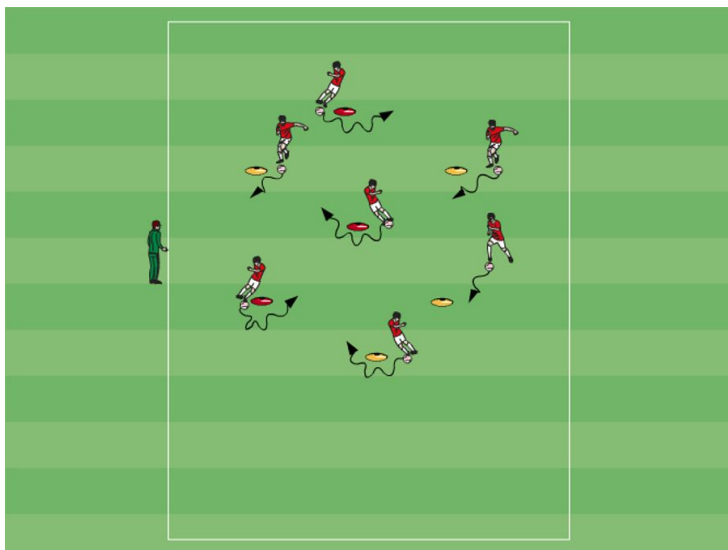




TRAINING SESSION

The Network



- Dribbling**
- Agility**
- Basic Motor Skills**
- Coordination & Balance**
- Perception & Awareness**
- Running with the Ball**

U5 to U8

8 to 10 Players

balls/cones

Intensity: 3

12:00 min
(6 x 01:00 min, 01:00 min rest)

Objective

To develop movement abilities: Agility, balance, coordination To develop dribbling with the head up. To develop running with the ball. To develop turning the ball.

Description

Place different colored cones if available. Each player starts at a cone. Starting cone is called "home". Ask players to move from cone to cone in a variety of ways. At first try the activity without the ball. Consider the following movement actions: A) Run and touch a cone. See how many they can touch before "home" is called. B) Run and hop over a cone with two feet. C) Run and touch a cone with their hand. Then add a ball. Progression: A) Dribble from cone to cone. Don't touch the cones. B) Dribble around a cone and then go to a new one. C) Dribble around a cone and then go to a different colored cone.

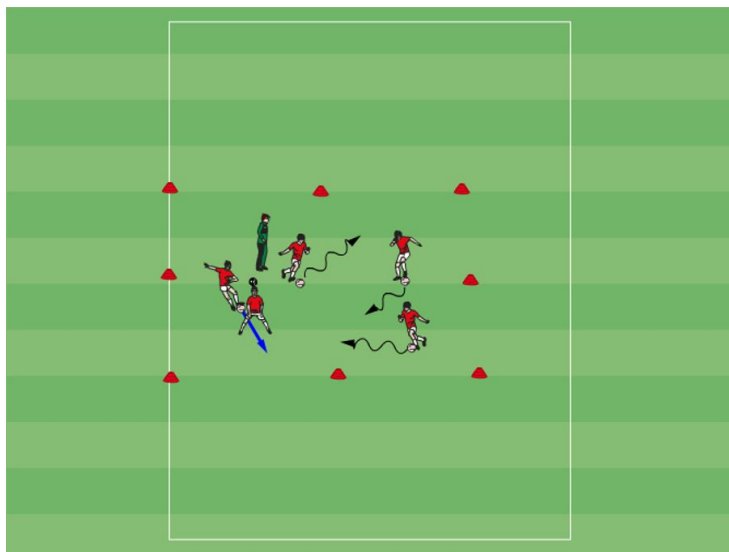
Key Points


Running with the ball using pinky toe or laces. Turning the ball with the inside or outside of the foot.



TRAINING SESSION

Freeze Tag



 **Dribbling**
Ball Control
Basic Motor Skills
Perception & Awareness
Turning

 **U5 to U8**

 **12 to Players**

 **Cones and a ball for each player.**

 **Intensity: 5**

 **00:12 min**
(6 x 01:00 min, 01:00 min rest)

Objective

To develop dribbling with the head up. To develop how to dribble to keep possession (turning the ball) Awareness

Description

Make a playing area with cones. Each player has a ball. The coach is "it". Players dribble their soccer ball and try to stay away from being tagged. If tagged, they are frozen. Frozen player has to stand and hold their ball above their head and spreads their legs apart. To get unfrozen, someone has to pass the ball under a frozen player's legs. Variations: A) Coach and the first player frozen become "it". B) To get unfrozen, a teammate has to dribble completely around a frozen player instead of passing.

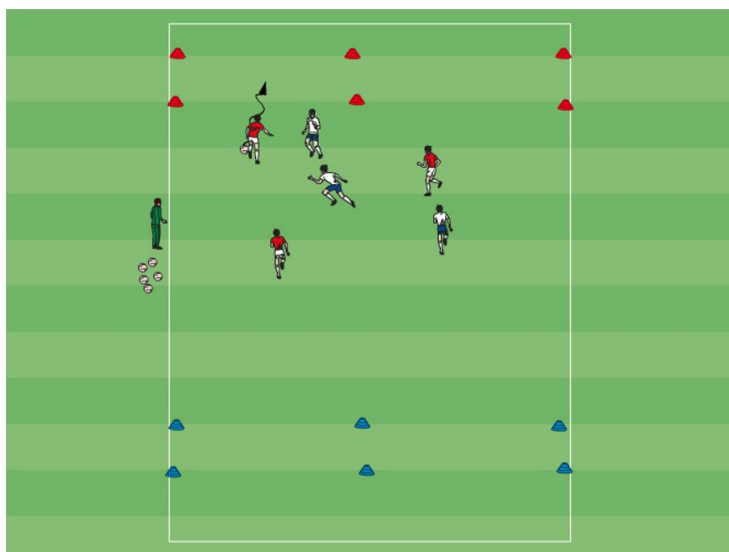
Key Points

Keep the head up while dribbling Turn the ball with the inside or outside of the foot. Note: U6's will primarily use the inside. Introduce teamwork



TRAINING SESSION

Small-sided game to an endzone (2v2-4v4)



Objective


To develop how to dribble to keep the ball. To develop how to dribble to penetrate or go around an opponent. To develop how to run with the ball into a space. Introducing Attacking principle of play: Penetration
(6 x 01:00 min, 01:00 min rest)

Description

Create a playing area in a rectangular shape. Each team attacks a zone on opposite ends of the playing area. Dimensions: For 2v2 approximately 15 yards long by 10 yards wide. For 3v3 approximately 25 yards long by 15 yards wide. For 4v4 approximately 35 yards long by 25 yards wide. Dimensions can vary. Create an end zone for both teams. A point is scored when a member from a team can dribble into an end zone and stop the ball.

Key Points

Keeping the ball close but also away from an opponent. If going forward with the ball is not an option then pass the ball to a teammate.

-  **Dribbling**
- 1v1 Defending**
- Attacking Principles**
- Ball Control**
- Individual attacking**
- Running with the Ball**
- Transition**
- Turning**

 **U5 to U8**

 **12 to Players**

 **balls/bibs/cones**

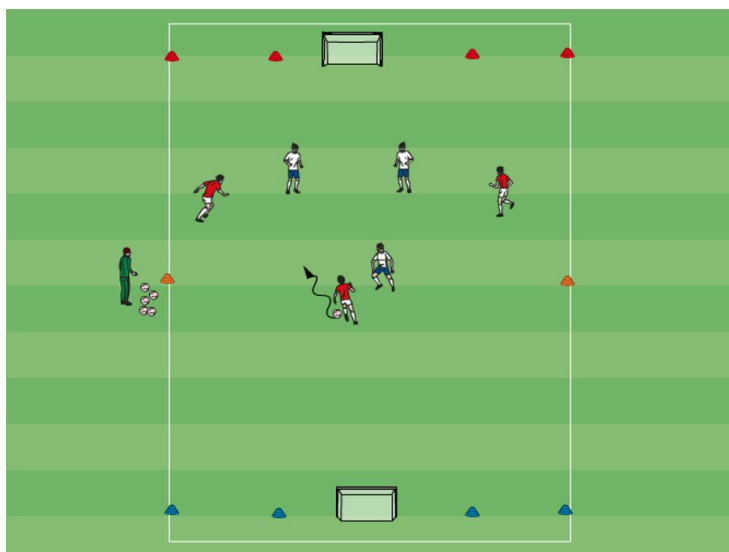
 **Intensity: 7**

 **12:00 min**



TRAINING SESSION

Small-Sided Game to two goals (3v3-4v4)



Objective

Play a small-sided game. To set up conditions for players to learn from what a small-sided game can teach.

Description

Play two teams. Each team attacks one goal and defends another. Numbers may vary. Both teams play to score. Normal laws of the game. No restrictions. Let them play and enjoy.

Key Points

Principles of attack Principles of defense Techniques of dribbling, passing, shooting. Techniques of pressure (closing down), cover (body position), tackling

- Individual attacking
- 1v1 Defending
- Basic Motor Skills
- Defending Principles
- Dribbling
- Heading
- Passing and Receiving
- Running with the Ball
- Shooting
- Transition
- Turning

U5 to U8

8 to 12 Players

Small goals, cones, balls

Intensity: 7

00:16 min
Both teams play to score. Normal (4 x 03:00 min, 01:00 min rest)