

## Week 7 / Session 13

<b>Lesson 13</b>	<p><b>Life Skill – Commitment</b></p> <p><b>Soccer Skill – Protecting the Ball/Shielding</b></p> <p><b>Tactical – Transition Offense to Defense</b></p>
<b>Time</b>	<b>Activity</b>
	<p><b>Field or Court Space Needed:</b> 1 grass field (or basketball courts) approximately 30-35 yards long x 20-25 yards wide.</p>
15 min's Prior to session	<p><b>Equipment Check:</b> Estimating 10-20 players</p> <ul style="list-style-type: none"> <li>✓ Soccer Goals: 2 goals, 6' wide x 4' high or cones can be used for goals.</li> <li>✓ Cones: 16 – 24 count</li> <li>✓ Life Skills Soccer Balls: One for every participant if possible,</li> <li>✓ Practice bibs: 10 each of 2 different colors (third color optional)</li> <li>✓ Players should bring water and soccer ball and wear shin guards</li> </ul>
5 min's	<p><b>Welcome the children:</b> Sit all children in a circle and ask how they are doing, how they feel today. Have a little small talk. Explain the activities the rules and take attendance.</p>
15 min's Total time	<p><b>Soccer Skills – Protecting the ball / Shielding</b></p> <p><b>“Inside Cut” Teaching Points:</b></p> <ol style="list-style-type: none"> <li>1. Reach with your leg (outside of the ball) and use the inside of your foot (near ankle) to cut the ball,</li> <li>2. Next, <b>shield</b> with your body (between ball and defender),</li> <li>3. Accelerate away in the opposite direction and away from the defender.</li> </ol> <p><b>“Outside Cut” Teaching Points:</b></p> <ol style="list-style-type: none"> <li>1. Reach with your leg (outside the ball) and use the outside of your foot to cut the ball,</li> <li>2. Next, <b>shield</b> with your body (between ball and defender),</li> <li>3. Accelerate away in the opposite direction and away from the defender.</li> </ol> <p><b>“Step Over” Teaching Points:</b></p> <ol style="list-style-type: none"> <li>1. Fake like you're are kicking the ball,</li> <li>2. Instead, step around the ball and...</li> <li>3. Plant the foot on the other side of the ball, turning the hips for best effect,</li> <li>4. Then push the ball in the opposite direction with the outside of the step-over foot and accelerate away.</li> </ol>
5 min's	<p>Skills / Games</p> <ul style="list-style-type: none"> <li>• <b>Numbers</b> - Players all have a ball and are dribbling in a grid. Explain to them that you're going to give the 3 moves a number: 1 = inside cut, 2 = outside and 3 = step over. Once they have warmed up then call out a number and they have to make the appropriate move. Continue to randomly call numbers for 3-5 minutes. May take a quick 15 sec. break every minute or so.</li> </ul>
5 min's	<ul style="list-style-type: none"> <li>• <b>Like Magnets</b> - Have all players dribbling inside an appropriate sized grid for the number of players. The space should be a little congested and they should have to turn frequently to avoid running into another player. As the players are dribbling about, anytime they come close (within 2 feet) of another player both should act like they are magnets with similar charges and they repel each other.</li> </ul>

5 min's	<p>This will encourage them to make lots of turns and often they will need to turn several times in a row as they come closer to other “magnets”. Note: they should keep the ball close to their body except if they see green open space in front of them in which case they should change speeds and explode into the open area.</p> <ul style="list-style-type: none"> <li>• <b>Freeze Tag</b> - Have all but 2 players with a ball in a 25 x 30 yard grid. The two players without a ball start off outside the grid and will be the chasers once the game begins. When you say go the chasers enter the grid and try and tag as many players as they can who must keep their dribble will they evade chasers. A player that is tagged is considered frozen and must sit on their ball until another player unfrozen player can dribble over and tag them so they are released to dribble again. Play for 3 minutes or until all players are frozen. Repeat the game several times with the last 2 players to be frozen serving as the chasers.</li> </ul>
15 min's	<p><b>Life Skill – Commitment</b>  <b>What is Commitment?</b>  Commitment is your word that you are <i>all</i> in. Not most of you or even 95% of you – but all 100% of you is in! Commitment is a choice you make. The dictionary defines commitment as a promise or a pledge to bind or obligate. In soccer commitment is your personal promise to give your very best on <b>every play</b>.</p> <p><b>Understanding Commitment</b>  Commitment is more than just showing up; it's being totally into your work, ready to compete and perform at your highest level. According to ESPN analyst Jay Bilas, with commitment comes responsibility...the responsibility to play hard on every play. You may not always be the most talented player on the court, but there is no reason why any player should every outwork you. It's about being relentless in your pursuit of the ball, your willingness to work hard with your teammates to win the ball back.</p> <p><b>Connection to Soccer:</b>  Playing soccer can be an exhausting endeavor. Soccer players are known to run up to 6 miles in a game. Every player from the professional ranks to the recreation level has to answer one question – am I willing to commit to giving my all for my teammates?  It takes real commitment to:</p> <ul style="list-style-type: none"> <li>• Train everyday with complete focus and effort.</li> <li>• Push through the pain and give your best effort for your teammates.</li> <li>• Be mentally ready, even when you are tired.</li> <li>• Make it to every practice.</li> </ul>
20 min's	<p><b>Game – Focus is to work on quick transition from Offense to Defense</b></p> <ul style="list-style-type: none"> <li>• Make 2 teams of 4 players with 3 neutral players. A third team can be out working on juggling and then rotate in for one of the two teams.</li> <li>• Create a grid 20 yds. by 30 yards long.</li> <li>• Two teams play against each other at time.</li> <li>• One teams has the ball, and works with neutrals to try and keep position.</li> </ul>

	<ul style="list-style-type: none"> <li>• Other 4 players (vs. 7) are trying to win the ball back. When they get the ball they want to pass short to keep possession while their teammates get outside the grid.</li> <li>• Team that lost the ball immediately presses the ball to win it back.</li> </ul> <div data-bbox="477 317 1398 621" data-label="Diagram"> <p>The diagram shows a rectangular grid. Outside the grid, there are four 'R' (red) players: one at the top-left, one at the top-right (marked with an asterisk '* R'), one at the bottom-left, and one at the bottom-right. Inside the grid, there are three 'N' (neutral) players: one on the left side, one in the center, and one on the right side. There are also three 'G' (green) players: one at the top-left inside, one at the top-right inside, and one in the center-bottom inside. Blue arrows indicate the ball's path: from the top-right '* R' player to the right 'N' player, from the right 'N' player to the bottom-right 'R' player, from the bottom-right 'R' player to the center 'N' player, from the center 'N' player to the left 'N' player, and from the left 'N' player to the bottom-left 'R' player. A text label 'G's (green) work to steal the ball' has an arrow pointing to the grid.</p> </div> <p>In this example:</p> <ul style="list-style-type: none"> <li>• R (red) has the ball. All players outside the grid pass the ball around, including to the N's and try to keep possession. G (greens) are all defending trying to win the ball back.</li> <li>• <b>When G's win the ball back</b>, all G's must get outside the grid and all R's must come inside the grid and work together to win the ball back.</li> </ul> <p>Main Point of this – quick transition from offense to defense (winning the ball back)</p>
5 min's	<p><b>Cool down and farewell</b></p> <p>Remind Players:</p> <ul style="list-style-type: none"> <li>✓ Practice moves for at least 15 mins per day.</li> <li>✓ Encourage players to work on their commitment daily</li> <li>✓ Complete the Activity for Commitment</li> </ul>

## Week 7 / Session 14

<b>Lesson 14</b>	<b>Life Skill – Commitment</b> <b>Soccer Skill – Protecting the Ball/Shielding</b> <b>Tactical – Transition Offense to Defense</b>
<b>Time</b>	<b>Activity</b>
	<b>Field or Court Space Needed:</b> 1 grass field (or basketball courts) approximately 30-35 yards long x 20-25 yards wide.
15 min's Prior to session	<b>Equipment Check:</b> Estimating 10-20 players <ul style="list-style-type: none"> <li>✓ Soccer Goals: 2 goals, 6' wide x 4' high or cones can be used for goals.</li> <li>✓ Cones: 16 – 24 count</li> <li>✓ Life Skills Soccer Balls: One for every participant if possible,</li> <li>✓ Practice bibs: 10 each of 2 different colors (third color optional)</li> <li>✓ Players should bring water and soccer ball and wear shin guards</li> </ul>
5 min's	<b>Welcome the children:</b> Sit all children in a circle and ask how they are doing, how they feel today. Have a little small talk. Explain the activities the rules and take attendance.
15 min's Total time	<b>Soccer Skills – Protecting the ball / Shielding</b> Review: <b>“Inside Cut” Teaching Points:</b> <ul style="list-style-type: none"> <li>• Reach with your leg (outside of the ball) and use the inside of your foot (near ankle) to cut the ball,</li> <li>• Next, <b>shield</b> with your body (between ball and defender),</li> <li>• Accelerate away in the opposite direction and away from the defender.</li> </ul> <b>“Outside Cut” Teaching Points:</b> <ul style="list-style-type: none"> <li>• Reach with your leg (outside the ball) and use the outside of your foot to cut the ball,</li> <li>• Next, <b>shield</b> with your body (between ball and defender),</li> <li>• Accelerate away in the opposite direction and away from the defender.</li> </ul> <b>“Step Over” Teaching Points:</b> <ul style="list-style-type: none"> <li>• Fake like you're are kicking the ball,</li> <li>• Instead, step around the ball and...</li> <li>• Plant the foot on the other side of the ball, turning the hips for best effect,</li> <li>• Then push the ball in the opposite direction with the outside of the step-over foot and accelerate away.</li> </ul> <b>Skill/Games</b> <ul style="list-style-type: none"> <li>• <b>Numbers</b> - Players all have a ball and are dribbling in a grid. Explain to them that you're going to give the 3 moves a number: 1 = inside cut, 2 = outside and 3 = step over. Once they have warmed up then call out a number and they have to make the appropriate move. Continue to randomly call numbers for 3-5 minutes. May take a quick 15 sec. break every minute or so.</li> </ul>

	<ul style="list-style-type: none"> <li>● <b>Knockout</b> – everyone has a ball inside of a grid. Everyone is trying to knock the other players’ ball outside of the grid while maintaining possession of their own ball.</li> <li>● <b>Sharks and Minnows</b> – Have all the players with a ball on one side line and then 2 or 3 sharks that are looking to take the ball away from the minnows. Once their ball is kicked away y become a shark. Play continues until the last person loses their ball (the winner).</li> </ul>
15 min’s	<p><b>Life Skill – Commitment</b></p> <ul style="list-style-type: none"> <li>● Who can describe what real commitment of dedication is?</li> <li>● Who remembers what comes with commitment according to Jay Bilas of ESPN? Responsibility</li> <li>● When it comes down to it, who are you making a commitment to? Teammates</li> </ul>
20 min’s	<p><b>Game</b></p> <ul style="list-style-type: none"> <li>● Set up game on a bigger field. Using the width of one half of a regular side field can suffice.</li> <li>● Encourage players to look for opportunities to take players on 1 vs. 1</li> <li>● Players should make smart choices about when to dribble and challenge players and when to make the short safe pass.</li> </ul> <p>Note – best time for 1 vs. 1 play is when the ball has switched to the other side of the field and there’s more space.</p>
5 min’s	<p><b>Cool down and farewell</b></p> <p>Remind Players:</p> <ul style="list-style-type: none"> <li>✓ Practice moves for at least 15 mins per day.</li> <li>✓ Encourage players to make a commitment to try hard and give effort for their teammates.</li> </ul>