




THEME: Get comfortable with teammates

Character Builder: What does it look like to be a good teammate?

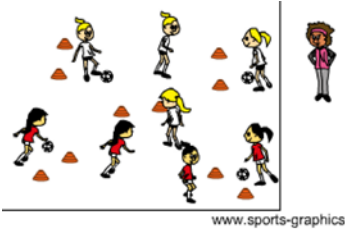


- Say Hi, Look in the eye, Encourage, Include when left out, Help everyone have fun

<p><u>Ignition Game</u></p>  <p>www.sports-graphics.com</p>	<p><u>Organization</u></p> <p>“Scattergories” (10 mins) Each player with a ball in small space Dribble with diff parts of feet, no collisions Coach calls category and dribble to find group ,e.g. school, grade, # of siblings, # of pets, fave food After find group, intro selves to each other. Coach calls scatter and repeat with new category.</p>	<p><u>Coaching Points/Questions</u></p> <ul style="list-style-type: none"> • Can you dribble without bumping into anyone else? (eyes up/awareness) • Do you give a firm handshake and look teammate in eye during intro? • What should we do if a teammate is left out? (Invite them into group)
<p><u>Spotlight Activity</u></p>  <p>www.sports-graphics.com</p>	<p>“4-Gate Game” (20-25 mins) 20x15yd grid with 2 dribble gates at each end. Teams defend one end and attack the other. Dribble through either gate to score Rotate new players after each goal or 20 seconds Progression: - Start 1v1, build to 2v1/2v2/3v2/3v3</p>	<ul style="list-style-type: none"> • How can you dribble past a defender? (fake and accelerate) • What would you do if one goal is blocked? (dribble or pass to other one) • How can you help your teammate with the ball? (move away so they can pass and defender has to choose)
<p><u>Spotlight Game</u></p>  <p>www.sports-graphics.com</p>	<p>“3v2 to big goal and counters” (20-25 mins) 3 attackers start with 1 ball vs. 1 defender + GK Attackers score in big goal and defender scores by passing to small goals/targets (attackers waiting to come on) Rotate players after goal or ball goes out of bounds Progression: - Add defender for 3v3; 3v4 if attackers are doing well</p>	<ul style="list-style-type: none"> • When to dribble, when to pass? (dribble if space; pass if defender and open teammate) • Where to go to help teammate with ball? (away and to sides) • Why do we want to spread out? (make defender chase ball, can’t defend all of us at once)
<p><u>Game</u></p>	<p>4v4-8v8 to goals (20 mins) Introduce restarts when ball goes out and after goal Enforce Division rules</p>	<ul style="list-style-type: none"> • How should we spread out in attack? (length and width) • When would you shoot/pass/dribble?
<p>Before we go: What did you learn today? A) Decide when to pass/dribble B) Understand why spreading out is valuable C) Say hi to my teammates by name and include/encourage them</p>		

THEME: Passing and Supporting

Character Builder: What does it mean to compete?



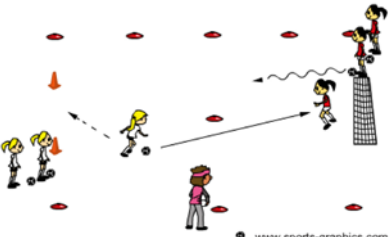

- Try hard all the time, Want to get better than last time, Be brave taking on challenges

<p><u>Ignition</u></p>  <p>www.sports-graphics.com</p>	<p><u>Organization</u></p> <p>“Partner Gates” (10-15 mins) Randomly placed gates in small space; partners w/ball Partners get point for each gate they pass thru in any direction and any order Add gate guards to move and stand in gates to close them. Players must find open ones. Add-a-Rule: Can’t go thru same gate twice in a row</p>	<p><u>Coaching Points/Questions</u></p> <ul style="list-style-type: none"> • Use inside of foot for short pass, heel down toe up • Who decides which way to go next? (quicker if player without ball does = pass and move) • Receive (1st touch) in direction of teammate (inside or outside of foot)
<p><u>Spotlight Activity</u></p>  <p>www.sports-graphics.com</p>	<p>“3v1 Keepaway” (15 mins), 25x20 yd grid Two teams play 3v1 in side-by-side grids. Keep score. Point for every 5 passes or 10 seconds of possession. If defender wins ball dribble out of grid for point. Keep track of total team points. Rotate new defenders every minute or less.</p>	<ul style="list-style-type: none"> • Pass and receive with inside of foot - Heel down, toe up • Can you always give teammate with ball two options, left and right? • Who is fastest player on field? (the ball if we spread out and make strong passes)
<p><u>Spotlight Game</u></p>  <p>www.sports-graphics.com</p>	<p>“3v2/3 to big goal and counter goals” (25 mins) 3 attackers start with 1 ball vs. 1 defender + GK Attackers score in big goal and defender scores by passing through small goals. Rotate players after goal or ball goes out of bounds If GK saves shot, can try to throw or kick thru small goals Progression: Add a defender to play 3v3</p>	<ul style="list-style-type: none"> • When to dribble, when to pass? (dribble if space; pass if defender) • Where to go to help teammate with ball? (away and to sides) • What is offside and how can you stay onside?
<p><u>Game</u></p>	<p>4v4-8v8 to goals (25 mins) Reinforce how to restart when ball goes out or after goal</p>	<ul style="list-style-type: none"> • When to dribble and when to pass? (space vs. too crowded)
<p><u>Coodown: Can you Try This?</u></p> <p>Partners with 1 ball</p>	<p>Partner juggle: Toss to partner and volley ball back with laces to catch. Then thigh and volley back to catch. Then try volley, volley between partners without catching. Then thigh, volley, volley, etc.</p>	<ul style="list-style-type: none"> • Foot-eye coordination • Just pop ball off laces with locked ankle, don’t swing leg hard.
<p>Before we go: What did you learn today? A) Pass and move, not pass and stand B) Give teammates more than one option to pass C) Competing is more than wanting to win, and I can be competitive even if I’m not the best at something</p>		

THEME: Scoring and Preventing Goals

Character Builder: What do you do when something is too hard to do right away?

- Watch others, Try different solutions, Positive self-talk (I can't - YET, but can if I keep trying)

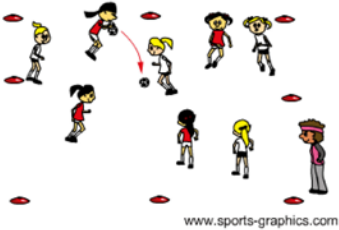


<p><u>Ignition</u></p>  <p>www.sports-graphics.com</p>	<p><u>Organization</u></p> <p>“Soccer Dodge Ball” (10 mins) 2 players with ball in small grid; everyone else w/out ball Dribble and pass to hit free players <u>below knee</u> When hit they get their ball and join the “its” until all players have been hit. Then start new round. Add-a-rule: Can only use laces to strike ball</p>	<p><u>Coaching Points/Questions</u></p> <ul style="list-style-type: none"> • How can you get close? (head up, steer with sides of feet) • How do you keep ball low? (strike top half of ball, weight forward) • Can you use your laces to hit them, toe down, ankle locked?
<p><u>GK Skill Practice</u></p>  <p>www.sports-graphics.com</p>	<p>Goalkeeping (5 mins), small cone goals 8 yds apart Partners facing each other in front of goals with ball ball to partner Feed ball to partner to save with hands</p> <ul style="list-style-type: none"> • Roll for scoop → Throw for catch → Pass with feet to mimic shot, but not trying to score 	<ul style="list-style-type: none"> • Ready position: hands in front of body, knees bent, weight forward • Low scoop: Pinkies and elbows together • High catch: Thumbs and pointers together • Hands shaped round like the ball
<p><u>Spotlight Activity</u></p>  <p>www.sports-graphics.com</p>	<p>“Shoot/Keep/Retrieve” (15 mins) Two teams next to big goals, each player with ball Cone where shots must be taken behind (12 yds) 1st Team A player dribbles and shoots at goal, then drops back to be GK vs. B player, then retrieves shot and gets back in team line. As soon as shot is taken, opposite team player enters from endline to dribble and shoot Pattern continues for both teams: Shoot, Keep, Retrieve</p>	<ul style="list-style-type: none"> • Use laces to strike ball; Lock ankle with toe down • Plant foot next to ball (will often be too far back) • “Run through” your shot (low follow through at target) • As GK, get ready for opponent’s shot with hands in front of body
<p><u>Spotlight Game</u></p>  <p>www.sports-graphics.com</p>	<p>“Numbers Up Numbers Down to big goals” (25 mins) 30x25 field with big goals and GK’s at both ends Coach plays ball in and calls out two numbers - # of Team A players vs. # of Team B players. Play until ball is in goal or out of bounds, then new ball and new players. Scoring: 1 pt = goal when #'s up (e.g. 2v1) 2 pts = goal when #'s even (e.g. 2v2) 3 pts = goal when #'s down (e.g. 2v3)</p>	<ul style="list-style-type: none"> • When to dribble, when to pass, when to shoot? (dribble if space or can beat 1 defender, pass if well defended, shoot if space and think you can score) • What to do if outnumbered? (stay central, protect space in front of goal) • GK come off of line, make goal smaller
<p><u>Game</u></p>	<p>4v4-8v8 to goals (20 mins) Reinforce how to restart when ball goes out or after goal</p>	<ul style="list-style-type: none"> • How can you create a chance to score? • How can we prevent goals?

Before we go: What did you learn today? A) How to shoot B) How to save ball when GK C) Be resilient with tough challenges

THEME: Attacking with Width

Character Builder: How do we show respect for opponents, referees, and the game?

- Show care and appreciation (handshake) – need opponents and refs to have a game

<p><u>Ignition</u></p> 	<p><u>Organization</u></p> <p>“Spikeball” (10 mins) Two teams in 25x15 grid Team A has ball on ground. Team B has ball in hands and scores by hitting ball on ground with their ball. Play 1 minute and switch roles, keeping track of points. Add Rule: Spikeball team can’t run with ball, only throw/catch, can only move without ball.</p>	<p><u>Coaching Points/Questions</u></p> <ul style="list-style-type: none"> • How can you keep ball away from the spikeball? (Spread out) • Who’s the fastest player on the field? (the ball, if we move it quickly)
<p><u>Spotlight Activity</u></p> 	<p>“Channel Game” (20 mins) Two teams to big goals in half field, with wide bowed channels marked by cones, and 1 player from each team in each channel. Play soccer except that players in channels can’t defend each other (wide players are free). Progressions: - Channel players can defend each other. - Channel players can enter central zone with ball.</p>	<ul style="list-style-type: none"> • What is the value of wide space? (usually open with space to dribble) • How can we create a chance from wide? (get close to endline and cross ball in front of goal, away from GK so teammates can shoot) • What should other players do when it looks like a cross might come? (make runs to get in scoring position – late and hard, not early and then stand still)
<p><u>Spotlight Game</u></p> 	<p>“4v4 to big goals” (25 mins) Keep channels from previous game but all players can move anywhere. Remind them to use wide spaces if they bunch in the center. Any goal that started in a wide channel is worth 3 pts. Any goal scored 1-touch from a cross is worth 5 pts.</p>	<ul style="list-style-type: none"> • What’s the benefit of having wide players, even when they don’t get the ball? (stretches out the defense to create gaps to play through) • When should we attack up the middle vs. in wide areas? (if crowded in the center)
<p><u>Game</u></p>	<p>4v4-8v8 to goals (20 mins) Reinforce how to restart when ball goes out or after goal</p>	<ul style="list-style-type: none"> • Can we go through, over, or around defense to create chances?
<p>Before we go: What did you learn today? A) Importance of using wide spaces B) How to create scoring chances from wide C) How to honor the unwritten agreement with opponents and refs so everyone enjoys the game</p>		