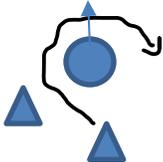


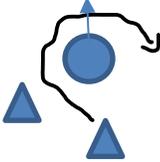
Week 8 / Session 15

Lesson 15	<p>Life Skill – Determination (Grit)</p> <p>Soccer Skill – Moves to Beat Defenders</p> <p>Tactical – Transition Defense to Offense</p>
Time	Activity
	<p>Field or Court Space Needed: 1 grass field (or basketball courts) approximately 30-35 yards long x 20-25 yards wide.</p>
15 min's Prior to session	<p>Equipment Check: Estimating 10-20 players</p> <ul style="list-style-type: none"> ✓ Soccer Goals: 2 goals, 6' wide x 4' high or cones can be used for goals. ✓ Cones: 16 – 24 count ✓ Life Skills Soccer Balls: One for every participant if possible, ✓ Practice bibs: 10 each of 2 different colors (third color optional) ✓ Players should bring water and soccer ball and wear shin guards
5 min's	<p>Welcome the children: 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>Soccer Skills - Moves with the Ball</p> <p>"Scissors" Teaching Points:</p> <ol style="list-style-type: none"> 1. As the ball is rolling forward, fake with the left foot and take the right foot and make a half rotation around the front of the ball. <div style="text-align: center;">  </div> <ol style="list-style-type: none"> 2. Now as the right foot hits the ground to the right of the ball, the left foot sweeps it away with a move to the left to get around the defender. <p>"Double Scissors" Teaching Points:</p> <ol style="list-style-type: none"> 1. First step is the same, but this time repeat the scissor move around the ball a second time with the left foot. 2. As the left foot hits the ground to the left of the ball, the right foot sweeps it away with a move to the right to get around the defender. <p>"Matthews" Teaching Points:</p> <ol style="list-style-type: none"> 1. Fake one direction with a hard step and feint one way, then sweep the ball away with the outside of the opposite foot in the other direction. This is simple change of direction move that becomes even better when you change speeds <p>Skills / Games</p> <ul style="list-style-type: none"> • Numbers - 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 = scissors, 2 = double scissors and 3 = Matthews. 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.
5 min's	
5 min's	

5 min's	<ul style="list-style-type: none"> • Like Magnets - 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. 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. • Freeze Tag - 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.
15 min's	<p style="text-align: center;">Determination</p> <p>What is Determination?</p> <p>Determination starts with making up your mind about something; a decision. It also can be the quality of being persistent. It's the drive that keeps you going even when things are tough and you struggle. Researcher Angela Duckworth calls this type of determination, grit, which she defines as passion and perseverance for long term goals.</p> <p>Understanding Determination:</p> <p>Once the decision has been made and there's a commitment to the decision, then what lies ahead is the hard work. Determination is what keeps you going despite setbacks and failures. It's what helps you to finish what you start. Showing determination is all about the struggle involved with learning and mastering new skills so that you can face even bigger challenges.</p> <p>What are some things that you are determined to do or achieve?</p> <p>Connection to Soccer:</p> <p>Determination is one of the most important skills that an athlete can possess. Determination is a necessity for skill development and it's the mental frame of mind necessary to be successful in competition. When you really think about it, soccer is a game of cooperation vs. opposition. Each team is working together to try and beat the other team. The team that is the most determined usually wins the battle. All coaches know that at times they will face teams with more physical talent; however, they hope they never face a team that is more determined to win!</p> <ul style="list-style-type: none"> • Great soccer players are just as determined when they are experiencing failure as they are when things are going well.

	<ul style="list-style-type: none"> • Great soccer players show determination by practicing alone for hours with focus. • Great soccer players work tirelessly to accomplish their goals. • Great soccer players have the endurance and stamina to finish whatever they start.
20 min's	<p>Game – Focus is to work on quick transition from Defense to Offense</p> <ul style="list-style-type: none"> • 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. • Create a grid 20 yds. by 30 yards long. • Two teams play against each other at time. • One teams has the ball, and works with neutrals to try and keep position. • 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. Keep possession of the ball while teammates get wide. • Team that lost the ball immediately presses the ball to win it back. <div data-bbox="479 787 1396 1081" data-label="Diagram"> </div> <p>In this example:</p> <ul style="list-style-type: none"> • 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. • When G's win the ball back, 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. <p>Main Point of this – quick transition from defense to offense (keeping the ball!!)</p>
5 min's	<p>Cool down and farewell</p> <p>Remind Players:</p> <ul style="list-style-type: none"> ✓ Practice moves for at least 15 mins per day. ✓ Encourage players to work on their commitment daily ✓ Complete the Activity for Commitment

Week 8 / Session 16

Lesson 16	<p>Life Skill – Determination (Grit)</p> <p>Soccer Skill – Moves with the Ball</p> <p>Tactical – Transition Defense to Offense</p>
Time	Activity
	<p>Field or Court Space Needed: 1 grass field (or basketball courts) approximately 30-35 yards long x 20-25 yards wide.</p>
15 min's Prior to session	<p>Equipment Check: Estimating 10-20 players</p> <ul style="list-style-type: none"> ✓ Soccer Goals: 2 goals, 6' wide x 4' high or cones can be used for goals. ✓ Cones: 16 – 24 count ✓ Life Skills Soccer Balls: One for every participant if possible, ✓ Practice bibs: 10 each of 2 different colors (third color optional) ✓ Players should bring water and soccer ball and wear shin guards
5 min's	<p>Welcome the children: 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>Soccer Skills – Moves to Beat Defenders Review the key teaching points in 2-3 minutes.</p> <p>“Scissors” Teaching Points:</p> <ol style="list-style-type: none"> 1. As the ball is rolling forward, fake with the left foot and take the right foot and make a half rotation around the front of the ball. <div style="text-align: center;">  </div> <ol style="list-style-type: none"> 2. Now as the right foot hits the ground to the right of the ball, the left foot sweeps it away with a move to the left to get around the defender. <p>“Double Scissors” Teaching Points:</p> <ol style="list-style-type: none"> 1. First step is the same, but this time repeat the scissor move around the ball a second time with the left foot. 2. As the left foot hits the ground to the left of the ball, the right foot sweeps it away with a move to the right to get around the defender. <p>“Matthews” Teaching Points:</p> <ol style="list-style-type: none"> 1. Fake one direction with a hard step and feint one way, then sweep the ball away with the outside of the opposite foot in the other direction. This is simple change of direction move that becomes even better when you change speeds <p>Skills / games: One on One Games – Players will play a series of 1 vs 1 games and advance to a tournament final based on wins and losses.</p>

Field is marked off with cones. There are 4 lanes about 10 feet wide for the 1 vs. 1 to take place. Games last 2 or 3 minutes and players keep score. Winner move up one field. For example, winner on field #3 goes to field #2. Losers go down 1 field, so loser on field #2 goes down to field #3. Continue for 4 rounds and the winner of field #1 in last game wins the tournament. Winner of field #1 stays and loser on field #4 stays. This can be modified for number or two separate field can have games and then in round 5 the winner of each field plays the winner on the next field over.

Tournament Field Layout

#1	O	X
#2	O	X
#3	O	X
#4	O	X

15 min's

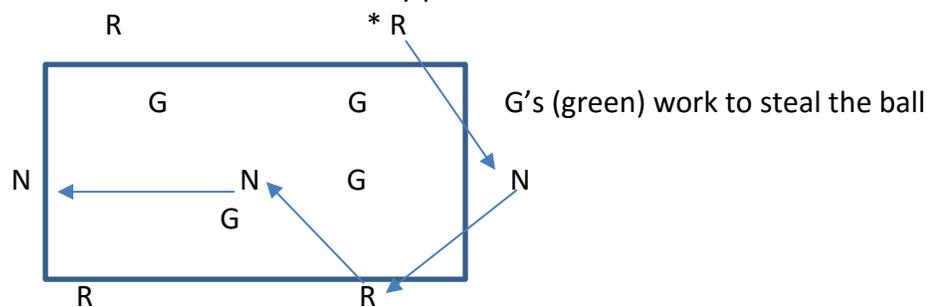
Life Skill – Determination (Grit)

- How do you define determination?
- What are some things that you are determined to do or achieve?
- Why do you think it's important for athletes and students to be determined?

20 min's

Game – Focus is to work on quick transition from Defense to Offense

- 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.
- Create a grid 20 yds. by 30 yards long.
- Two teams play against each other at time.
- One teams has the ball, and works with neutrals to try and keep position.
- 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. **Keep possession of the ball while teammates get wide.**
- Team that lost the ball immediately presses the ball to win it back.



	<p>In this example:</p> <ul style="list-style-type: none"> • 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. • When G's win the ball back, 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. <p>Main Point of this – quick transition from defense to offense (keeping the ball!)</p>
5 min's	<p>Cool down and farewell</p> <p>Remind Players:</p> <ul style="list-style-type: none"> ✓ Practice moves for at least 15 mins per day. ✓ Encourage players to make a commitment to try hard and give effort for their teammates.