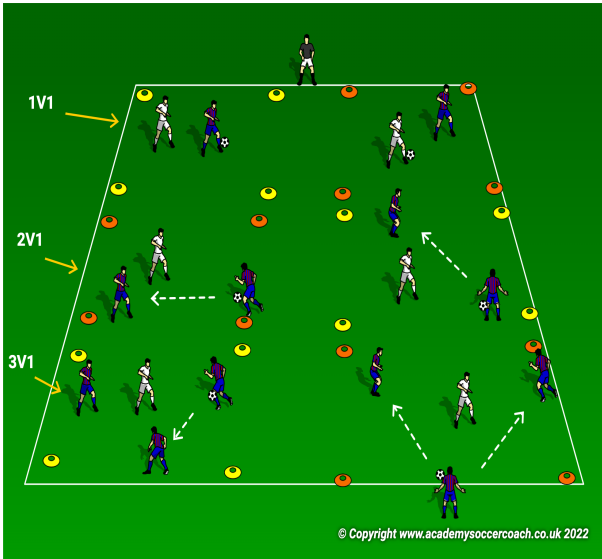
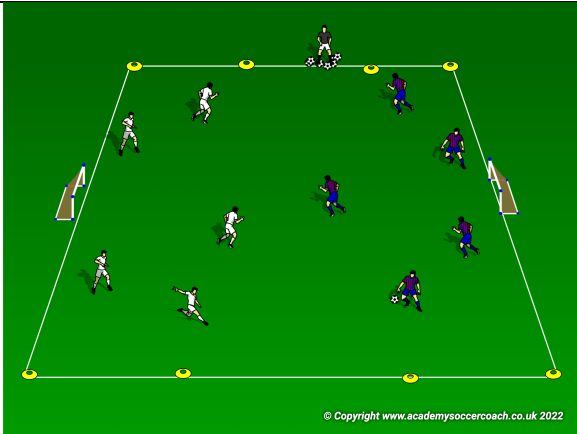




Recreational Session - Week 7
Core Activity: Rondo variations

Time	Type	Diagram	Activity	Coaching Points
10 Mins	Warm Up	<p style="text-align: right; font-size: small;">© Copyright www.academyfootballcoach.co.uk 2022</p>	<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 st Activity	<p style="text-align: right; font-size: small;">© Copyright www.academyfootballcoach.co.uk 2022</p>	<p>Dribbling and Passing in 2s moving in the space: Feel free to still do the tag games and ball mastery exercises. But since we will do passing as the Core Activity, let's introduce a little passing prior to the main exercise of the day.</p> <p>Move of the week: Pull back</p> <p><u>Soccer Turning Exercise #1 - The Pull Back</u></p>	<p>Suggestions: Start off with everyone dribbling the ball, then progress to one ball between 2 players. One dribble and one follows, when the coach says "Switch" player passes the ball to the other.</p> <p>Progress to players passing the ball and moving. Remind players to take two touches, control and pass. After a few times, try to make a little competition, and whenever you say "Go" they start a little 1v1, trying to keep the ball away from each other.</p> <p>Awareness: Remind players to look around when changing direction and when passing the ball to try to keep them on the ground.</p>



15 Mins	2 nd Activity		Rondo (Keep away) Introduction - 1v1 One player trying to keep the ball away from the other. Make small squares 10x10 or 8x8. Players will try to keep the ball away as long as they can. Player who does not have the ball tries to get the ball. 2v1 Split players in groups this time, now they will try to make passes and move away from the defender. Rotate defenders for time. 3v1 Increasing the number of players and creating more chances to keep the ball away. Depending on the group, switch defenders every time the ball gets stolen or switch defenders for time.	1v1: Encourage them to use the move of the week to change direction, if done correctly and effectively, praise them. Encourage players to protect the ball using their body. Do not focus only on the player who has the ball, the other player must be engaged trying hard to win the ball back. 2v1: Adding the concept of passing lanes, simplify the language and remind players to move where the space is and to avoid standing behind the defender. 3v1: Players now have more options to pass, but not necessarily it became easier. Still remind them where to move, creating space for themselves, trying to make a triangle shape as much as possible to create those passing lanes. Defenders: When helping the defenders, do not simply tell the players to keep running after the ball when they are playing under numbers down. Tell players to try to close the passing options, step up when they see an opportunity to steal. But not chasing the ball all the time. Progressions: - Make space smaller - Limit amount of touches
20 Mins	Final Game		5v5/4v4 Scrimmage	Encourage players to apply skills taught in the week and previous weeks. Focus on helping players to stay spread out. Supporting the player who has the ball, creating passing options.