

Organization: Arlington Soccer Club F2020

60 minute Week 5

Age Group:

U8s

Grade 2-4

Competitive Category:

Topic: Running with the ball

Finding space and opportunity when running with the ball. Objective:

Field Set Up 1	Organization:	14 Player Max	Coaching Points	Progressions
PLAYERS SOCCER LOCKER 6F.	soccer locker. Each and that will be the coach the entire session. a has break, remove mas break. The coach should where he/she keep bag etc. Each practice should	10 minutes prior to and set up the players h player will go to 1 cone ere designated cone for the players can take a sks and have a water have his/her own square as equipment, sanitizer, alld have this set up!	N/A N/A	

Organization:

14 Player Max

Coaching Points

10 Minutes

20x15 4 tall cones around the outside of your area

Two teams. Each players has a number (1

When the coach calls out a number it is a race between two teams to see who can knock over any tall cone first with their soccer ball.

Each player has a soccer ball and is dribbling around. Introduce new skills and e.g. Scissors, Rollover and push, Cruyff turn, L Turn

Acceleration and deceleration - both equally important

Head up when dribbling

Look to see where the space is

Head up before you make the pass to try and knock the cone down

Really accelerate after a skill or turn is performed

Fechnical Practice

Dynamic Warm up 2

Organization:

14 Player Max

Coaching Points

20 Minutes

Two grids, 10x10 (Size can be increased) Players are numbered 1-5 (depending on

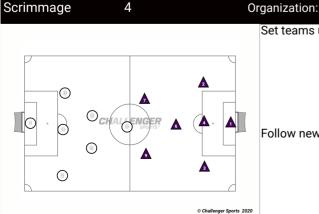
numbers)

Players dribble around the box, when the coach calls out their number, players explode out of the box and take a shot on go'al. Once they shoot they can switch grids

Small touches dribbling in the grid Positive first touch to explode outside of the area

What part of the foot are we striking the ball with

Listening, focused and waiting on your number being called Head up when dribbling and before you take a shot



YALLENGER

Set teams up

14 Player Max

Coaching Points

30 Minutes

Can you encourage positivity? Can you let players make their own decisions? Set targets

Follow new MYS guidance/rules

N/A