

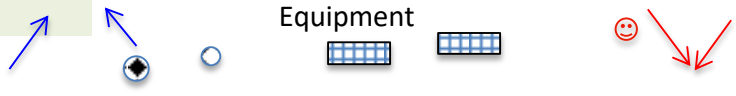
Fall 2016 Training



Session Date:	Objective: improving players comfort level with the ball through skill moves to turn away from pressure and (1) dribble or (2) pass the ball.	
Session Time:		
Location:	Conditions: good	Team

Technical	Tactical	Mental / Social	Physical
Dribble: pull back (see ball)	Vision	COMPETING = FUN	low C.O.G
Dribble: chop/circle turn	Decision Making: Dribble / Pass	Concentration	Balance, open hips
Passing: inside the foot		Challenge Yourself/ Teammate	running backwards

Notes: Skill work in isolation = no decision making
 Whole Part Whole Decision Making
 We will bring kids onto field 10min before training



Description	Diagram	Coaching Points
Warm-Up 5 minutes Low		Get them Playing Competing Having Fun Warm-up Coaching Points * Be Ready - pay attention * Make a move before you score *
Play 2v2 transition Winner stays on; in transition, run around cone		
Activity 1 28 minutes HIGH		Activity 1 Coaching Points
Scrimmage 3 v 3 5 games 4 min games 1 min b/w Game 1: no restrictions Game 2: 2 players touch ball b4 goal Game 3: Score inside middle channel Game 4: 1v1; hit move, add player Game 4 = 3x lose ball = players off 2 min each designate player to stay on		Game 1: attack when ball back Game 2: eyes up; vision, create space for team by opening up Game 3: eyes up, split defenders; use moves to get central Game 4: make move = #'s up
Activity 2 15 HIGH		Activity 2 Coaching Points
1 v 1 to two goals; 1 min games; 1 goal = 1pt 2 goals, in in both goal = 3 pts Challenges: Add a GK that can defend both goals		Unbalance defender with change * Direction (Feints, fakes) * Speed = Slow...fast (2x?) Keep Eyes Up = see space GO fast; make mistakes going fast, not slow. Lose ball; WIN IT BACK
Activity 3 25 minutes MED		Activity 3 Coaching Points
Scrimmage coach the player; not the group		* Hit the move * DO YOUR BEST! * Over Do the MOVE