



Recreational Session - Week 2  
 Core Activity: 1v1 from the front (Progression)

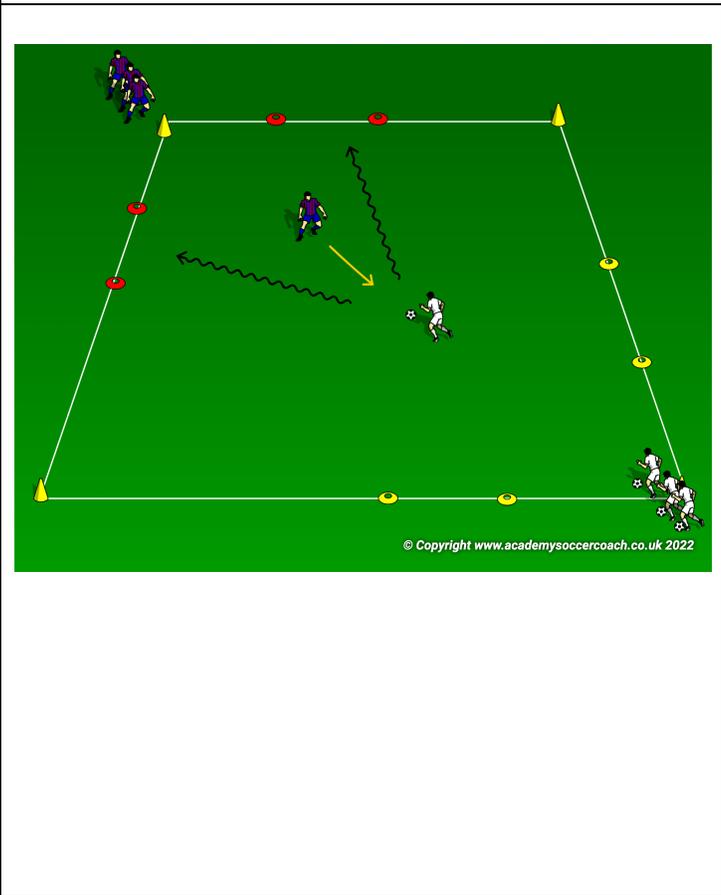
Time	Type	Diagram	Activity	Coaching Points
10 Mins	Warm Up	<p>© Copyright www.academysoccercoach.co.uk 2022</p>	<p>4v4 / 3v3 / 2v2s          Arrival Game</p>	<p>Notes:</p> <p>Free play, let the kids make decisions on their own. Keep the game going.</p> <p>Adjust accordingly to how many players you have 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 <sup>st</sup> Activity	<p>© Copyright www.academysoccercoach.co.uk 2022</p>	<p><b>Freeze tag with ball:</b></p> <p>(Players will dribble inside area &amp; perform turns below)</p> <p>Choose a player to be tagger, players try to escape from tagger, if caught, players need to perform ball mastery to unfreeze themselves.</p> <p><b>Move of the day:</b>  <b>Single scissors</b>  <a href="#">How To: Learn The Scissor Move   Soccer Skills For Beginners</a></p> <p>Example: 10 toe taps, 10 tic tocs, change ball</p>	<p><b>Awareness:</b>          Check where the defender is and try to escape. Head up to see where teammates and space are.</p> <p><b>Use Both Feet:</b>          Encourage players to use both feet.</p> <p><b>Close Control:</b>          With lots of touches of the ball, players should maintain the ball close to their feet whilst dribbling and performing ball mastery skills. If the ball gets kicked out of boundaries by accident, have players perform any ball mastery before they get back.</p> <p>Remind the players when trying to perform the single scissors, to use the opposite foot after the foot goes around. Scissors with one foot, touch with the other.</p>



mastery every couple minutes.

15 Mins

2<sup>nd</sup> Activity



**1v1 With Pressure From The Front:**

One line with a ball and one line with no ball.

Line that starts with the ball needs to dribble past one of the 2 gates.

To encourage the move of the day, if scores with an effective use of the move give them 2 points.

If the lines are bigger than 4 players each, make two grids to increase repetitions.

**Accelerate with the ball to attract defender:**

Encourage players to accelerate and try to be closer to the goal they are trying to score. Instead of starting slow and allowing the defender to run quickly and pressure them.

If the defender wins the ball back they can try to score on the gates they are facing.

**Regression:**

Introduce this exercise with no ball, one player is trying to tag the other before they run past any of the 2 games. And switch lines every turn.

**Progression:**

- Make a competition between teams
- Add a time constraint
-



20 Mins

Final Game



### 5v5 Scrimmage

(if more than 10 players in the group, set up two fields  
Example: 3v3 and 4v4 games)

Remind players of the skills we've learnt and encourage them to use them in the scrimmage.