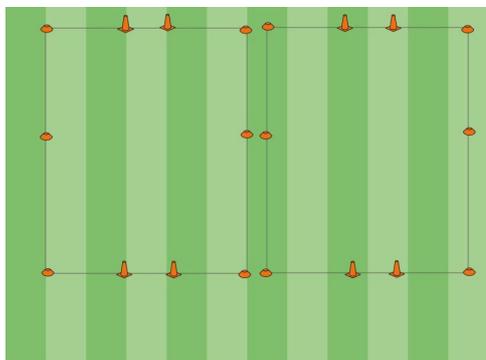


TRAINING SESSION: WEEK 2

Objectives

Warm-up Game



 3 v 3

 cones ,ball

 Intensity: 8

 15:00 min
(1 x 15:00 min, 00:00 min rest)

Coaching Points

Have fun. Keep your head up to find open space.

Description

Setup two side by side fields approximately 20x30 yards using cones or flags for goals. For warm-up, the first player there plays 1v1 versus the coach. When the second arrives, it's 2 vs coach. Then 2v2 with the third player and coach, and 2v2 with the fourth. The maximum number of players for a side is 3.

Driving through moving tunnel



 10 v 2

 balls, pinnie

 Intensity:

 15:00 min
(1 x 00:00 min, 00:00 min rest)

Coaching Points

Description

In a 20x20 yard grid, 2 coaches are joined by holding a pinnie between them. They walk around the field to create a moving tunnel. Each player dribbles their soccer ball. The dribblers try to dribble or pass their ball through the tunnel. Count the number of times each can play their soccer ball through the tunnel in 1 minute. If needed, select to players to make a second tunnel so the dribblers have more chances to score. Remember to change the players after each interval.

Stuck in the Mud



 8 v 2

 cones, balls

 Intensity: 8

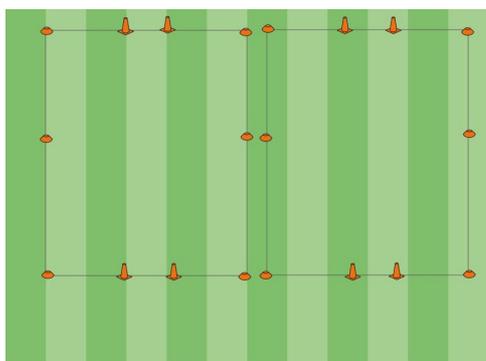
 15:00 min
(1 x 00:00 min, 00:00 min rest)

Coaching Points

Description

This is basically freeze tag dribbling. Setup 20x20 yard space. Have all kids with a ball in the space. Pick 2 players to be taggers. If a player or their ball is tagged, they have to stop, put the ball on their head and open their legs wide. Other players dribbling in the space can kick their ball through frozen players' legs to unfreeze them.

Scrimmage



 3 v 3

 cones ,ball

 Intensity: 8

 15:00 min
(1 x 15:00 min, 00:00 min rest)

Coaching Points

Have fun. Keep your head up to find open space.

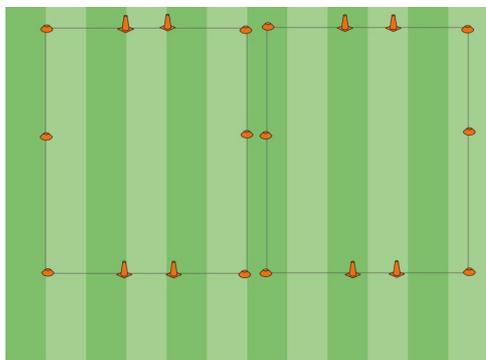
Description

Setup two side by side fields approximately 20x30 yards using cones or flags for goals. Scrimmage - split up the players evenly into 4 groups with the maximum number of players for a side at 3.

TRAINING SESSION: WEEK 3

Objectives

Warm-up Game



 3 v 3

 cones ,ball

 Intensity: 8

 15:00 min
(1 x 15:00 min, 00:00 min rest)

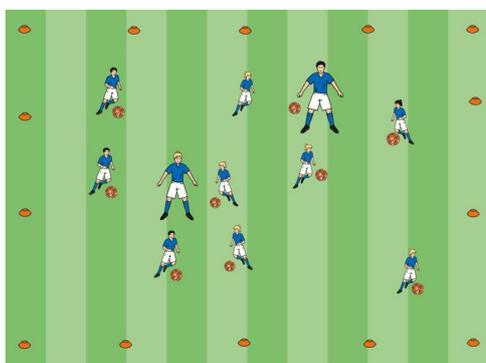
Coaching Points

Have fun. Keep your head up to find open space.

Description

Setup two side by side fields approximately 20x30 yards using cones or flags for goals. For warm-up, the first player there plays 1v1 versus the coach. When the second arrives, it's 2 vs coach. Then 2v2 with the third player and coach, and 2v2 with the fourth. The maximum number of players for a side is 3.

Hit the Coach



 10 v 1

 cones, balls

 Intensity:

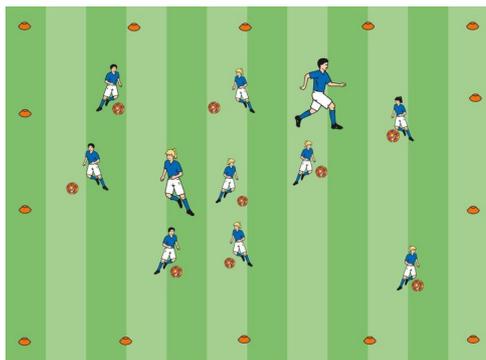
 15:00 min
(1 x 00:00 min, 00:00 min rest)

Coaching Points

Description

Setup a 20x20 yard space. All players dribbling in the space with a ball. Coaches inside the space run around trying to avoid getting hit with a ball. If the coach gets hit, then pretend it really hurts.

Keep away



 10 v 1

 cones, balls

 Intensity:

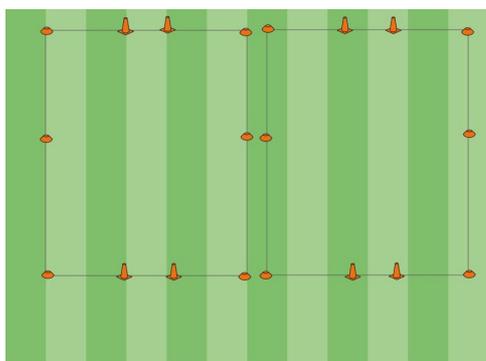
 15:00 min
(1 x 00:00 min, 00:00 min rest)

Coaching Points

Description

Continuation of hit the coach. After a few minutes of hit the coach, switch to keep away in the same space. The coaches try to win players' balls and kick them away.

Scrimmage



 3 v 3

 cones ,ball

 Intensity: 8

 15:00 min
(1 x 15:00 min, 00:00 min rest)

Coaching Points

Have fun. Keep your head up to find open space.

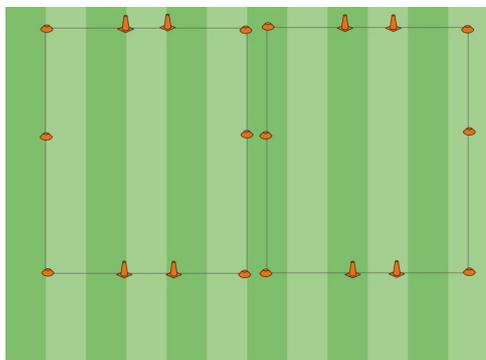
Description

Setup two side by side fields approximately 20x30 yards using cones or flags for goals. Scrimmage - split up the players evenly into 4 groups with the maximum number of players for a side at 3.

TRAINING SESSION: WEEK 4

Objectives

Warm-up Game



 3 v 3

 cones ,ball

 Intensity: 8

 15:00 min
(1 x 15:00 min, 00:00 min rest)

Coaching Points

Have fun. Keep your head up to find open space.

Description

Setup two side by side fields approximately 20x30 yards using cones or flags for goals. For warm-up, the first player there plays 1v1 versus the coach. When the second arrives, it's 2 vs coach. Then 2v2 with the third player and coach, and 2v2 with the fourth. The maximum number of players for a side is 3.

Red Light - Green Light



 10 v 1

 cones, balls

 Intensity:

 15:00 min
(1 x 00:00 min, 00:00 min rest)

Coaching Points

keep the ball close

Description

In a 20x20 yard grid, a small cone goal in each corner all players with a soccer ball dribbling within the space. The coach(es) walk around the space. When the coach says "red light", the players must stop their ball. If the coach says "green light", the players must dribble again. If a player cannot stop their ball, they must dribble through any goal then start playing again. Coach controls the frequency of the lights to allow the players time to respond.

Clear the Decks



 5 v 5

 cones, balls

 Intensity:

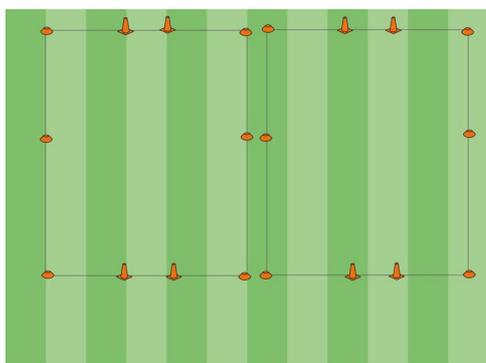
 15:00 min
(1 x 00:00 min, 00:00 min rest)

Coaching Points

Description

Setup a 20x20 yard space with cones splitting it in half. Split the players into two groups, each group on one side and each player with a ball. When you say go, the players kick their ball onto the other half of the field. Players continue to kick balls back to the other team's half. When you say stop (~30 seconds), then count the balls on each side. The team with the fewest balls on their side wins.

Scrimmage



 3 v 3

 cones ,ball

 Intensity: 8

 15:00 min
(1 x 15:00 min, 00:00 min rest)

Coaching Points

Have fun. Keep your head up to find open space.

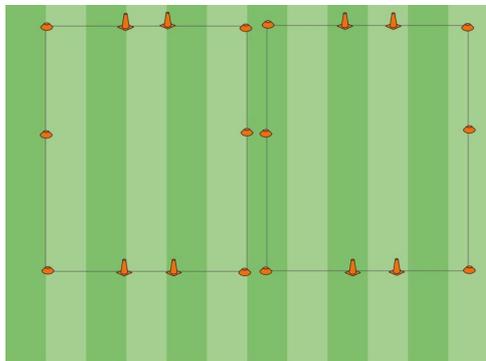
Description

Setup two side by side fields approximately 20x30 yards using cones or flags for goals. Scrimmage - split up the players evenly into 4 groups with the maximum number of players for a side at 3.

TRAINING SESSION: WEEK 5

Objectives

Warm-up Game



 3 v 3

 cones ,ball

 Intensity: 8

 15:00 min
(1 x 15:00 min, 00:00 min rest)

Coaching Points

Have fun. Keep your head up to find open space.

Description

Setup two side by side fields approximately 20x30 yards using cones or flags for goals. For warm-up, the first player there plays 1v1 versus the coach. When the second arrives, it's 2 vs coach. Then 2v2 with the third player and coach, and 2v2 with the fourth. The maximum number of players for a side is 3.

Crushing Monster Trucks



 8 v 2

 cones, balls

 Intensity:

 15:00 min
(1 x 00:00 min, 00:00 min rest)

Coaching Points

Description

In a 20x20 yard grid, select 2-3 players to be Monster Trucks (no soccer ball). All other players dribble their ball around the grid avoid the Trucks. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must go get it re-enter the game. Coach can ask them to complete a task before re-entering such as 5 toe taps. Count the number of smashed trucks at the end of an interval.

What time is it Mr. Fox?



 10 v 1

 cones, balls

 Intensity:

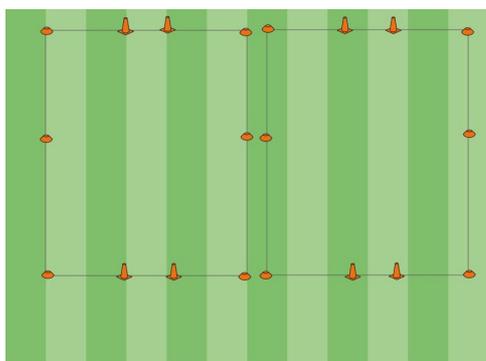
 15:00 min
(1 x 00:00 min, 00:00 min rest)

Coaching Points

Description

Setup a 20x30 yard space. Players go to one side with a ball. The players must ask, 'What time is it Mr. Fox?' The coach(es) in the middle respond with a hour (e.g. 2 o'clock). Players take that many steps with the ball (e.g. 2). Players repeat and coach repeats a time. Repeat until coach says 'Midnight!' At midnight, the players try to dribble to the other side while the coach(es) try to kick their ball away. Players who lose their ball join the coaches in the middle for the next round.

Scrimmage



 3 v 3

 cones ,ball

 Intensity: 8

 15:00 min
(1 x 15:00 min, 00:00 min rest)

Coaching Points

Have fun. Keep your head up to find open space.

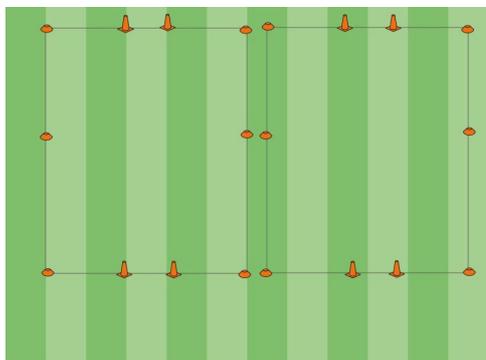
Description

Setup two side by side fields approximately 20x30 yards using cones or flags for goals. Scrimmage - split up the players evenly into 4 groups with the maximum number of players for a side at 3.

TRAINING SESSION: WEEK 6

Objectives

Warm-up Game



 **3 v 3**

 **cones ,ball**

 **Intensity: 8**

 **15:00 min**
(1 x 15:00 min, 00:00 min rest)

Coaching Points

Have fun. Keep your head up to find open space.

Description

Setup two side by side fields approximately 20x30 yards using cones or flags for goals. For warm-up, the first player there plays 1v1 versus the coach. When the second arrives, it's 2 vs coach. Then 2v2 with the third player and coach, and 2v2 with the fourth. The maximum number of players for a side is 3.

Land Mines



 **10 Players**

 **cones, balls**

 **Intensity:**

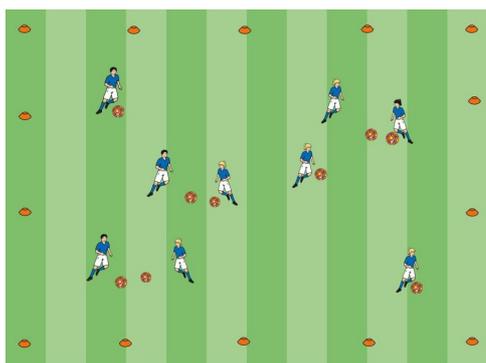
 **15:00 min**
(1 x 00:00 min, 00:00 min rest)

Coaching Points

Description

Setup a lane starting about 5 yards in front of a goal that's about 10 yards wide. Put cones out in the lane randomly. Players line up and dribble around the cones. If the ball touches a cone, then the player has to go to the back of the line - they hit a land mine and blow up. If the player gets to the other side, then they can shoot a goal.

Soccer Marbles



 **5 v 5**

 **balls**

 **Intensity: 7**

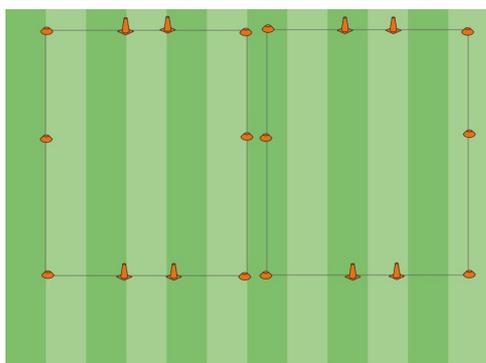
 **15:00 min**
(1 x 00:00 min, 00:00 min rest)

Coaching Points

Description

Setup a 20x20 yard space. All players in the space with a ball. Players dribble around and try to use their ball to hit other player's balls.

Scrimmage



 **3 v 3**

 **cones ,ball**

 **Intensity: 8**

 **15:00 min**
(1 x 15:00 min, 00:00 min rest)

Coaching Points

Have fun. Keep your head up to find open space.

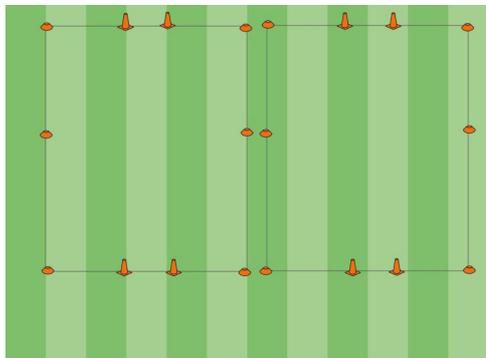
Description

Setup two side by side fields approximately 20x30 yards using cones or flags for goals. Scrimmage - split up the players evenly into 4 groups with the maximum number of players for a side at 3.

TRAINING SESSION: WEEK 7

Objectives

Warm-up Game



 3 v 3

 cones ,ball

 Intensity: 8

 15:00 min
(1 x 15:00 min, 00:00 min rest)

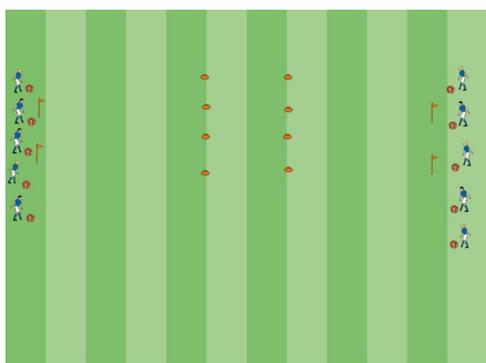
Coaching Points

Have fun. Keep your head up to find open space.

Description

Setup two side by side fields approximately 20x30 yards using cones or flags for goals. For warm-up, the first player there plays 1v1 versus the coach. When the second arrives, it's 2 vs coach. Then 2v2 with the third player and coach, and 2v2 with the fourth. The maximum number of players for a side is 3.

Bridge Game



 5 v 5

 cones, balls

 Intensity:

 15:00 min
(1 x 00:00 min, 00:00 min rest)

Coaching Points

Description

Setup a lane (Bridge) about 5 yards wide, 10 yards long with cones. Put goals about 10-15 yards away, perpendicular to each side of the bridge. Split players into two groups, each behind the goal on each opposite sides. When the coach says go, the players must dribble across the bridge and score a goal. The team where all players score first wins.

Field of Doom



 8 v 2

 cones, balls

 Intensity:

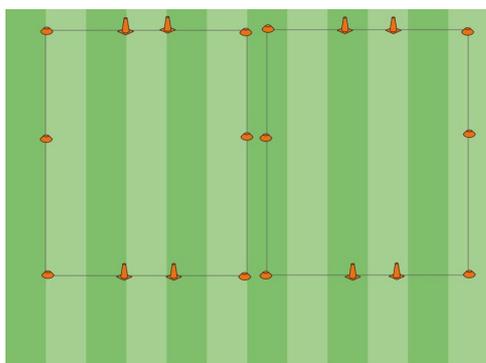
 15:00 min
(1 x 00:00 min, 00:00 min rest)

Coaching Points

Description

In a 20x20 yard grid, place a 4x4 square in every corner. Select 2 players to start without a soccer ball. Players with a ball try to dribble from box to box while avoiding players without a soccer ball to score points. Players without a ball try to steal any ball and start scoring by getting into boxes. Rules: Play when coach says, "Game On!". Only players with a ball can score. If you lose your ball, you can either steal your ball back or steal one from any of the dribblers. Dribblers are safe in any

Scrimmage



 3 v 3

 cones ,ball

 Intensity: 8

 15:00 min
(1 x 15:00 min, 00:00 min rest)

Coaching Points

Have fun. Keep your head up to find open space.

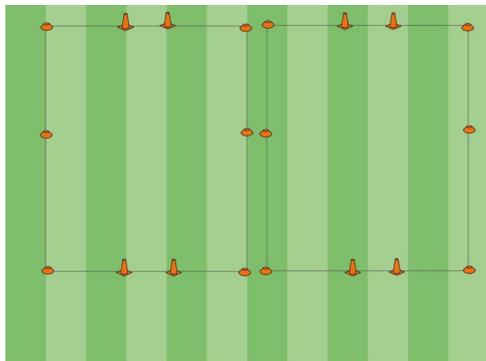
Description

Setup two side by side fields approximately 20x30 yards using cones or flags for goals. Scrimmage - split up the players evenly into 4 groups with the maximum number of players for a side at 3.

TRAINING SESSION: WEEK 8

Objectives

Warm-up Game



 3 v 3

 cones ,ball

 Intensity: 8

 15:00 min
(1 x 15:00 min, 00:00 min rest)

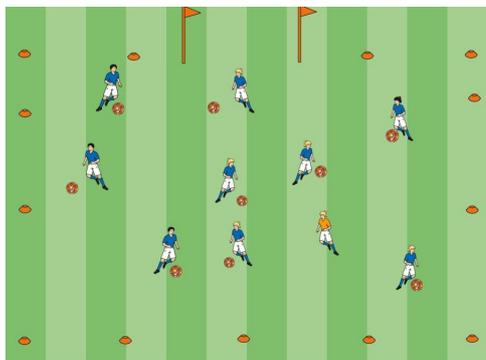
Coaching Points

Have fun. Keep your head up to find open space.

Description

Setup two side by side fields approximately 20x30 yards using cones or flags for goals. For warm-up, the first player there plays 1v1 versus the coach. When the second arrives, it's 2 vs coach. Then 2v2 with the third player and coach, and 2v2 with the fourth. The maximum number of players for a side is 3.

Tigers and Zebras



 9 v 1

 cones, balls

 Intensity: 10

 15:00 min
(1 x 00:00 min, 00:00 min rest)

Coaching Points

Description

Setup 20x20 yard space with a goal on one side. All kids in the space have a ball (zebras). Pick 1-2 players to be the tigers. Tigers do not have a ball. The tigers try to steal the ball from the zebras and score a goal. The zebras can win their ball back before the goal is scored. If a zebra's ball is scored in the goal, then that player becomes another Tiger. Play until there are 1 or 2 zebras left.

2v1 passing game



 2 v 1

 cones, balls

 Intensity:

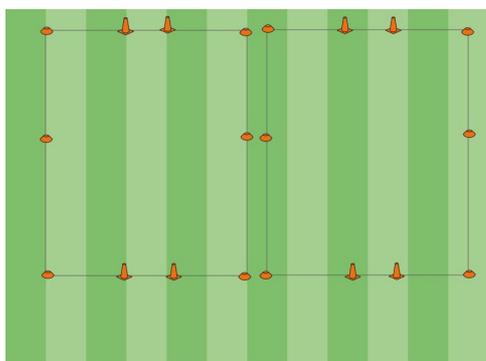
 15:00 min
(1 x 00:00 min, 00:00 min rest)

Coaching Points

Description

Setup enough 5x10 yard lanes. 3 players in each lane, 2 players on one side, one player on the opposite side. The two players try to get the stop the ball on the opposite line in control. Rotate defender.

Scrimmage



 3 v 3

 cones ,ball

 Intensity: 8

 15:00 min
(1 x 15:00 min, 00:00 min rest)

Coaching Points

Have fun. Keep your head up to find open space.

Description

Setup two side by side fields approximately 20x30 yards using cones or flags for goals. Scrimmage - split up the players evenly into 4 groups with the maximum number of players for a side at 3.