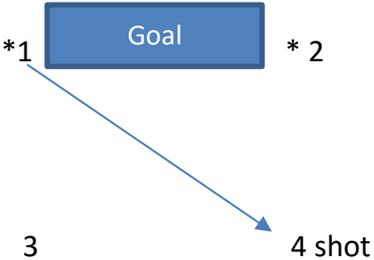


5 min's	<p>Combination Play: 2 passes to C (coach) and cuts into space for a return pass and shot. After 2 shoots next player in line 1 does the same thing, passing to coach and then cutting into space for a return pass and shot. Shooters must follow shot and get their rebound and bring the ball back to the line. They then switch lines so they are working both their right foot and left foot.</p>
15 min's	<p>Life Skill - Effort What is Effort? Effort is using physical and mental energy to do something. Some things require <i>mental effort</i> like taking an exam in school or concentrating for a long period of time while juggling. Other activities demand <i>physical effort</i> like running sprints during training. Often a person needs to give a lot of <i>initial effort</i> right at the beginning of an activity and also <i>sustained effort</i> all the way through an activity. Taking a test can demand both initial and sustained effort. A full soccer match requires both mental and physical effort as well as initial and sustained effort.</p> <p>Understanding Effort: Effort provides the energy for the hard work that you do to learn and develop new skills. Nothing is more important to learning and acquiring skills than effort. Many studies have been done on elite level athletes, chess players, musicians, mathematicians, etc. to learn how they became so successful. In every case the research indicates that they weren't born with special or natural talent. They master skills through years and years of practice and reach the highest levels of expert performance, usually after a minimum of 10 years or approximately 10,000 hours. Through effort you can learn all sorts of new soccer skills.</p> <p>Connection to Soccer: Athletes use effort for almost every aspect of playing sports well, from learning new skills and tactics to pushing their minds and bodies to the limit in training and matches. The key to learning new skills is in the understanding of how skills are developed.</p> <ul style="list-style-type: none"> • Great soccer players have a growth mindset. They understand that skills are developed through effort and hard work over time. • Great soccer players give 100% physical and mental effort to <i>everything</i> they do. Michael Jordan was known to push his teammates to the limits in practice every day; challenging them to work harder and to be better. • Great soccer players are willing to struggle through the stages of learning, giving tremendous effort to get better. • Great soccer players are just as strong mentally as they are physically!
20 min's	<p>Game</p> <ul style="list-style-type: none"> • Set up game on a bigger field. Using the width of one half of a regular side field can suffice. • Encourage players to look for combinations such as the 1-2 or wall pass to create scoring opportunities. • Players should make smart choices about the technique they use for shooting. General Rule – shots from within the 18 yard box are with the inside of the foot for accuracy at about 80% of max power. Shots outside of the box are taken with the laces at about 90% of max power.
5 min's	<p>Cool down and farewell Remind Players:</p> <ul style="list-style-type: none"> ✓ Practice shooting and passing with their laces for at least 15 mins per day. ✓ Encourage players to give maximum mental and physical effort at all times. ✓ Complete the Activity for Effort

6-7 min's	<p>Shooting Drill - Players are divided into 4 equal groups and are positioned in the shape of a square in front of the goal.</p>  <p>Players in lines 1 and 2 have soccer balls. Players in line 1 pass to players in line 4 and players in line 2 pass to players in line 3. Objective of the activity is to control and take a shot with laces using only 2 touches: the first touch is to control the ball (take the touch in the direction that sets up the shot) and the second touch is for the shot itself. Players in line 1 and 2 (passers) switch with players in line 3 and 4 (shooters). Line 1 and 2 alternate turns passing to lines 3 and 4. After 2-3 minutes have players switch lines so they are shooting from the other side of the box.</p>
15 min's	<p>Life Skill – Effort</p> <ul style="list-style-type: none"> • When do you use mental effort? • When do you use physical effort? • What are some times when you use both mental and physical effort? • Why is effort so important to learning and developing skills? <p>Learning requires a lot of hard work and effort! Must keep going even when things get hard.</p>
20 min's	<p>Game</p> <ul style="list-style-type: none"> • Set up game on a bigger field. Using the width of one half of a regular side field can suffice. • Encourage players to look for combinations such as the 1-2 or wall pass to create scoring opportunities. • Players should make smart choices about the technique they use for shooting. General Rule – shots from within the 18 yard box are with the inside of the foot for accuracy at about 80% of max power. Shots outside of the box are taken with the laces at about 90% of max power.
5 min's	<p>Cool down and farewell</p> <p>Remind Players:</p> <ul style="list-style-type: none"> ✓ Practice shooting and passing with their laces for at least 15 mins per day. ✓ Encourage players to give maximum mental and physical effort at all times.