



Recreational Session - Week 6

Core Activity: 1v1 with pressure coming from behind (Progression)

Time	Type	Diagram	Activity	Coaching Points
10 Mins	Warm Up		<p>4v4 / 3v3 Arrival Game</p> <p>Same set up of the beginning of each training session, bring kids in, tell them a little bit of what we are going to do in the day and get them moving!</p>	<p>Notes: Adjust accordingly to how many players you have on the day.</p> <p>Examples: 8 Players in total = 4v4 or 2v2 12 Players in total = 3v3</p>
10 Mins	1 <sup>st</sup> Activity		<p><b>Ball Mastery and Tag Games</b> At this point the kids already know a few games, you can ask them what's their favorite tag game and mix it with ball mastery exercises.</p> <p><b>Move of the week:</b> Step over</p> <p><b><u><a href="#">How to do the Step Over &amp; Step Over Scissors Move - Football Soccer 1v1 Tutorial</a></u></b></p> <p><b>Ball mastery examples:</b> Toe Taps Inside Outside Inside Hook Outside Hook Be creative (any moves turns).</p>	<p><b>Notes:</b></p> <p>Remind players to keep their heads up while dribbling. The idea of mixing the tag games between dribbling sets and ball mastery is to keep kids engaged and not doing the same movements for a long period of time.</p>



<p>15 Mins</p>	<p>2<sup>nd</sup> Activity</p>		<p><b>1v1 coming from behind (progression)</b></p> <p>Progressing from the week after, introducing a passer to be more game realistic. After the pass is made, the defender will come from behind and try to steal the ball back and score.</p> <p>This time, both sides have a dribbling zone to go past before trying to score.</p> <p>If the group is beginner, keep them on each line for 3-4 minutes each and rotate through. If they are already used to rotations, set a rotation where they go from a different spot after each turn.</p>	<p><b>Change of Speed &amp; Direction:</b> Acceleration after skill or turn to beat the defender.</p> <p><b>Individual Skills/Tricks:</b> Similar cues from last week, but reinforce the importance to check over the shoulder and recognize where the defender is coming from to avoid turning straight into pressure.</p> <p><b>Progressions:</b></p> <ul style="list-style-type: none"> <li>- Move the scoring zone further to encourage more dribbling.</li> <li>- If the move of the week is done effectively and the player scores, it counts as 2 goals.</li> </ul> <p>Make sure to set up a line in between fields and remind players to try to keep the ball close otherwise it can go out of boundaries.</p>
<p>20 Mins</p>	<p>Final Game</p>		<p>5v5/4v4 Scrimmage</p>	<p>Encourage players to apply skills taught in the week and previously.</p> <p>Sometimes you don't need to freeze to make a correction or comment.</p> <p>Give the kids little breaks in between if needed.</p>