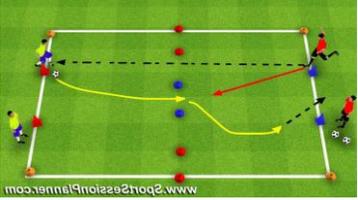




## 3<sup>rd</sup>/4th Week 1 Session

### Dribbling

Activity Description	Diagram	Coaching Points
<b>Warm-up:</b> 5min Juggling		-Ankle locked, toe-down. -Weight under the ball. -No spin on the ball.
<b>Ball Mastery – Inside and Outside of the Foot:</b> 15min Place 3 cones in a line with the middle cone 7-10 yards from the end cones and two players by each end cone with a soccer ball each. At coach's command, they will go from their cone to the middle and back. At coach's command the players will... 1. Dribble with inside & outside of the foot 2. Dribble with laces, laces, inside outside of the foot 3. Inside, inside, outside of the foot 4. Outside and inside with both		-Touch the ball and step. - "Touch, step, touch, step." Keep the ball close and under control -Where should your eyes be looking? -How far should the ball be from you?
<b>1v1 To Goal:</b> 15min <b>Set up several small fields with only 2 players on each side for simple rotation and quick rest.</b> <b>Field size 12Lx8W</b> and 3 gates across the center line. Player 1 (RED) plays the soccer ball to player 2 (YELLOW). Player 2 must dribble through 1 of the 3 gates then try to score in the goal. Player one will defend his goal, try to win the ball and score in the opposition's goal		-First touch away from pressure and towards space. -Head up and look to penetrate space with speed and control dribbling. -Change speed, direction, or make a move under pressure
<b>Small Sided Game</b> 25min 4v4		-Courage to take player 1v1. Know when to dribble & when to pass. -Possess and penetrate the defense through dribbling. -Proper feinting technique



## 3<sup>rd</sup>/4<sup>th</sup> Week 2 Session

### Passing

Activity Description	Diagram	Coaching Points
<p><b>Warm-up:</b> <span style="float: right;"><b>5min</b></span>            Juggling            Free Dribbling in 25 x 20 sq</p>		<ul style="list-style-type: none"> <li>-Ankle locked, toe-down.</li> <li>-Weight under the ball.</li> <li>-No spin on the ball.</li> </ul>
<p><b>3v1Keep away:</b> <span style="float: right;"><b>15min</b></span>            In a 12Lx10W yard grid have 3 players passing and receiving and keeping the ball away from the defenders</p>		<ul style="list-style-type: none"> <li>-Ankle locked, heel down.</li> <li>-Pass with inside of foot making contact in center of ball.</li> <li>-Plant foot next to ball pointed towards player receiving the ball.</li> <li>-Receive the ball with ankle locked, heel down and toe up.</li> <li>-Take a positive touch forward.</li> </ul>
<p><b>2v1 to Goal:</b> <span style="float: right;"><b>15min</b></span>            Coach sets up a 15Wx20L yard grid. Coach has all the soccer balls on the sideline. Coach divides the players into 3 groups; 2 attacking groups and 1 defending. The coach passes a soccer ball to one of the lines. The first player in each of the 3 lines enters the field. (2v1). The 2 attackers must enter the zone before shooting at goal.            -If the attackers score: 1 point.            -If the defender steals the ball and scores: 5 points</p>		<ul style="list-style-type: none"> <li>-Play the way you face.</li> <li>-Angle of pass.</li> <li>-Timing of pass and run.</li> </ul>
<p><b>Small Sided Game</b> <span style="float: right;"><b>25min</b></span>            4v4</p>		<ul style="list-style-type: none"> <li>-When to pass and when to dribble.</li> <li>-Making a penetrating pass to space or player on run.</li> <li>-Controlled first touch.</li> <li>-Maintain possession through passing to player or open space.</li> </ul>



## 3<sup>rd</sup>/4<sup>th</sup> Week 3 Session

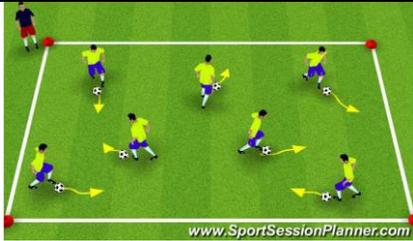
### Receiving

Activity Description	Diagram	Coaching Points
<p><b>Warm-up: 10min</b> Juggling Free Dribbling in 25 x 20 sq</p>		<ul style="list-style-type: none"> <li>-Ankle locked, toe-down.</li> <li>-Weight under the ball.</li> <li>-No spin on the ball.</li>   <li>-Touch the ball and step.</li> <li>-Push the ball with laces.</li> <li>-Dribble with head up.</li> </ul>
<p><b>Receiving Square: 15min</b> Half the group with balls, half without. Player without ball runs to player on outside of square with a ball. Player with ball tosses ball underhand to player who is running toward them. Inside player receives ball with a designated part of the body and then passes it back. Then they repeat it by receiving a ball from someone new.</p>		<ul style="list-style-type: none"> <li>-First touch and importance of cushioning ball</li> <li>-Get in line with the ball</li> <li>-Select controlling surface early</li> <li>-Relax body part at impact.</li> <li>-Receive the ball with proper balance and body position</li> </ul>
<p><b>Receive, Pass &amp; Dribble: 15Min</b> -Set up as many 5Wx10L grids with 3 or 4 players, 2 at one end. -The player with the ball will dribble towards the cone, beat the cone with a move, and pass the ball to the next player in line -Player should not stop the ball when receiving it but redirect it towards the direction they want to go</p>		<ul style="list-style-type: none"> <li>-Feet moving, on toes</li> <li>“squashing bugs” prepared to receive the pass.</li> <li>-Ankle locked, heel down and toe up.</li> <li>-Positive 1st touch forward to space.</li> <li>-Time the move</li> </ul>
<p><b>Small Sided Game 25min</b> 4v4</p>		<ul style="list-style-type: none"> <li>-Controlled first touch</li> <li>-Maintain possession through passing to player or open space</li> </ul>



## 3<sup>rd</sup>/4<sup>th</sup> Week 4 Session

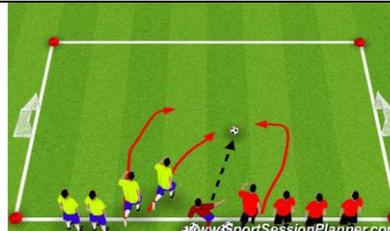
### Shooting

Activity Description	Diagram	Coaching Points
<p><b>Warm-up:</b> 5min Juggling</p>		<ul style="list-style-type: none"> <li>-Ankle locked, toe-down.</li> <li>-Weight under the ball.</li> <li>-No spin on the ball.</li> <li>-Feet moving, on toes “squashing bugs” prepared to make contact with the ball.</li> </ul>
<p><b>4 Surfaces:</b> 10min Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: –Outside of the foot touch - Inside of the foot touch - Laces (push) - Stop with bottom of the foot and Change foot</p>		<ul style="list-style-type: none"> <li>-Touch and step.</li> <li>-On balls of feet (toes),</li> <li>-knees slightly bent and back straight to lower center of gravity and have proper balance.</li> </ul>
<p><b>3v2+Gk to Goal:</b> 15min In a 25Lx35W yard area with a goals, play with 3 attackers and 2 defenders plus a goalkeeper. The attacking team has 5 opportunities to score as many goals as they can. After the 5 opportunities the teams switch. The Coach is the ball master and will always distribute the soccer ball to the attacking team. When the defending team gets the ball they will give it back to the coach for 1 point.</p>		<ul style="list-style-type: none"> <li>-Positive first touch.</li> <li>-Take a preparation touch to shoot.</li> <li>-Plant foot steps passed the ball, kicking foot ankle is locked, strike the center of the ball with laces, land on kicking foot.</li> <li>-Look to shoot at every opportunity.</li> </ul>
<p><b>Small Sided Game</b> 20min 4v4</p>		<ul style="list-style-type: none"> <li>-Controlled first touch</li> <li>-Maintain possession through passing to player or open space</li> <li>-Look to shoot when possible.</li> </ul>



## 3<sup>rd</sup>/4<sup>th</sup> Week 5 Session

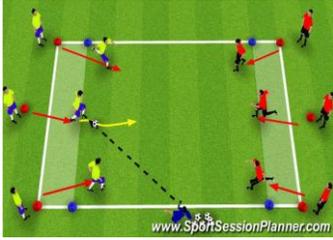
### Defending/Attacking

Activity Description	Diagram	Coaching Points
<p><b>Warm-up:</b> <span style="float: right;"><b>10min</b></span>            Juggling            Free Dribbling in 25 x 20 sq</p>		<ul style="list-style-type: none"> <li>-Ankle locked, toe-down.</li> <li>-Weight under the ball.</li> <li>-No spin on the ball.</li> </ul>
<p><b>2v2 Combat:</b> <span style="float: right;"><b>15min</b></span>            The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the field, two players next to the coach on each team will go after the soccer ball and retrieve it and dribble or pass it into their team's goal for a point.  <b>Variation:</b> Players must connect one pass before going to goal. Increase numbers to 2v2, 3v2 and 3v3's</p>		<ul style="list-style-type: none"> <li>-Dribble into space with confidence.</li> <li>-Look to make penetrating pass into space or path of teammate on run.</li> </ul>
<p><b>Get "Outta" There :</b> <span style="float: right;"><b>15min</b></span>            The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, outside a 15Wx20L yard grid with one small goal on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach calls out "Get outta there". Players clear the field and the coach serves a new ball for the next group. <b>Coach:</b> play 1v2, 2v3, or 4v3. Vary the service</p>		<p><b>For attacking:</b></p> <ul style="list-style-type: none"> <li>-Play the way you face.</li> <li>-First touch needs to be away from defender and towards a supporting teammate.</li> <li>-Look to penetrate with a pass or on the dribble.</li> </ul> <p><b>For defending:</b></p> <ul style="list-style-type: none"> <li>-Pressure the ball, delay and direct the attacker.</li> <li>-Feet shoulder width apart.</li> <li>-On the balls of the feet, butt dropped down to lower center of gravity.</li> <li>-Slide and shuffle feet.</li> <li>-Keep distance from attacker to avoid diving in.</li> </ul>
<p><b>Small Sided Game</b> <span style="float: right;"><b>20min</b></span>            4v4</p>		<ul style="list-style-type: none"> <li>-First touch away from pressure.</li> <li>-When to pass and when to dribble.</li> <li>-Proper body mechanics of defending</li> </ul>



## 3<sup>rd</sup>/4<sup>th</sup> Week 6 Session

### Dribbling

<u>Activity</u>	<u>Diagram</u>	<u>Coaching Point</u>
<p><b>Warm-up:</b> <b>10min</b> Free Dribbling in 25 x 20 sq</p>		<p>Touch the ball and step. -Push the ball with laces. -Dribble with head up. -Use laces, instep, outside of foot and bottom of foot.</p>
<p><b>Cone Running Competition/Relay:</b> <b>10min</b> Players will dribble out to the cone and do an inside cut around the cone. Once back to the start line, the other player will go out and repeat. Tasks: 1. Inside Cut 2. Outside hook 3. Pull back or Drag back</p>		<p>-Remember to encourage the players to keep the ball under control and maintain close possession by touching the ball and taking a step. -“Touch, step, touch, step.”</p>
<p><b>4 Corner 3v3 Dribbling to End Zones:</b> <b>15min</b> In 20Wx25L yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. Place three cones behind each end zone, place two players of the same team by each cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. One player from each cone comes out to play 3v3. The game is over when one team scores by dribbling the ball into the end zone. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line</p>		<p>-Look to attack quickly. -Decision making when to pass vs when to dribble. -Effective feinting moves with proper technique</p>
<p><b>Small Sided Game</b> <b>25min</b> 4v4</p>		<p>-Controlled first touch -Maintain possession by dribbling the ball to space. -Attack the defender with speed and control. -Make a move and beat the defender 1v1</p>



## 3<sup>rd</sup>/4<sup>th</sup> Week 7 Session

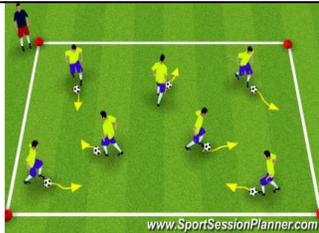
### Passing

Activity Description	Diagram	Coaching Points
<p><b>Warm-up:</b> <span style="float: right;"><b>10min</b></span> Free Dribbling in 25 x 20 sq</p>		<ul style="list-style-type: none"> <li>-Touch the ball and step.</li> <li>-Push the ball with laces.</li> <li>-Dribble with head up.</li> <li>-Use laces, instep, outside of foot and bottom of foot.</li> </ul>
<p><b>Gate Passing:</b> <span style="float: right;"><b>15min</b></span> In a 20Wx25L yard grid, set up several gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point. <b>Coach:</b> Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with the other foot. -Add two defenders to guard the gates</p>		<ul style="list-style-type: none"> <li>-Ankle locked, heel down.</li> <li>-Pass with inside of foot making contact in center of ball.</li> <li>-Plant foot next to ball pointed towards player receiving the ball.</li> <li>-Receive the ball with ankle locked, heel down and toe up.</li> <li>-Take a positive touch forward.</li> <li>-Do not pass a “dead” ball.</li> <li>-Player should take a positive touch and pass the ball to receiving player as the ball is moving forward.</li> </ul>
<p><b>2v1 to Goal:</b> <span style="float: right;"><b>15min</b></span> Coach sets up a 15Wx20L yard grid. Coach has all the soccer balls on the sideline. Coach divides the players into 3 groups; 2 attacking groups and 1 defending. The coach passes a soccer ball to one of the lines. The first player in each of the 3 lines enters the field. (2v1). The 2 attackers must enter the zone before shooting at goal. -If the attackers score: 1 point. -If the defender steals the ball and scores: 5 points</p>		<ul style="list-style-type: none"> <li>-Look to make penetrating pass into space or path of teammate on run to bypass defense.</li> <li>-Decision making, when to pass and when to dribble.</li> <li>-Attack the defense with speed to create options..</li> </ul>
<p><b>Small Sided Game</b> <span style="float: right;"><b>20min</b></span> 4v4</p>		<ul style="list-style-type: none"> <li>-Proper passing technique.</li> <li>Inside of the foot.</li> <li>-Plant foot next to the ball.</li> <li>-Heel down and toe up passing through the center of the ball.</li> </ul>



## 3<sup>rd</sup>/4<sup>th</sup> Week 8 Session

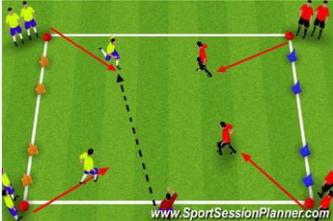
### Receiving

Activity Description	Diagram	Coaching Points
<p><b>Warm-up:</b> <b>10min</b> Juggling</p>		<ul style="list-style-type: none"> <li>-Ankle locked, toe-down.</li> <li>-Weight under the ball.</li> <li>-No spin on the ball.</li> <li>-Feet moving, on toes</li> <li>“squashing bugs” prepared to make contact with the ball.</li> </ul>
<p><b>6 Surfaces:</b> <b>15min</b> Each player has a ball. Have the players try to use the 6 surfaces of the foot in 1 fluid motion and in this order: Outside, Inside, Laces, Bottom, and Toe. Transfer the ball from the right to left foot after the turn. When the players display proficiency, challenge them to do it faster and in a smaller space.</p> <p><b>The sequence is: <i>Outside of the foot touch - Inside of the foot touch - Laces push - Stop with bottom and - Push with the toe, Turn with the Heel and Change foot</i></b></p>	 <p style="text-align: center; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>-Touch and step.</li> <li>-On balls of feet (toes), knees slightly bent and back straight to lower center of gravity and have proper balance.</li> </ul>
<p><b>Receiving Line:</b> <b>10min</b> Passer using throw-in technique throws ball to a player ahead of them in the opposite line. After throwing the ball, they run towards the receiving player to simulate pressure, but don't take the ball away. After simulated pressure, then run to the back of the opposite line. Receiving player brings ball down and then dribbles to the line across and leaves the ball for the first player in the opposite line to repeat</p>		<ul style="list-style-type: none"> <li>-Receive the ball on toes with a positive touch forward away from pressure.</li> <li>-Head up and ready to make a “penetrating pass” to the other grid.</li> <li>-Pass and move within the space.</li> </ul>
<p><b>Small Sided Game</b> <b>25min</b> 4v4</p>		<ul style="list-style-type: none"> <li>-Attack the goal with speed.</li> <li>-Have confidence to take on the defender.</li> <li>-Receive the ball with proper technique.</li> <li>-Inside of the foot, heel down and toe up.</li> <li>-First touch away from pressure.</li> <li>-Timing of pass into the run of teammate</li> </ul>



## 3<sup>rd</sup>/4<sup>th</sup> Week 9 Session

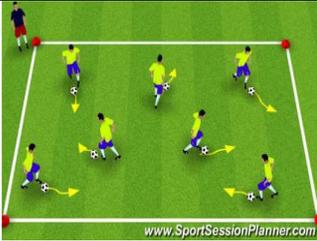
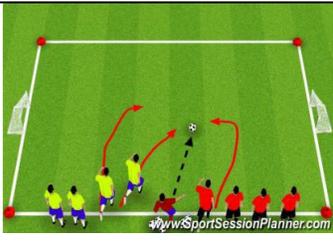
### Shooting/Finishing

Activity Description	Diagram	Coaching Points
<p><b>Warm-up:</b> 10min Juggling</p>		<ul style="list-style-type: none"> <li>-Ankle locked, toe-down.</li> <li>-Weight under the ball.</li> <li>-Feet moving, on toes</li> <li>“squashing bugs” prepared to make contact with the ball.</li> </ul>
<p><b>Escape and Shoot:</b> 15min Groups of 3. Each player attacks the individual cone in the middle, connects a pass to the far side, and follows his pass to the far side. Upon receiving a pass, the player again takes on the middle cone. Attack the middle cone decisively. Have a move in mind prior to starting your dribble. Change direction and then burst into open space before passing. Pass the ball with laces, simulating proper shooting technique. The coach can show a move or allow the players to decide on their own.</p>		<ul style="list-style-type: none"> <li>-Ankle locked, toe down.</li> <li>-Strike the ball with laces.</li> <li>-Plant foot placed in front of the moving ball so when the player strikes the ball it is next to the ball for proper balance.</li> <li>-Player should not lean back.</li> <li>-Weight over the ball as they strike.</li> </ul>
<p><b>4 Corners to 4 Goals:</b> 15min In 20Wx25L yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal line they are defending. Half of the team is in a line at one corner and the other half at the other corner. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores in any of the two goals they are attacking or the ball goes out of bounds. Players need to get off of the field quickly and get back in line</p>		<ul style="list-style-type: none"> <li>-Look to shoot early.</li> <li>-Encourage players to shoot at every opportunity</li> </ul>
<p><b>Small Sided Game</b> 20min 4v4</p>		<ul style="list-style-type: none"> <li>-Look to shoot early.</li> <li>-Encourage players to take shots from farther out.</li> <li>-Do not stop the ball before shooting.</li> <li>-Shoot a moving ball.</li> <li>-Positive first touch to prepare for shooting.</li> </ul>



## 3<sup>rd</sup>/4<sup>th</sup> Week 10 Session

### Defending/Attacking

Activity Description	Diagram	Coaching Points
<b>Warm-up:</b> 5min Juggling		<ul style="list-style-type: none"> <li>-Ankle locked, toe-down.</li> <li>-Weight under the ball.</li> <li>-No spin on the ball.</li> </ul>
<b>Call A Number:</b> 15min in a 25Wx25L grid each player will have a ball. The coach calls out a number. Game is much like simon says but requires a thinking aspect to the game which encourages thinking while playing. After coach calls out a number and the players perform the task they immediately return to dribble in the space. 1 = dribble around. 2 = right footed pullback. 3 = left footed step over. 4 = left footed pullback. 5 = right footed step over. 6 = left footed scissors. 7 = right footed scissors. 8 = sprint to space with the ball. 9 = Try and kick out someone else's ball while maintaining possession of your own.		<ul style="list-style-type: none"> <li>-Touch and step.</li> <li>-Use the laces to dribble the ball with control.</li> <li>-Use the bottom of the foot and all 5 surfaces to maintain control in tight space.</li> <li>-Look for space on the field to eliminate pressure on the dribble.</li> <li>-Dribble with head up.</li> </ul>
<b>Get "Outta" There :</b> 15min The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, outside a 15Wx20L yard grid with one small goal on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach calls out "Get outta there". Players clear the field and the coach serves a new ball for the next group. <b>Coach:</b> play 1v2, 2v3, or 4v3. Vary the service		<p><b>For attacking</b></p> <ul style="list-style-type: none"> <li>-When to possess and when to attack.</li> <li>-Have head up and look to score.</li> <li>-Play the way you face.</li> <li>-First touch needs to be away from defender and towards a supporting teammate.</li> <li>-Look to penetrate with a pass or on the dribble.</li> </ul> <p><b>For defending</b></p> <ul style="list-style-type: none"> <li>-Pressure the ball, delay and direct the attacker.</li> <li>-Feet shoulder width apart. On the balls of the feet, butt dropped down to lower center of gravity. Slide and shuffle feet.</li> <li>-Keep distance from attacker to avoid diving in.</li> </ul>
<b>Small Sided Game</b> 25min 4v4		<ul style="list-style-type: none"> <li>-Look to score.</li> <li>-Possess the ball with proper passing and receiving</li> </ul>

		technique. First touch away from pressure. When to pass and when to dribble. Proper body mechanics of defending. Defend as a team.
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