

Recreational Session - Week 1 Core Activity: 1v1 from the front

Time	Туре	Diagram	Activity	Coaching Points
10 Mins	Warm Up	© Copyright www.academysoccercoach.co.uk 2022	4v4 / 3v3 / 2v2s Arrival Game	Free play, let the kids make decisions on their own. Keep the game going.  Adjust accordingly to how many players you have on the day.  Examples: 8 Players in total = 2 fields of 2v2s  12 Players in total = 2 fields of 3v3s
10 Mins	1st Activity	© Copyright www.academysoccercoach.co.uk 2022	Ball Mastery & Turns: Mix ball mastery exercises with tag games, with ball, with no ball. Encourage using all parts of the foot.  Move of the day: Shoulder Drop  Video support SHOULDER DROP SHOT How To Improve Your 1v1 & Shooting by box-to-box  Ball mastery examples:	Awareness: Remind players to keep their heads up and to keep the ball close.  Use Both Feet: Players need to perform ball mastery and turns with both feet.  Shoulder drop: Pretend that it is going to one side stepping next to the ball and push the ball with the outside of the opposite foot.



Is Mins  2rd Activity  3rd Activity  4rd Activity  5rd Activity  6rd Act				Too Too	
Inside Hook Outside Hook Be creative (any moves turns)  15 Mins  2rd Activity  15 Mins  2rd Activity  16 Activity  17 Activity  18 Activity  18 Activity  19 Activity  19 Activity  19 Activity  10 Activity  11 Activity  11 Activity  12 Activity  13 Activity  14 Activity  15 Mins  2rd Activity  16 Activity  17 Activity  18 Activity  18 Activity  18 Activity  19 Activity  19 Activity  19 Activity  19 Activity  10 Activity  11 Activity  11 Activity  12 Activity  12 Activity  13 Activity  14 Activity  15 Mins  16 Activity  16 Activity  17 Activity  18 Activity  18 Activity  19 Activity  19 Activity  19 Activity  10 Activity  11 Activity  12 Activity  12 Activity  13 Activity  14 Activity  16 Activity  16 Activity  17 Activity  18 Activity  19 Activity  19 Activity  19 Activity  10 Activity  11 Activity  11 Activity  12 Activity  12 Activity  12 Activity  13 Activity  13 Activity  13 Activity  14 Activity  16 Activity  1				Toe Taps	
Outside Hook  Be creative (any moves turns)  15 Mins  2**d Activity    Players will be going up against each other in a 1v1.					
Be creative (any moves turns)  15 Mins  2nd Activity  15 Mins  2nd Activity  15 Mins  2nd Activity  16 Groups of 5 or 6) Players will be going up against each other in a 1v1.  17 Mins  18 Balls on one side, no balls on the other. Players with ball will try to dribble past the defender and score.  18 Balls on one side, no balls on the other. Players with the ball will try to dribble past the defender and score.  19 Frogressions:  20 Groups of 5 or 6) Players will be going up against each other in a 1v1.  When introducing the exercise, have players switch lines after each round. If the group is split into 4 small groups, switch players each round. If the group is split with ball will try to dribble past the defender and score.  5 seconds to score  - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 seconds to score - 5 secon				Inside Hook	
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2nd Activity    Players will be going up against each other in a 1v1.				1.11 from the front	Class Control
Players will be going up against each other in a 1v1.  Balls on one side, no balls on the other. Players with the ball will try to dribble past the defender and score.  Encourage players to use the move of the day.  Progressions:  - Seconds to score - Start off receiving the ball after a pass Reward players if the goal is made after being effective using the move of the day.  Video support  SHOULDER	15 Mins				With lots of touches of the ball,
When introducing the exercise, have players switch lines after each round. If the group is split into 4 small groups, switch players every couple minutes so they can experience playing against different players.  Balls on one side, no balls on the other. Players with the ball will try to dribble past the defender and score.  Progressions:  - 5 seconds to score  - Start off receiving the ball after a pass.  - Reward players if the goal is made after being effective using the move of the week.  - Make a competition: example, first team to 5 goals wins, etc.		,		going up against	close to their feet whilst dribbling and try to use skills or speed to
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Video support SHOULDER			\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	to use the move of	the move of the week.
SHOULDER			© Copyright www.academysoccercoach.co.uk 2022	the day.	
DROP SHOT   How To				DROP SHOT	
Improve Your				Improve Your	
1v1 & Shooting by box-to-box					



20 Mins	Final Game	ց.	5v5 Scrimmage	Remind players of the skills we've learnt and encourage them to use
	Sum e		(if more than 10 players in the group, set up two fields Example: 3v3 and 4v4 games).	them in the scrimmage.
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