
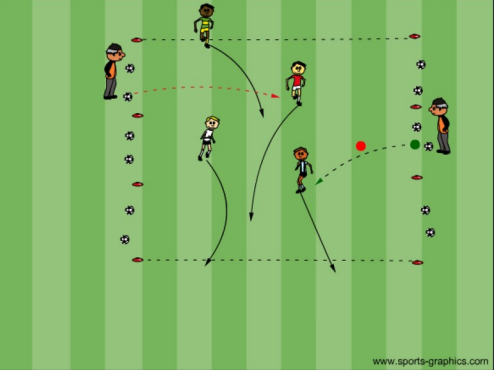
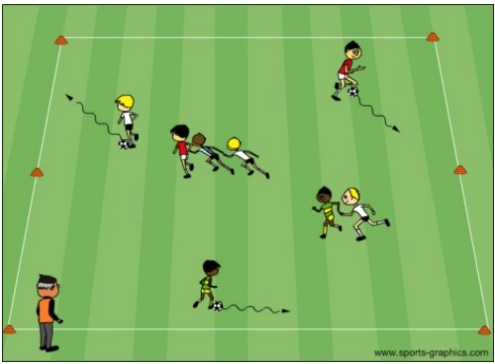





SKILL	Stop & Push		
8-10 mins	Play- as players arrive have them join in a small sided game	Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only	Let them play
	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
#1 12 mins	<u>Skill Box:</u> All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot. Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.		Quick turns Change speeds Find open space
#2 12 mins	<u>Busy Street:</u> In a 10x25 yard line up the balls on the outside of the area. Players start behind the line on one end and try to run to the other end without getting hit with a ball. Coaches try to pass the ball at the players feet. If a player gets hit they join the coaches as the passers.		Pass at players below the knees Players are safe once they cross the line Changes speeds when running
#3 12 mins	<u>Moving Wall:</u> All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a wall. The wall works together to tag the dribbling players who then become a part of the wall. The wall must try to stay connected and not break into little parts.		The wall must work together Find open areas of the field away from the wall.
<u>PLAY</u> 20 mins	<u>Small Sided Games</u> 3V3 or 4V4 small sided game. No goalies, no throw-ins, kick ins only. Set up multiple fields if needed (15yds X 20yds).		Let them play