

Name:

Team:

Date:

Week:

Day:



TRAINING OBJECTIVE(S):

<ol style="list-style-type: none"> 1. Toe Taps 2. Shuffles 3. Dribbling (goal line and back) <ol style="list-style-type: none"> a. Using pinky toe b. As fast as you can! 4. Dribbling in an area changing directions and trying not to run into a teammate or coach. Try teaching soccer knockout. 	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">I. WARM-UP</td> <td style="width: 20%;">Intensity: <input type="text"/></td> <td style="width: 30%;">Activity Time: <input type="text"/></td> </tr> <tr> <td>Duration: <input type="text"/></td> <td>Intervals: <input type="text"/></td> <td>Recovery Time: <input type="text"/></td> </tr> <tr> <td colspan="3">ORGANIZATION (Physical Environment / Equipment / Players)</td> </tr> <tr> <td colspan="3" style="height: 30px;"></td> </tr> <tr> <td colspan="3">COACHING POINTS / KEY CONCEPTS</td> </tr> <tr> <td colspan="3" style="height: 30px;"></td> </tr> </table>	I. WARM-UP	Intensity: <input type="text"/>	Activity Time: <input type="text"/>	Duration: <input type="text"/>	Intervals: <input type="text"/>	Recovery Time: <input type="text"/>	ORGANIZATION (Physical Environment / Equipment / Players)						COACHING POINTS / KEY CONCEPTS					
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<p style="text-align: center; margin-bottom: 10px;">Dribble Through Gates</p> <ol style="list-style-type: none"> 1. Have players start anywhere. 2. Players dribble through the gates. 3. See who can dribble through the most gates in one minute. 4. Have players count out loud as they pass through each gate. 5. Repeat 2 or 3 times. 	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">II. SMALL-SIDED ACTIVITY</td> <td style="width: 20%;">Intensity: <input type="text"/></td> <td style="width: 30%;">Activity Time: <input type="text"/></td> </tr> <tr> <td>Duration: <input type="text"/></td> <td>Intervals: <input type="text"/></td> <td>Recovery Time: <input type="text"/></td> </tr> <tr> <td colspan="3">ORGANIZATION (Physical Environment / Equipment / Players)</td> </tr> <tr> <td colspan="3" style="height: 30px;"></td> </tr> <tr> <td colspan="3">COACHING POINTS / KEY CONCEPTS</td> </tr> <tr> <td colspan="3" style="height: 30px;"></td> </tr> </table>	II. SMALL-SIDED ACTIVITY	Intensity: <input type="text"/>	Activity Time: <input type="text"/>	Duration: <input type="text"/>	Intervals: <input type="text"/>	Recovery Time: <input type="text"/>	ORGANIZATION (Physical Environment / Equipment / Players)						COACHING POINTS / KEY CONCEPTS					
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<p style="text-align: center; margin-bottom: 10px;">Red Light, Green Light</p> <ol style="list-style-type: none"> 1. Players start on goal line. 2. Green players dribble to coach on opposite goal line. 3. Red light players get two steps to stop ball with sole of foot. If not start over on goal line. 4. First player to reach opposite goal line is the winner. 	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">III. EXPANDED ACTIVITY</td> <td style="width: 20%;">Intensity: <input type="text"/></td> <td style="width: 30%;">Activity Time: <input type="text"/></td> </tr> <tr> <td>Duration: <input type="text"/></td> <td>Intervals: <input type="text"/></td> <td>Recovery Time: <input type="text"/></td> </tr> <tr> <td colspan="3">ORGANIZATION (Physical Environment / Equipment / Players)</td> </tr> <tr> <td colspan="3" style="height: 30px;"></td> </tr> <tr> <td colspan="3">COACHING POINTS / KEY CONCEPTS</td> </tr> <tr> <td colspan="3" style="height: 30px;"></td> </tr> </table>	III. EXPANDED ACTIVITY	Intensity: <input type="text"/>	Activity Time: <input type="text"/>	Duration: <input type="text"/>	Intervals: <input type="text"/>	Recovery Time: <input type="text"/>	ORGANIZATION (Physical Environment / Equipment / Players)						COACHING POINTS / KEY CONCEPTS					
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<p style="text-align: center; margin-bottom: 10px;">Scrimmage! Have Fun!!</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">IV. GAME</td> <td style="width: 20%;">Intensity: <input type="text"/></td> <td style="width: 30%;">Activity Time: <input type="text"/></td> </tr> <tr> <td>Duration: <input type="text"/></td> <td>Intervals: <input type="text"/></td> <td>Recovery Time: <input type="text"/></td> </tr> <tr> <td colspan="3">ORGANIZATION (Physical Environment / Equipment / Players)</td> </tr> <tr> <td colspan="3" style="height: 30px;"></td> </tr> <tr> <td colspan="3">COACHING POINTS / KEY CONCEPTS</td> </tr> <tr> <td colspan="3" style="height: 30px;"></td> </tr> </table>	IV. GAME	Intensity: <input type="text"/>	Activity Time: <input type="text"/>	Duration: <input type="text"/>	Intervals: <input type="text"/>	Recovery Time: <input type="text"/>	ORGANIZATION (Physical Environment / Equipment / Players)						COACHING POINTS / KEY CONCEPTS					
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