



Recreational Session - Week 3

Core activity: 1v1 with pressure coming from the side

Time	Type	Diagram	Activity	Coaching Points
10 Mins	Warm Up		<p>4v4 / 3v3 / 2v2 Arrival game</p>	<p>Notes:</p> <p>Adjust accordingly to how many players you have on the day.</p> <p>Examples: 8 Players = 4v4 or 2 fields playing 2v2 12 Players = 2 fields playing 3v3 16 players = 2 fields playing 4v4</p>
10 Mins	1 st Activity		<p>Passing tag game</p> <p>Start off dribbling, then pick 2 taggers.</p> <p>To tag players, they need to hit other players' balls.</p> <p>If the ball's hit, have players perform ball mastery exercises to unfreeze themselves.</p> <p>Move of the week:</p> <p>Fake shot How to: GOOD Soccer Moves for Kids - Fake Shot and Cut</p> <p>Example: 10 toe taps to unfreeze, 10 tic tocs to unfreeze.</p>	<p>Awareness: Head up to see where defenders are coming from, remind them to keep the ball close while dribbling.</p> <p>Use Both Feet: Encourage players to use both feet. Remind the players to try to use the inside part of the foot when passing.</p> <p>Rules: Taggers can only tag someone if the pass is on the ground.</p>



<p>15 Mins</p> <p>2nd Activity</p>		<p>1v1 from the side</p> <p>Split players in 2 lines</p> <p>Line that starts with the ball is trying to score on either side, but must dribble past the scoring zone first</p> <p>Encourage players to apply the move of the day within context. If successful make sure to praise and give them extra points if done effectively.</p> <p>If lines are bigger than 4 players on each. Make 2 extra lines on the other side with their own goals.</p>	<p>Defending line: If defenders win the ball back, they can try to score.</p> <p>Attacking line: Encourage players to keep their head up and see where defending is coming from. Make them think if they should dribble or pass based on angle, space, time.</p> <p>Progressions:</p> <ul style="list-style-type: none"> - Add time to finish the play (10 seconds, 5 seconds). - Move the scoring zone further to encourage more dribbling. - If a goal is made after beating a defender with the move of the day = 3 points. - Scoring allowed on the further side, to encourage skills.
<p>20 Mins</p> <p>Final Game</p>		<p>5v5 / 4v4 Scrimmage</p> <p>If a group is bigger than 10, make two fields, no more than 5v5 players.</p> <p>If your age group plays 7v7+ on the weekends, try to play the equivalent number of players on the field.</p>	<p>Notes:</p> <p>If the 5v5 game is too crowded for the age group, make 2 fields to ensure kids are getting the most out of the training session.</p> <p>3v3 and 2v2s and rotate them throughout.</p> <p>With less players involved, the intensity will increase, keep the games short and rotate players around.</p> <p>Remind players to be spread out and support each other instead of everyone running for the ball.</p>