

Fall 2016 Training



Session Date:	Catch Me If You Can: improving players ability to dribble the ball using different surfaces of the foot against pressure of time, space and opponents
Session Time:	
Location:	Conditions: good Team:

Technical	Tactical	Mental / Social	Physical
inside/outside foot	Vision (space; players)	FUN = Competing	agility (change direction)
change of speed & direction	Reading game (space, opponent)	Meet new people	acceleration (change speed)
creativity	Speed of Decision	Focus in new training enviro	balance; fients to chang direction

Announcements	Equipment
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Description	Diagram	Coaching Points	
Activity 1	10 minutes	Low - Med	
Ice Breaker - get players onto team and start playing		Learn the name of someone new * remember their name; quiz at end	
3v3			
score, go behind cone			
Activity 2	16 min	MED	
Coach In...Coach Out Big Box...Small Box		* Make mistakes! Can you fail = I am trying something new * Change Direction * Change Speed Variations A. last one out/in B. Don't Get tagged	
30 sec rnds	12 rnds		water break
1) Players move in and out of small and big grids w/ and w/o the ball; With the ball: skill dribble w inside, outside and sole of the foot. 2) When the coach moves; Avoid the tagger "IT"			
Activity 3	16 min	MED - HIGH	
Big Box...Small Box to Goal		* eyes up; where is defender * fient; change direction/speed	
30 sec rnds	12 rnds		water break
Defender = Tag...get tagged, go to big box. Score = 1pt Tagged = -1pt			
Activity 4	16min	HIGH	
1v0 relays and 1v1 challenges		Want to make this a competition	
45 sec	10 rounds		
1) run around cone; sprint to opposite line 2) touch cone; back peddle same line 3) touch cone; pass from coach 1v1 battles			
Activity 5	10 Minutes	HIGH	
Scrimmage			
Cool Down	Clean up		
	Role the ball on the cone		