

Arrival games

Small side games or a soccer activity to get the players engaged on arrival



Monkey in the middle (10 mins)

In a small area 10x10

3 or 4 players play possession from 1 defender. If the defender wins the ball they swap with who ever they won it off.

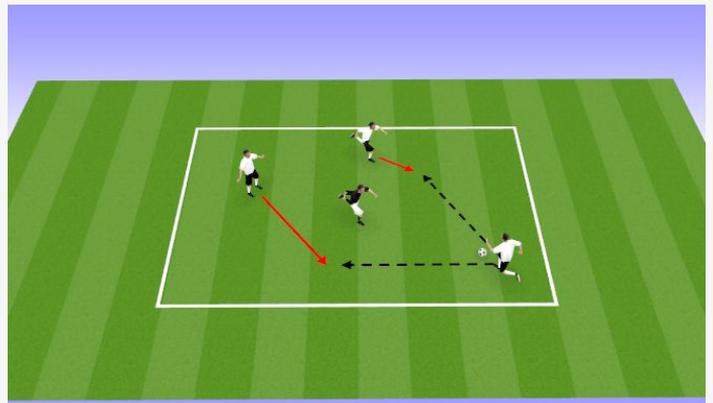
If the team keep it away from the defender for a certain number of passes (5 or so) the defender has to do something silly - Jumping jack shouting I am a pink fluffy star or sing a song to the group (something fun and light hearted, do not embarrass or force kids to do it).

Coaching Points -

Movement on and off the ball

Communication - help team mate with their decisions

Do not panic on the ball - do not force passes or decisions



Multi ball Keep away with 2 defenders

Inside half or a 7v7 field all players have a ball apart from the 2 defenders.

Objective is to keep as many balls in the game as possible with passing, moving and communication.

Defenders try to win the ball off of the possessers, if they do so they need to put the balls in the goal. If your ball is won by a defender and put in the goal you now have to help your team mate keep the ball from the 2 defenders.

Great for fitness as well as passing, moving, communication and awareness.

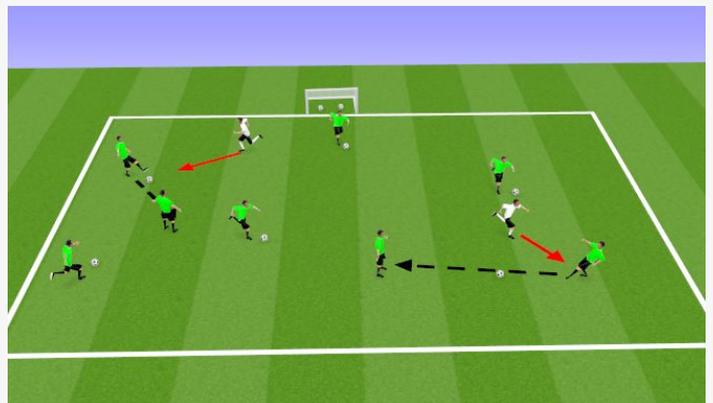
Coaching points -

With the ball - protect it and keep it close - move it when under pressure via pass or dribble

If your ball is kicked out - help the player under pressure (being closed down by the defender)

Create passing opportunities

Communicate to help the player on the ball to help with their decisions



2v1 to goal

Set Up:

2v1s to goal - The team of 2 attackers starts with the ball. As soon as they touch it into play a defender can come and close them down.

Condition the players so they have a specific time limit to score - start with 10 seconds and the better they become the quicker they become too so lower the time limit if appropriate

If the defender wins the ball they get a point by passing the ball back to the keeper or dribbling over the opposite end line

Progression -

Add in offsides so they need to be clever with their runs

Aim:

Players to recognise how to create goalscoring chances -

Movement on and off the ball

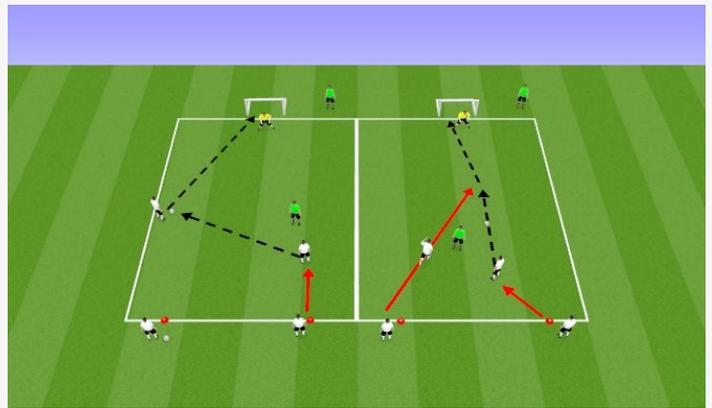
Coaching Points:

Shooting technique

Dribbling technique

Passing technique

Communication - Visual and verbal - talking and hand gestures to communicate where the ball should go



Possess with neutrals

3 team scrimmages

2 teams play regular scrimmage on field - 3rd team on outside as neutral players and passing options if needs be.

Play for certain amount of time - rotating teams ensuring all teams are on the outside at some point

Progression -

Teams need to make a certain amount of passes before they score

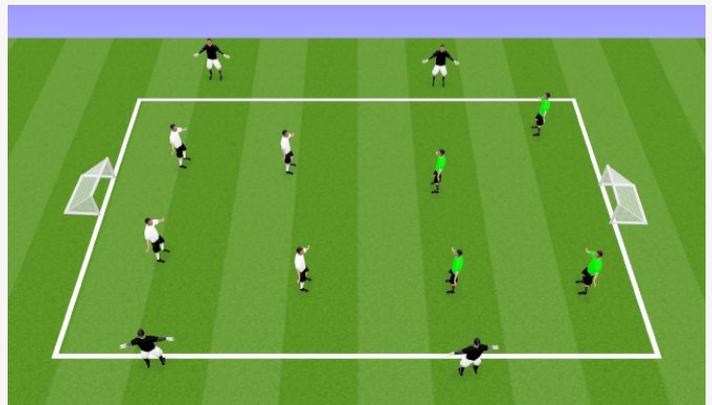
Coaching points -

Utilise the extra players - pass to them as a way to keep the ball

Do not force decisions / passes

Communicate - visual and verbal with talking and point to help the person on the ball with their decisions

Move the ball to move the defenders and create passing and dribbling chances



Scrimmage

Let them play but reiterate what was worked on in the session

Coaching Points:

All normal soccer techniques

