. The coach will then call a color ("BLUE") the players standing at the Blue cones will race to the cone on the other side of the them. First player there wins the race.</p> <p>Progression 1 - call 2 colors at the same time.</p> <p>Progression 2 - players must perform a skill move (scissors, pullback, etc) at the half way point</p>
		<p>1vs1 Activity</p> <p>The Blue player will act as the defender and the Red player will act as the attacker. To start, the Red player will pass and receive a pass from the Blue Player. Once the Red player receives the pass back, they will choose a side to attack (either Left or Right). If the attacker goes to the right, the defender must touch the cone on their right and then track back to defend the attacker. After each turn, players will switch roles.</p> <p>Progression 1 - the defender selects the direction the attacker goes.</p>
		<p>1vs1 Activity</p> <p>For set up, 2 goals will be placed in the corner of the grid and one net will be placed in the middle of the line on the opposite side. This can also be set up w/ goals in corners. To start, the two attackers will pass their balls across to their teammate. When they receive the pass, they will start to attack the goal diagonal from them. While this is going on, the defenders will sprint to the line across from them (as pictured in red), and then step up to defend the goal they are in front of.</p> <p>If the defender wins the ball, they score on central goal.</p>
	Focus on if there is space in front of you, run with the ball while keeping it close when you have to change direction	



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Running w/ the Ball	Psychological - Understanding the importance of keeping the ball close.

Skill Builder Activity		<p>Players are split up into 2 groups. 1 group of players are lined up to run East-West, 1 group of players are lined up to run North-South.</p> <p>On the coach's cue, players will race to the line in front of them and back to their starting line. To make it competitive, the first team with all their players back to the starting line win the round.</p> <p>Progression - Split the players up so that there are players on every line. More traffic, more chaos=better awareness</p>
	1vs1 Activity	
Speed Activity		<p>Players will be split up equally among 4 corners. The first player in line will be set up inside a box, the other players will be waiting at the cone in behind.</p> <p>Players will dribble the ball as fast as they can while under control toward the box in front of them. Once there, they will leave the ball, then continue to race forward.</p> <p>The next player in line will take the ball and dribble straight while the player who left the ball behind will race them to the next check point.</p> <p>This is working on speed with and without the ball.</p>
Game Activity		<p>Players will be split up into 3 teams and each team will be designated with a net to defend. There will also be 2 balls in play.</p> <p>We are working on developing a player's awareness of what is going on around them as well as where the open space is to attack.</p> <p>If team's don't have the ball, they should look to find a ball and an unsuspecting goal to attack.</p>



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Skill Builder Activity		Relay Race
		Split the players up into 2 teams. They will race as a team to the pylon and race back to the cone.
		The last person in line will dribble the ball to the front of the line, then look to pass the ball through the players they just passed, who are standing with their legs apart.
		Progression
		Players dribble from back of line, around pylon, back to the front of the line and look to pass the ball through.
1vs1 Activity		1v1 Activity
	The attacking players will dribble diagonally through the grid, while the defenders are running through the grid.	The defender will be positioned on the outside, with the defender positioned right beside them on the inside.
	Both players will touch the net, then enter the field. The net that the players touch are the nets that those players are defending.	On the coach's cue, the attacker will try to dribble with the ball towards the goal that is located diagonal from their starting position.
	If the defender wins the ball back from the attacker, they will look to attack the net that they started their run at.	If the defender wins the ball back from the attacker, they are looking to pass the ball back to the coach.
Game Activity		
		To start, the attacking player (Blue) will pass the ball to the player standing across from them. That player will pass the ball back to the attacking player (Blue).
	When the attacking player receives the return pass, they will enter into the grid. From there, they will try and escape the grid by dribbling out of 1 of the 3 lines that the defending players (Red) are blocking.	



Training Block Block 3	Session Objective Technical - Ball skills to evade pressure and protect the ball.
Session Focus Protecting & Shielding the Ball	Tactical - What areas of the field would the players utilize these skills. Physical - Body positioning to keep the ball away from the defender. Psychological - Comfort level with keeping the ball while under pressure.

Skill Builder Activity		Each player has a ball and is looking to keep possession of their ball for the duration of the round.		
		At the same time, they are looking to kick out other player's player's ball from within the grid.		
		Round 1 - Everyone starts with 3 Treasures, every time their ball gets kicked out, they lose 1. Every time they kick a ball out, they add 1. First player to 10 wins.		
		Round 2 - When players lose their lives, they are eliminated Round 3 - When players are eliminated, they can re-enter as sharks and can kick out soccer balls.		
1 vs 1 Activity		1vs1 Activity		
				Players will be put into pairs with 1 ball per group.
				One of the partners will be designated the Attacker, the other will be labelled the Defender.
On the coach's cue, the attacker will look to protect the ball by using their technical skills and body positioning.				
2 vs 2 Game Play		1vs1 Activity		
				The objective of the attacker is to protect the ball and look to turn on the defender and go to goal.
				If the defender wins the ball, they look to dribble into the box (2 points) or pass to the coach (1 point).
Players will play 2 vs 2 in a tight playing area.				
2 vs 2 Game Play		1vs1 Activity		
				The goal for this activity is to have a high speed of play because of the tight playing area that the field is set up in.
				Within the 12 - 15 minute station, you can play 3 x 4 minute games to vary up the opponents.
If less or more than 8 players, have the extra players play 1v1 in a grid nearby.				



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Skill Builder Activity		<p>Players will be divided up into 2 teams.</p> <p>One team will be labelled as the Keepers and are looking to keep their ball for the duration of the activity. The other team will be labelled the Stealers and are looking to steal the ball from the Keeper and scoring on one of the 2 mini goals set up in the middle of the field.</p> <p>Stealers can gang up on 1 player if they want, or each go against a specific player. After 60 seconds, players will switch roles and the Keepers will become the Stealers and vice versa. Team with the most goals wins the round.</p>	
	1 vs 1 Activity		1vs1 Activity
<p>The outside players are just support players and work with whichever player has the ball inside the grid.</p> <p>To start, the outside player will pass the ball inside to the attacking player. The attacking player will earn points for every second they protect the ball. In order to bank those points, they must pass the ball back to the outside player. They will then look to receive a pass from the player on the opposite side.</p> <p>Perform each round for 90 seconds, then the outside players switch in. Next time in, players will switch roles.</p>		<p>The Blue Player will start with the ball and is looking to shield the ball away from the Red Player. If the Blue Player can shield the ball for 10 seconds, they will win the round.</p> <p>If the Red Player can win the ball back from the Blue Player, they will look to attack the mini goal, 1 vs 1.</p> <p>If the Blue Player wins the ball back, they are looking to dribble into the mini grid to end the round.</p>	
2 vs 2 Game Play		<p>Players will play 2 vs 2 in a tight playing area.</p> <p>The goal for this activity is to have a high speed of play because of the tight playing area that the field is set up in. To score, players must dribble through any of the 4 gates.</p> <p>Within the 12 - 15 minute station, you can play 3 x 4 minute games to vary up the opponents.</p> <p>If less or more than 8 players, have the extra players play 1v1 in a grid nearby.</p>	



Training Block	Session Objective
Block 3	Technical - Ball skills to evade pressure and protect the ball.
Session Focus	Tactical - What areas of the field would the players utilize these skills.
Protecting & Shielding the Ball	Physical - Body positioning to keep the ball away from the defender
	Psychological - Comfort level with keeping the ball while under pressure.

Warm Up Activity		<p>Double Tag</p> <p>Set Up as pictured, a Start Cone, a cone about an arms length in front of the Start Cone and an end line cone.</p> <p>The Blue Player will look to tag the Red Player who is located at the Start Cone. After tagging the Red Player, the Blue player will immediately sprint to the end line.</p> <p>The Red Player will react to getting tagged by chasing the Blue Player to the end line while trying to tag them.</p> <p>Switch Roles after each round.</p>
		<p>1vs1 Activity</p> <p>1v1 Defensive Recovery</p> <p>Players are split up into 2 lines.</p> <p>The defender will look to dribble the ball and stop it in front of the attacker on a line. Once the ball has been stopped, the attacker takes the ball and tries to finish.</p> <p>The defender, after stopping the ball, must sprint around a cone and deny the attacker from scoring.</p> <p>The attacker must take at least 2 touches on the ball before shooting on goal.</p>
1 vs 1 Activity		<p>1vs1 Activity</p> <p>The Numbers Game</p> <p>Split the players up into two teams. Within those 2 teams, number them off from 1 to 5 (or however many players have on your team).</p> <p>On the Coach's Cue, the number the Coach calls will rush the ball and go 1vs1 to try and dribble the ball back to their home base (across the red line).</p> <p>If a player kicks the ball across, they don't get a point. They only get a point if they dribble across the line.</p> <p>Can progress to 2v2/3v3/4v4 if the group is doing well</p>
	2 vs 2 Game Play	



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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Sharks & Minnows</p>		<p>Select 2 - 3 players (depending on how many total are attending the session) to be the Sharks. The remaining players are the Minnows.</p> <p>The Minnows will all have a ball and are inside the playing area. On the coach's cue, the Sharks will be released with the intention of stealing a ball from the Minnows. If successful, the Minnows will be eliminated until all the balls are out of the grid. How long will it take the sharks to steal all the balls?</p> <p>Rotate players to give everyone a turn to be Sharks.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">The Stadium Game</p>		<p style="writing-mode: vertical-rl; transform: rotate(180deg);">1vs1 Continuous</p>
<p>Split the team up into 2 groups. One group will be labelled the Home team, the other will be the Away team.</p> <p>On the coach's cue, the Home team will look to have the most soccer balls in their stadium and the Away team is looking to do the same.</p> <p>If a player from the Home team already has their ball in their stadium, they are looking to shield and keep the ball there. If the ball is stolen by the Away team, the Home team can look to steal it back.</p>	<p>For this set up, there will be two gates and two safety zones set up. Players will look to switch lines after every turn so that they get a chance to attack both the gates and zones.</p> <p>The coach will pass the ball down the middle setting up a 1 vs 1. One player will look to get body position and the ball away from pressure while they look to dribble through the end gates (red cones). The other player is looking to win the ball and dribble into the safety zone.</p> <p>Can introduce physical literacy by having players start by sitting down, lying on their stomachs, lying on their and having to react to the coach saying "Go".</p>	
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">2 vs 2 Game Play</p>		<p>Players will play 2 vs 2 in a tight playing area.</p> <p>The goal for this activity is to have a high speed of play because of the tight playing area that the field is set up in. To score, players must look to pass through any of the 4 gates to a teammate on the other end.</p> <p>Within the 12 - 15 minute station, you can play 3 x 4 minute games to vary up the opponents.</p> <p>If less or more than 8 players, have the extra players join in by making the activity a 2 vs 2 + 1 neutral.</p>



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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Group Shielding</p>		<p>Players will be divided up into 2 teams. Within those two teams, everyone will have a ball with the exception of 1 player. That one player without the ball will have to go across to the opposite team, steal a ball and bring it back over to their side of the field.</p> <p>ball is stolen, that player will now go across and whose ball steal a ball from a different player. (No Takes Back).</p> <p>PROGRESSIONS</p> <ol style="list-style-type: none"> 1. Have 2 players stealing balls rather than just the 1. 2. Add nets on the endline, first team to score wins.
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Shooting Part 1</p>		<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Shooting Part 2</p>
<p>Goal: Get comfortable striking a ball off the dribble.</p> <p>Players will be organized into 3 or 4 lines.</p> <p>The players will dribble the ball to a designated marker, once they arrive at that marker, they will look to strike the ball while it is still moving.</p> <p>After shooting, they will collect their ball and rotate to the line on their left. If they are at the end of the row, they will look to go to the beginning.</p>	<p>Goal: Get comfortable striking a ball off receiving a pass.</p> <p>Players will be organized into 2 or 3 lines.</p> <p>The players will look to pass the ball into a coach. The coach will lay the ball off for the player to take a shot on goal.</p> <p>The players will look to receive the ball with 1 touch, set themselves up and on the 2nd touch they are looking to strike the ball on goal.</p>	
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">1vs1 Activity</p>		<p>1 vs 1 Continuous Circuit</p> <p>A / C = Attackers looking to attack the goal off the dribble. B / D = Defenders who are looking to defend once the attacker takes their first touch forward.</p> <p>Rotation = A > B, B > C, C > D, D > A</p> <p>If the defender wins the ball, they will look to attack the goal by the attackers starting position.</p>



Training Block Block 4	Session Objective
Session Focus Ball Striking & Goal Scoring	Technical - Basic techniques for how to strike a ball (toe down, laces)
	Tactical - Where are you looking to aim for, direction of movement.
	Physical - Ankle locked, balanced, powerful follow through.
	Psychological - Ability to cope with striking a ball while under pressure.

<h3 style="writing-mode: vertical-rl; transform: rotate(180deg);">Group Shielding</h3>		<p>Players will be divided up into 2 teams.</p> <p>Within those two teams, everyone will have a ball with the exception of 1 player. That one player without the ball will have to go across to the opposite team, steal a ball and bring it back over to their side of the field.</p> <p>ball is stolen, that player will now go across and whose ball steal a ball from a different player. (No Takes Back).</p> <p>PROGRESSIONS</p> <ol style="list-style-type: none"> 1. Have 2 players stealing balls rather than just the 1. 2. Add nets on the endlines, first team to score wins.
<h3 style="writing-mode: vertical-rl; transform: rotate(180deg);">Shooting Part 1</h3>		<h3 style="writing-mode: vertical-rl; transform: rotate(180deg);">Shooting Part 2</h3>
<p>Goal: Get comfortable striking a ball off the dribble.</p> <p>Players will be organized into 3 or 4 lines.</p> <p>The players will dribble the ball to a designated marker, once they arrive at that marker, they will look to strike the ball while it is still moving.</p> <p>After shooting, they will collect their ball and rotate to the line on their left. If they are at the end of the row, they will look to go to the beginning.</p>		<p>Goal: Get comfortable striking a ball off receiving a pass.</p> <p>Players will be organized into 2 or 3 lines.</p> <p>The players will look to pass the ball into a coach. The coach will lay the ball off for the player to take a shot on goal.</p> <p>The players will look to receive the ball with 1 touch, set themselves up and on the 2nd touch they are looking to strike the ball on goal.</p>
<h3 style="writing-mode: vertical-rl; transform: rotate(180deg);">1vs1 Activity</h3>		<p>1 vs 1 Continuous Circuit</p> <p>A / C = Attackers looking to attack the goal off the dribble. B / D = Defenders who are looking to defend once the attacker takes their first touch forward.</p> <p>Rotation = A > B, B > C, C > D, D > A</p> <p>If the defender wins the ball, they will look to attack the goal by the attackers starting position.</p>



Training Block	Session Objective
Block 4	Technical - Basic techniques for how to strike a ball (toe down, laces)
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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Skill Builder</p>		<p>layers will be set up in the corners of a grid with all the cones dropped in the middle. Players will then look to dribble through the cones to the corner diagonal from them while trying to avoid both the cones and other players dribbling.</p> <p>After each player makes it through, send the next player.</p> <p style="text-align: center;">PROGRESSIONS</p> <ol style="list-style-type: none"> 1) Once the first player reaches the cones, send the next 2) Once the player gets to the diagonal cone, they turn and come back while the next player in line goes.
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">1v1 Chase</p>		<p style="writing-mode: vertical-rl; transform: rotate(180deg);">1v1 Activity</p>
<p>Goal: Get comfortable striking a ball off the dribble when is coming from behind.</p> <p>Players will be organized into 4 lines, 2 lines are attackers, 2 lines are chasers.</p> <p>On the players first touch, the defender will start to chase the attacker down as they dribble towards goal.</p> <p>The attacker must cross the shooting line before taking a shot on goal.</p> <p>Alternate each side that goes. Players will switch from attacker to defender and vice versa after each turn.</p>	<p>Set up 2 lines with the 1 pop up goal in front of each line (as pictured). You will then look to set up a line about 5 in front of the pop up goal to act as defending zone.</p> <p>To start, Player A will start on the edge of the defending they are shooting on. Player B will start the play by the ball forward. Player A will run through the yellow into the defending zone and try to stop Player B from After, Player C will run to the goal in front of them, Player will run through the blue gate to defend the goal.</p> <p>NOTE: The attackers are not allowed to enter the zone. After defending, the defender must collect a ball.</p>	
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Reaction Shooting</p>	<p><small>Progression</small> Once the ball is played through the players legs, the player at the pylon will chase down the shooter.</p>	<p>Goal: Get comfortable striking a ball off receiving a pass.</p> <p>Set up 2 lines of cones, 2 yards apart (as pictured). The players at the yellow cone will have a ball at their feet, the players at the red cones will stand with their legs apart enough for a ball to be played through.</p> <p>The Red player is looking to pass the ball through the Blue legs. Once the ball goes through, the Blue player will chase the ball down, turn with it, then shoot on the goal.</p>



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Skill Builder		<p>This activity is working on Running with the Ball as well as Ball Striking (passing with pace).</p> <p>To start, have the players evenly distributed amongst the 4 corners. On the coach's cue, players will run around the square, stopping at the corner diagonal from their starting position. They will then look to pass their ball towards the middle of the square, attempting to knock over the pylon set up in the middle of the square. If successful, they get a point for their team, if unsuccessful, they collect their ball and pass it to their partner for their turn to go.</p>
Shooting		<p>1 vs 1 Activity</p>
<p>1 vs 1 Attack-Defend Shooting</p> <p>To start, set up a defender in front of one of the goals. The player facing the goal being defended will start.</p> <p>Play will start with Player A dribbling towards the goal that is being defended by the RED player. After shooting, Player A will then defend the other goal that Player B will start to attack. After attacking, Player B will defend the goal the next Player A will attack.</p>		<p>1 vs 1 Activity</p> <p>The set up for this activity is 2 pop up goals and 2 teams.</p> <p>The attacking player will start with the ball and begin the 1 vs 1 by dribbling towards the goal they are attacking.</p> <p>The defender will rush out and apply pressure on the ball.</p> <p>If the defender wins the ball, they will look to attack the goal by the attackers starting position.</p>
3 vs 3 Game		<p>3 vs 3 Game Play</p> <p>In this game there is 1 rule.</p> <p>PLAYERS MUST TAKE A MINIMUM OF 2 TOUCHES ON THE BALL BEFORE PASSING OR SHOOTING ON GOAL.</p> <p>Players are allowed to dribble with the ball.</p> <p>Set up a 4 team tournament, every team plays each other once. Keep track of points.</p>



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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Ball Striking</p>		<p>This activity is working on Running with the Ball as well as Ball Striking (passing with pace).</p> <p>To start, players will slalom around the 2 cones diagonally towards the middle of the square. Once they get to the middle, they will turn around and dribble back to the corner.</p> <p>Once arriving back at the corner, they will dribble to the gate counter-clockwise from the starting point and look to pass the ball centrally to knock over the cone.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">1 vs 1 Activity</p>		<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Shooting</p>
<p style="text-align: center;">1 vs 1 Scanning Defending</p> <p>The attacker will be set up in between 2 cones about 3-5 yards in front of the end line.</p> <p>The coach will start the play off by passing the ball into the attacker. As the ball is travelling, the defender will choose a cone to go around before defending the attacker. The attacker must scan and select the net to attack that is furthest away from the cone that the defender runs around.</p>		<p style="text-align: center;">Shooting on the Move</p> <p>Players will start in the corner and dribble towards the end cone. Once they get to the end cone, they will turn and to pass the ball to the Coach who will then look to lay off a pass to the inside of the net.</p> <p>After shooting, players will collect their balls and switch lines so that they get the opportunity to shoot with both feet.</p> <p>* Note - if only 1 coach is available, the coach will stand centrally and lay off passes to the outside.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">1v1 Transition</p>		<p style="text-align: center;">1 vs 1 Shooting Transition</p> <p>To allow for every player to get reps in this activity, put a coach in the goal.</p> <p>The attacking team will start by engaging the defender in a 1v1 challenge towards the goal. Once the defender wins the ball, a shot is taken, or a goal is scored, the attacker will then engage in a 1v1 as a defender with the opposite team.</p> <p>After defending, the defender will collect a ball and return to their starting line.</p>



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Cannon Ball Run		<p>Players will be divided up into 2 teams.</p> <p>One team (the Dribblers) will line up on the end line and look to dribble from one end of the playing area to the other. The other team (the Passers) will line up on either side line and look to pass their soccer balls across the playing area with the intention of knocking the Dribbler's ball as they dribble to the other end.</p> <p>The Passers get a point for each ball they knock.</p> <p>Perform 4 rounds, then switch roles.</p>
1 vs 1 Activity		Shooting
<p>1v1 Attacking Wave</p> <p>In this activity, we have 2x 1v1 activities going at the same time to create more chaos.</p> <p>Set up 2 cones in front of the goal players are attacking. Then set up 2 lines 10 yards away from those cones as a starting point for the attackers.</p> <p>After the player attacks, the next player in line will go and the player who just attacked will become the next defender in the line.</p>		<p>Diamond Shooting</p> <p>Players at the bottom of the diamond will pass the ball to the wide parts of the diamond. After receiving the pass players will dribble towards the goal looking to have a shot</p> <p>Once the shot is taken, they will collect their ball and join the line in front of the goal.</p> <p>If players are struggling with the long pass, have them dribble half way, then pass the ball.</p>
1 vs 1 vs 1		<p>1 vs 1 vs 1</p> <p>Players will be split up into 3 teams and be assigned a goal to defend. That means that they will have 2 goals to attack.</p> <p>The coach will roll a ball in and players will battle for the ball looking to score on the opposition goals while keeping their goal safe.</p>