

Topic: Running with the ball

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

Field Set Up	1	Organization:	14 Player Max	Coaching Points	Progressions
	<p>Coach is to arrive 10 minutes prior to session start time and set up the players soccer locker. Each player will go to 1 cone and that will be there designated cone for the entire session.</p> <p>Each cone should be 6ft away, this is the only places where the players can take a break, remove masks and have a water break.</p> <p>The coach should have his/her own square where he/she keeps equipment, sanitizer, bag etc.</p> <p>Each practice should have this set up!</p>	N/A	N/A		
Dynamic Warm up	2	Organization:	14 Player Max	Coaching Points	10 Minutes
	<p>20x15 4 tall cones around the outside of your area.</p> <p>Two teams. Each players has a number (1-7) 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.</p> <p>Each player has a soccer ball and is dribbling around. Introduce new skills and turns e.g. Scissors, Rollover and push, Cruyff turn, L Turn</p>	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
Technical Practice	3	Organization:	14 Player Max	Coaching Points	20 Minutes
	<p>Two grids, 10x10 (Size can be increased)</p> <p>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 goal. Once they shoot they can switch grids</p>	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		
Scrimmage	4	Organization:	14 Player Max	Coaching Points	30 Minutes
	<p>Set teams up</p> <p>Follow new MYS guidance/rules</p>	Can you encourage positivity? Can you let players make their own decisions? Set targets		N/A	