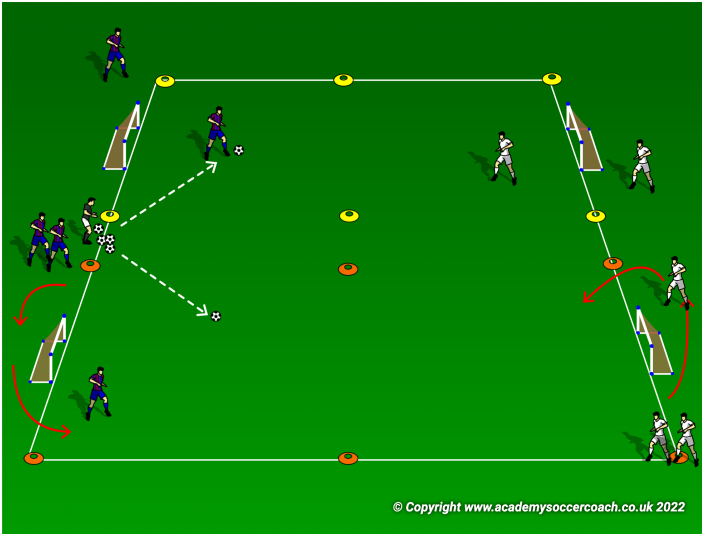





Recreational Session - Week 9
Core Activity: Small Sided Games

Time	Type	Diagram	Activity	Coaching Points
10 Mins	Warm Up	<p>DRIBBLING SMALL SIDED GAME</p> <p>SMALL SIDED GAME</p> <p>© Copyright www.academyfootballcoach.co.uk 2022</p>	<p>2 Small Sided Games:</p> <p>Set up: one field where they can only score by dribbling and another one can be a regular one.</p> <p>Let them play for a couple of minutes and switch fields, so both sides will experience the two games.</p>	<p>Notes:</p> <p>Free play, let the kids make decisions on their own. Keep the game going.</p> <p>Adjust accordingly to how many players you have on the day.</p> <p>Examples: 8 Players in total = 2 fields of 2v2s</p> <p>12 Players in total = 2 fields of 3v3s</p>
10 Mins	1 st Activity	<p>SMALL SIDED GAME</p> <p>© Copyright www.academyfootballcoach.co.uk 2022</p>	<p>Ball Mastery & Turns:</p> <p>Mix ball mastery exercises with tag games, with ball, with no ball. Encourage using all parts of the foot.</p> <p>Move of the day:</p> <p>V Turn V-Cut Soccer Pull-Back Skill V-Turn Ground Move To Pass Defenders TUTORIAL</p> <p>Ball mastery examples:</p> <p>Toe taps Tic tocs Scissors Previous moves of the week.</p>	<p>Awareness:</p> <p>Remind players to keep their heads up and to keep the ball close.</p> <p>Use Both Feet:</p> <p>Players need to perform ball mastery and turns with both feet.</p>



10 Mins	2 nd Activity		<p>Numbers game: 1v1/2v2/3v3 Players will be going up against each other in a 1v1.</p> <p>Every kid will receive a number, once the coach calls the number, both sides run around their own goal and step in on the field. Whoever gets the ball first, tries to score.</p> <p>Encourage players to use the move of the day.</p>	<p>Progression:</p> <ul style="list-style-type: none">- Call more than one number.- Make it a competition between teams.



30 Mins	Final Game		World Cup Split teams in 3 or 4. Help them to choose a country and have them play with each other. Not on the diagram, but set up two fields.	Remind players of the skills we've learnt along the season and encourage their creativity. Still remember the importance of staying spread out and supporting the player on the ball, creating passing lanes and communicating.
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