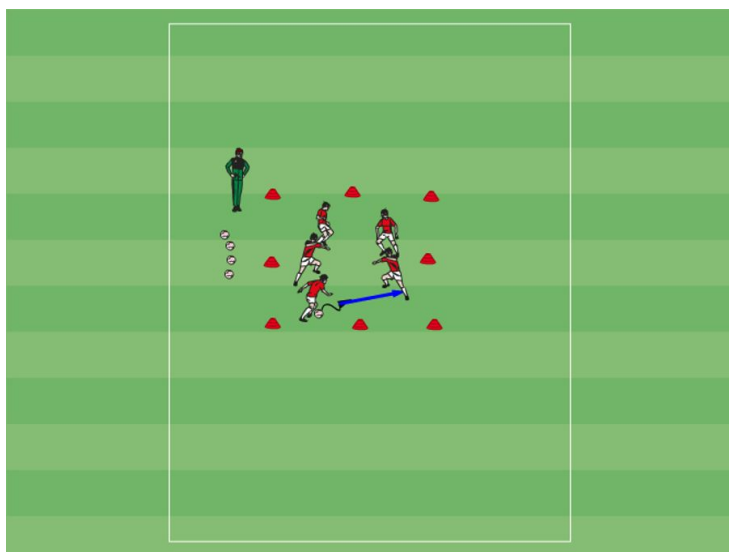




TRAINING SESSION

"Minions"



	Dribbling Passing and Receiving Shooting Turning
	U5 to U8
	12 to Players
	Ball for each player, cones
	Intensity: 5
	00:08 min (4 x 00:01 min, 00:01 min rest)

Objective

To develop how to pass/strike the ball with the inside or "biggest" part of the foot. To develop how to dribble and then pass/strike. To develop dribbling with the head up.

Description

Create a small playing area with cones. Space: 5x5-10x10. All players get inside the playing area. Designate one player to start with the ball. The coach can also be the person to start the game. The player with the ball dribbles and then attempts to pass the ball and hit someone else below the knee. Players without a ball can jump, dodge, etc. to avoid being hit. If a player gets hit by a ball below the knee they then join the player that has a ball. Play until there are 2-3 players left. Then start a new game. NOTE: Keep the area small to get more repetition and safety.

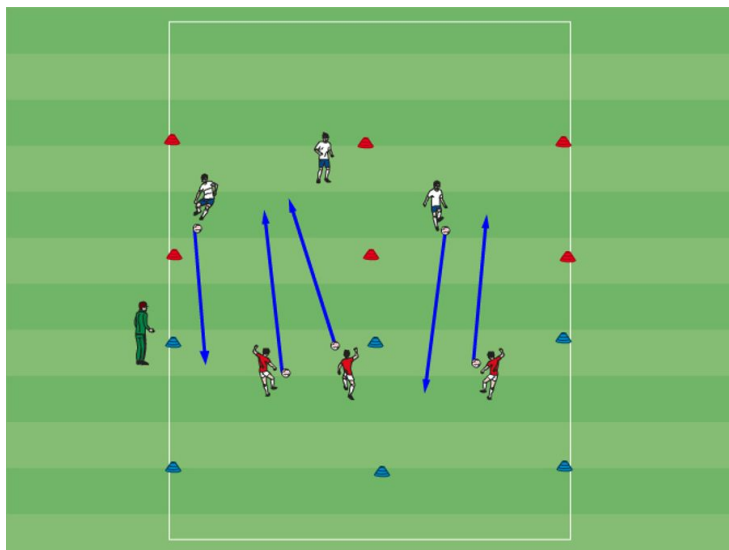
Key Points


Can they dribble the ball with their head up? What part of the foot can they use to hit someone below the knee. (Inside or laces/instep)



TRAINING SESSION

Clean the yard




 **Shooting**
Passing and Receiving
Perception & Awareness

 **U5 to U8**

 **12 to Players**

 **Cones, balls**

 **Intensity: 5**

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

Objective

To develop how to strike the ball with the laces or instep. To develop how to set up the ball to strike for a distance. Teamwork

Description

Create a field and split into half. Put an alley to designate a no entry zone in between the two fields. Half of the players go on one side and are a team, half go to the other. Have an odd number of balls prepared. Example: If you have 6 players, put two balls on one half, and three for another if using 5 balls. The objective is to strike the balls into the other team's yard as quick as possible. Whichever team has the fewest amount of balls on each half when time is called wins a point.

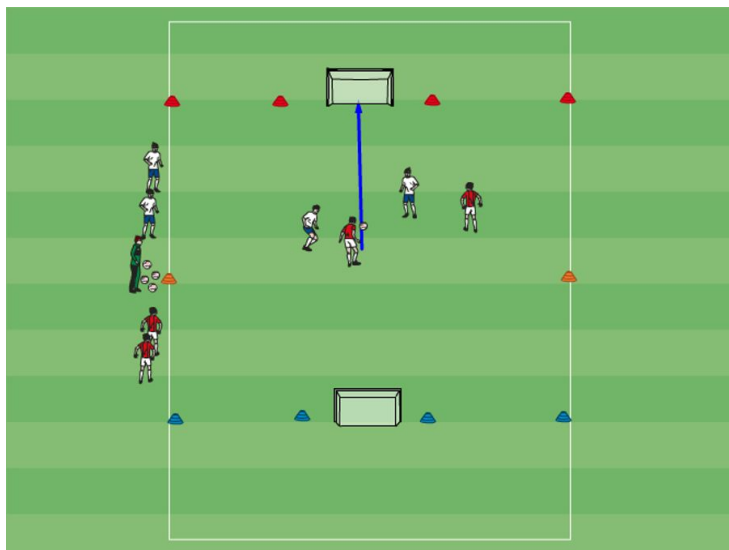
Key Points

What part of the foot should you use to strike the ball? (laces or instep) Where should your non-kicking feet be? (To strike the ball farther, the non-kicking foot should be slightly away but next to the ball)



TRAINING SESSION

Get out of here!



Objective

To develop how to strike the ball with the laces or instep. To develop a mentality to shoot. To develop working with a teammate for the purpose of scoring goals.

Description

Create a small-sided field with small goals on each end. Dimensions: Approximately 20 yards long by 10 yards wide if playing 2v2. Divide into two teams. Play 2v2 on the field. When the ball goes out of bounds or there is a goal, the coach says "Get out of here" and a new pair from each team runs on.

Key Points

Working on striking the ball to shoot. "What part of the foot can you use to strike the ball"? Work on the idea of shooting first but if not then get the ball to a teammate.



Shooting

1v1 Defending

Individual attacking

Passing and Receiving

Transition



U5 to U8



12 to Players



Cones, balls, small goals



Intensity: 5



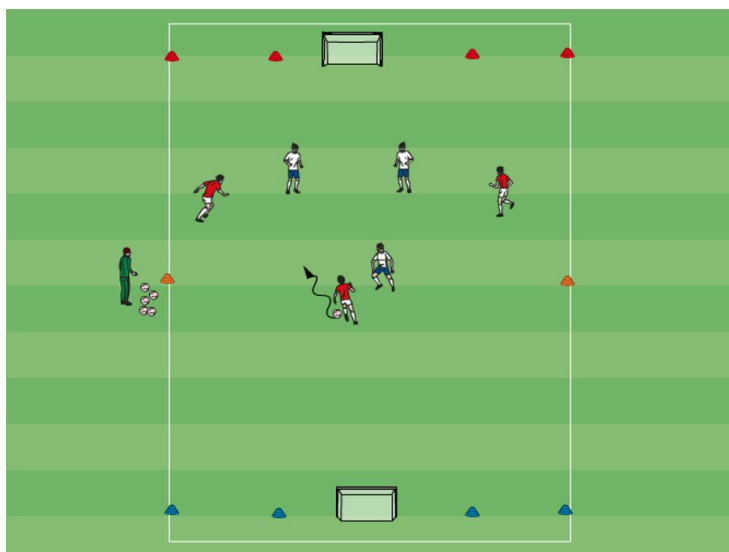
00:12 min

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



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)