

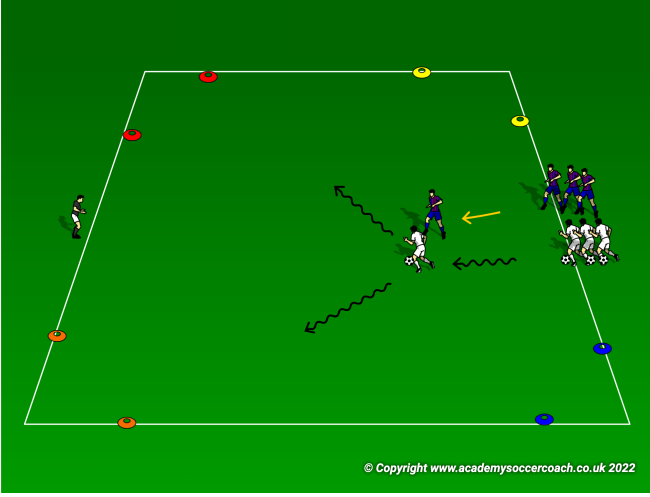
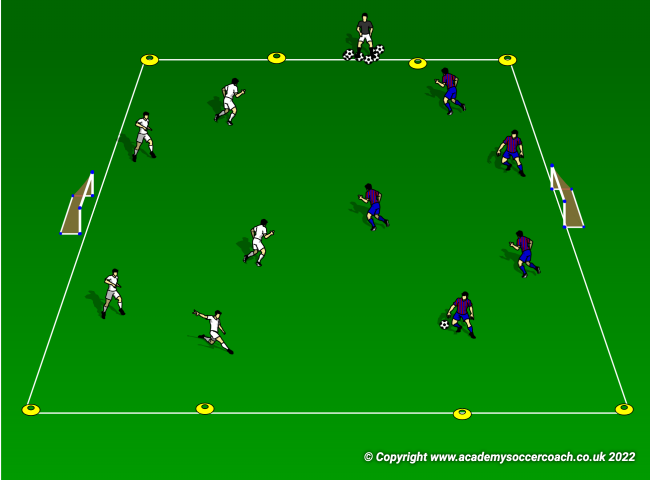


Recreational Session - Week 4

Core Activity: 1v1 with pressure coming from the side (progression)

Time	Type	Diagram	Activity	Coaching Points
10 Mins	Warm Up	<p style="text-align: right; font-size: small;">© Copyright www.academysoccercoach.co.uk 2022</p>	<p>5v5 / 4v4 / 3v3 Arrival Game</p>	<p>Notes:</p> <p>Adjust accordingly to how many players you have on the day.</p> <p>Examples: 8 Players = 4v4 or 2 fields of 2v2</p> <p>12 Players = 2 fields of 3v3</p>
10 Mins	1 st Activity	<p style="text-align: right; font-size: small;">© Copyright www.academysoccercoach.co.uk 2022</p>	<p>Move of the week:</p> <p>Ronaldo Chop</p> <p>Learn The CR7 Chop In This Tutorial</p> <p>Mix rounds of ball mastery exercises and ball manipulation, introduce the move of the week.</p> <p>End the warm up with a fun game</p> <p>King of the ring: Every player has a ball, the goal is to keep own ball and kick other players' balls out of boundaries. If a player gets the ball kicked out, becomes the defender. The game goes until the last player stays or the coach can call after a few minutes in.</p>	<p>Awareness: In order to stay longer in the game, players need to keep their head up as there are players running in different directions.</p> <p>Use Both Feet: Encourage players to perform ball mastery and dribbling.</p> <p>Close Control: With lots of touches of the ball, players should maintain the ball close to their feet whilst dribbling and performing ball mastery skills.</p>



15 Mins	2 nd Activity		<p>1v1 with pressure from the side: Split players in 2 lines, if the group is too big make 2 grids.</p> <p>Line with the ball starts dribbling, once the coach calls "Go!" The player tries to take the defender on and score by dribbling through any of the gates.</p>	<p>Awareness: Remind players to check over the shoulder and be ready to change direction once the command is called.</p> <p>Progressions:</p> <ul style="list-style-type: none">- Add a time constraint for the task- If you have a different color of cones, call the color and if they score on the color they get extra points.- If you don't have a different color of cones, number the gates and call a number instead.- Encourage them to use the move of the week, if done effectively give them extra points.- Make a competition between teams or individually
20 Mins	Final Game		<p>5v5 Scrimmage or equivalent number of players they will play on the weekend.</p> <p>If coaching younger age groups and you've seen that they are not staying spread out, make 2 fields with less players in it.</p>	<p>Remind players of the skills we've learnt and encourage them to use them in the scrimmage.</p> <p>Encourage the move of the week during the game as long as it is in context to the situation.</p> <p>Remind players to stay spread out and not run to the ball all the time.</p>