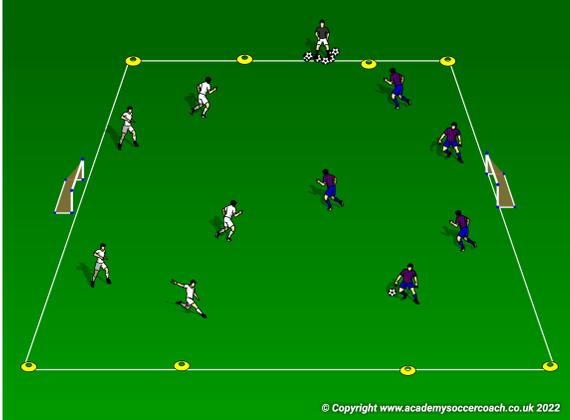




Recreational Session - Week 8
Core Activity: Rondo progressions

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>Passing in 2s mixed with ball mastery exercises: Split players in groups of 2 or 3 and have them passing and moving.</p> <p>Move of the week: Sole role <u>Sole Roll</u> <u>(New York Red Bulls Academy)</u></p> <p>Ball mastery examples: Toe Taps Inside Outside Inside Hook Outside Hook Moves of the week, refresh players memory and have them try.</p>	<p>Competition: Split the group of players in 2s or 3s, they will be working together until the end of the activity.</p> <p>Instead of performing the movements on their own, they are going to be competing against other teams.</p> <p>Examples: 2 laps of 5 toe taps each 2 laps of 5 scissors each 3 laps of 10 tic tocs each First team to make 10 passes First team to make 15 passes First team to make 20 passes</p> <p>Add a rule to whenever the players are finished, they need to be somehow. Example: kneeling on the ground, hands on the head, sitting down, etc. Be creative.</p>



15 Mins	2 nd Activity		<p>Rondo (progression)</p> <p>4v2: Start off with the hands and then progress to using the foot.</p> <p>Last week if you didn't progress to 3v1s, maybe start with that and try to progress to 4v2s.</p> <p>These last two weeks, the goal is to teach players how to move off the ball and make decisions under pressure.</p> <p>Change defenders every few minutes.</p>	<p>Head up Remind players to keep their head up and be comfortable touching the ball without needing to look down all the time. Constant looking for defenders, space, teammates and where the ball is coming from.</p> <p>Individual Skills:: Players who are trying to keep the ball away from the defenders, can try to use their skills to avoid losing the ball. Encourage creativity. Don't let players stand still in one zone for a long time.</p> <p>Progressions:</p> <ul style="list-style-type: none">- Change the dimension of the field.- Add more defenders.- If defenders win the ball back, they try to dribble out from the square and the other players try to win it back.- Add small goals on the side of the space to give the defenders a reward if they win the ball back.
20 Mins	Final Game		5v5/4v4 Scrimmage	<p>Encourage players to apply skills taught in the week and previously.</p> <p>Give the kids little breaks in between if needed.</p>