



Objective

Improving the techniques of dribbling and shooting.

Age Group

Used as warm-up prior to game OR for stand-alone practice session prior to 1st game

KR

Moment

N/A

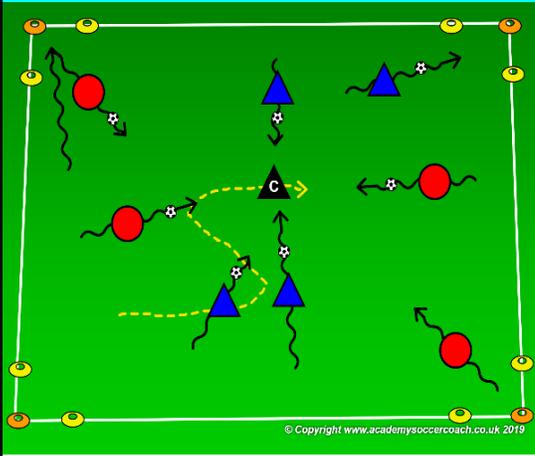
Duration

Variable

3v3

Practice Phase #1 - Red Light / Green Light

7 Minutes



Objective: To dribble and change directions.

Organization: In a 10Wx20L field, all players have a ball dribbling. If coach says "red light", players stop their ball. If coach says "green light", players dribble towards coach. Move around area and change frequency of light changes.

Key Words: Laces, Outside (of the foot), Inside (of the foot), Bottom (of the foot)

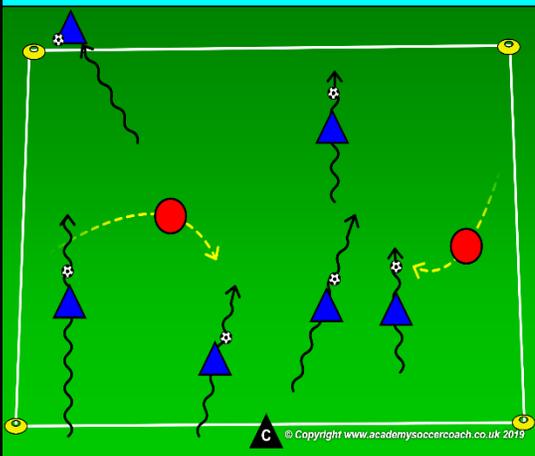
Guided Questions: Which part of your foot can you stop the ball with? What part of the foot will help you go faster?

Answers: Get close to the ball and touch it with the bottom of foot to stop. Use laces to push the ball forward and to go faster.

*** If using as a standalone practice prior to game 1, play for 10 minutes.

Practice Phase #2 - Sharks & Minnows

7 Minutes



Objective: To dribble your soccer ball past an opponent and stop it once on the opposite side of the field

Organization: In a 10Wx20L field, select 1-3 players to be Sharks without a ball (coaches can start as sharks too). The rest are Minnows who have a ball & start at one end of the grid. They have to dribble their ball to the other side without losing it to a Shark. Play several games, change who starts as sharks.

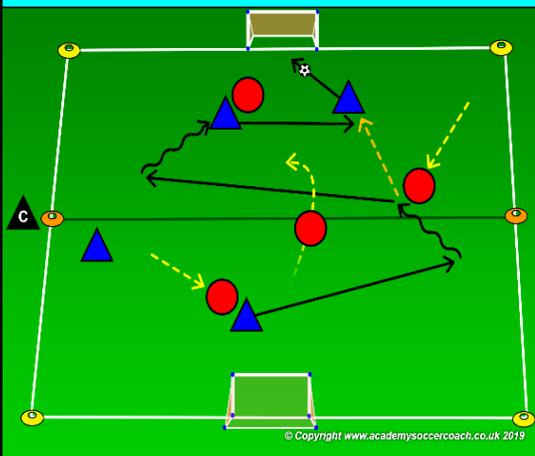
Key Words: Head Up, See the Sharks

Guided Questions: How do you know where to cross the ocean?

Answers: Play with your head up, look for the empty space.

*** If using as a standalone practice prior to game 1, play for 10 minutes.

The Game



Objective: To pass or dribble past an opponent then score goals

Organization: Play a game, 3v3, on a 20x20 game field.

Key Words: Turn, Get the ball, Beat Them!

Self Reflection Questions

How did you do in achieving the goal of the training session?

What did you do well?

What could you do better?