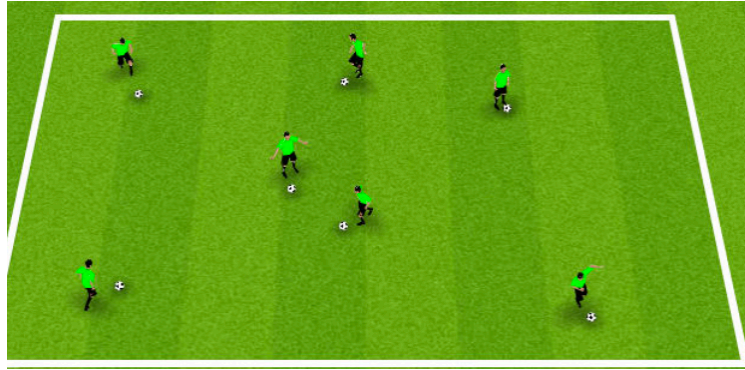




Week 1



Making Friends with the ball

Setup

Within your area; every player has a ball

Instructions

You can call out a number of commands; jump, hop, down, etc and players try to complete the instructions
You can also adopt "Red Light / Green Light" type activities with them

Week 1: Sept 22nd & 24th

Welcome Activity



Shark Attack

Setup

Split the group in half

One half of the group has a ball at the feet while the other half are waiting on the opposing sideline

Instructions

The players with the balls (Fish) must start to dribble towards the players without balls (Sharks)

For younger groups; the coaches can set the PACE by running along side the fish

When the Fish are close enough; a coach shouts "Shark Attack"

The Sharks try to collect the Fish's balls

The Fish try to turn (pull back, etc) and dribble Home where they are safe from the Sharks

Do this a few times and then switch roles

Coaching Points

Keep the ball close (every step is a touch)

Keep your head up

While turning; be sure to push the ball out of your feet in the opposite direction

Accelerate (with the ball at your feet)



Week 1:

Sept 22nd & 24th

Technical Portion 1





Lazer Ball

Setup

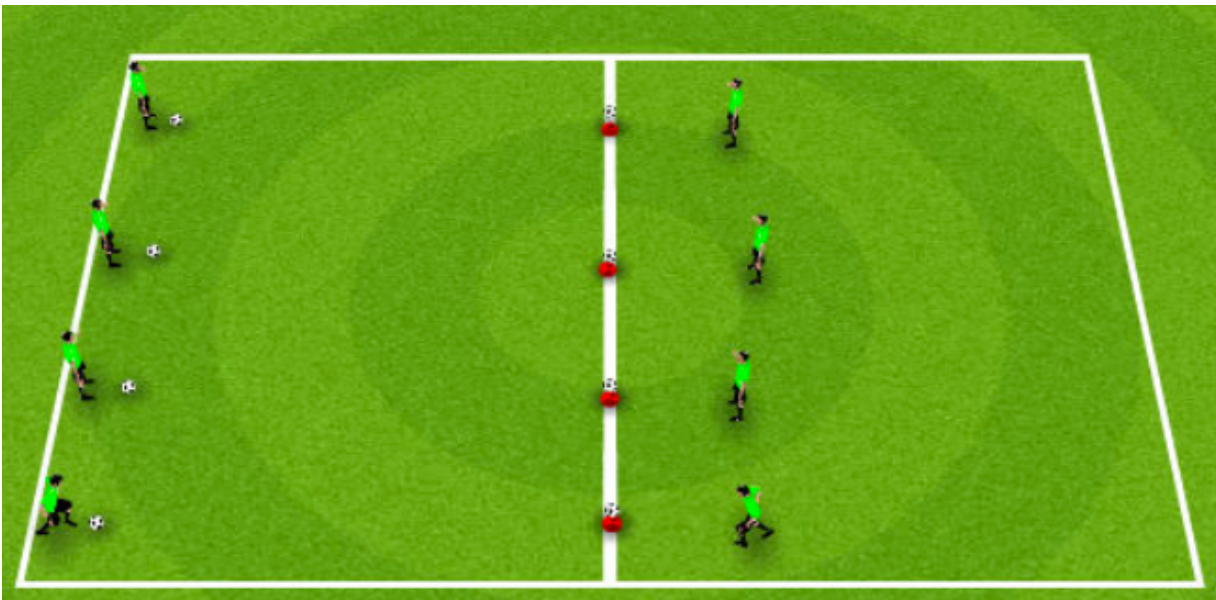
- Players are split into pairs
- Each pair has 2 soccer balls
- 1 ball is placed on a cone at the mid point of the activity
- 1 ball is with one of the partners

Instructions

- The shooter will try to knock off the space ship (the other ball) from its loading dock (the cone)
- Once the shot is taken, the other partner collects the ball and goes to his/her own side & attempts the same

Coaching Points

- Players can strike the ball with either the "inside" of their foot or "laces"
- Planting foot is placed beside the ball pointing to the target
- shooting ankle is "Locked"
- Strike the ball through the middle
- Follow through



Week 1:

Sept 22nd & 24th

Technical Portion 2



3v3

Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

3 vs 3 on the field and 3 subs on the sideline having water

Make "Line Changes" every 3-4 minutes

Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stoppages

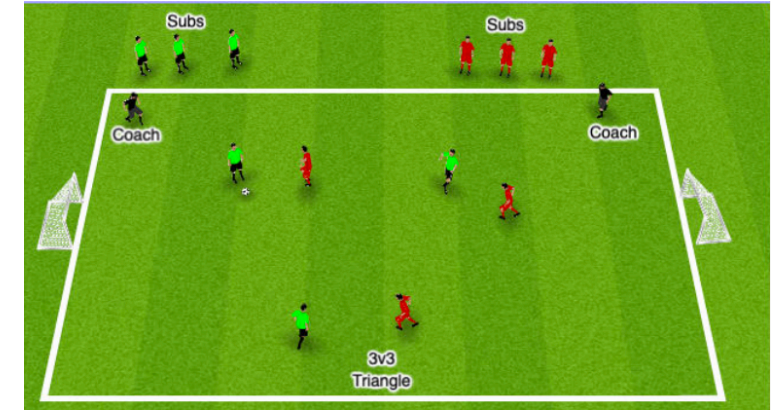
Coaching Points

"Spread Out"

"Make a Triangle"

"Keep your head up"

"Stop" (when the ball goes out)



Week 1: Sept 22nd & 24th

Game Play



Week 2

Drop Tap Catch

Setup

Within your area; every player has a ball

Instructions

Ball starts in the players hands

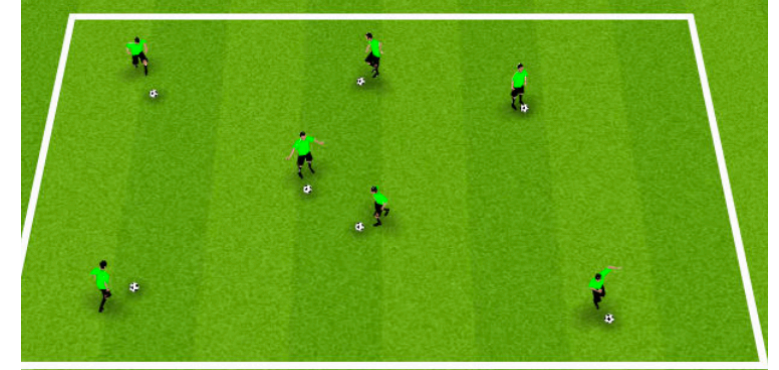
Drop: the ball to the ground

Tap: after the first bounce; players try to "tap" the ball back to their hands

Catch: player catch the ball & start again

Progression

After a few weeks; players should be able to "tap" the ball 2-3 times in a row before having to catch it again



Week 2: Sept 26th

Welcome Activity



Lazer Ball

Setup

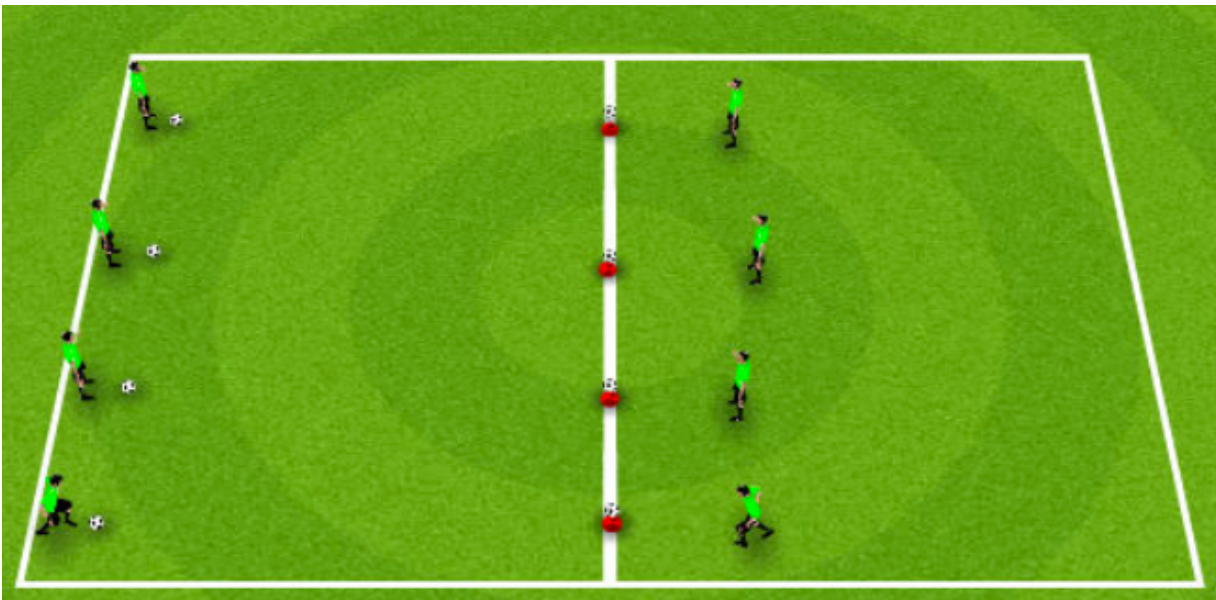
Players are split into pairs
Each pair has 2 soccer balls
1 ball is placed on a cone at the mid point of the activity
1 ball is with one of the partners

Instructions

The shooter will try to knock off the space ship (the other ball) from its loading dock (the cone)
Once the shot is taken, the other partner collects the ball and goes to his/her own side & attempts the same

Coaching Points

Players can strike the ball with either the "inside" of their foot or "laces"
Planting foot is placed beside the ball pointing to the target
shooting ankle is "Locked"
Strike the ball through the middle
Follow through



Week 2: Sept 26th

Technical Portion



3v3

Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

3 vs 3 on the field and 3 subs on the sideline having water

Make "Line Changes" every 3-4 minutes

Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stoppages

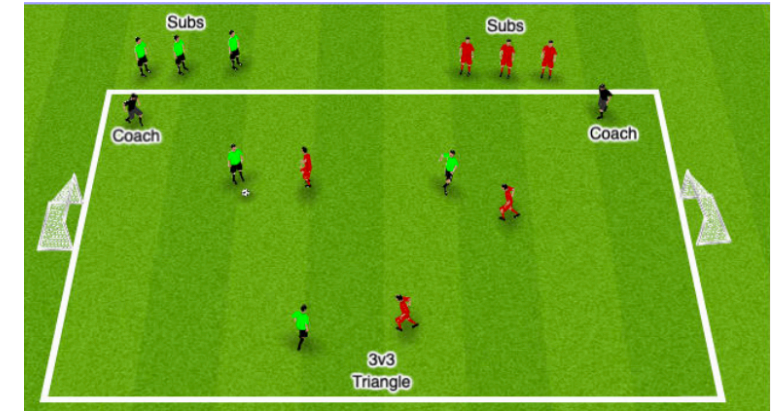
Coaching Points

"Spread Out"

"Make a Triangle"

"Keep your head up"

"Stop" (when the ball goes out)



Week 2: Sept 26th

Game Play

Drop Tap Catch

Setup

Within your area; every player has a ball

Instructions

Ball starts in the players hands

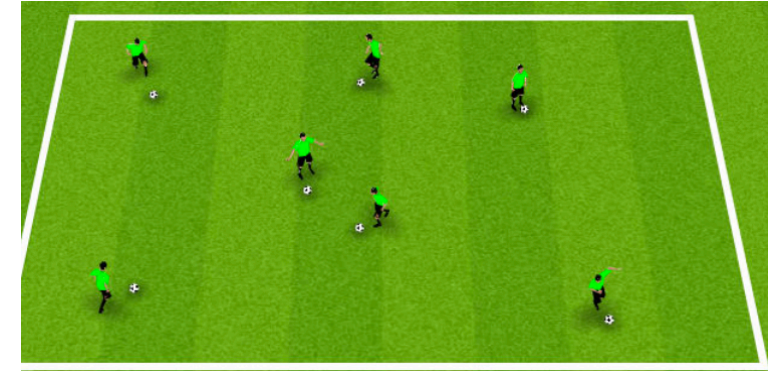
Drop: the ball to the ground

Tap: after the first bounce; players try to "tap" the ball back to their hands

Catch: player catch the ball & start again

Progression

After a few weeks; players should be able to "tap" the ball 2-3 times in a row before having to catch it again



Week 2 Sept 29th & Oct 1st

Welcome Activity



Lazer Ball

Setup

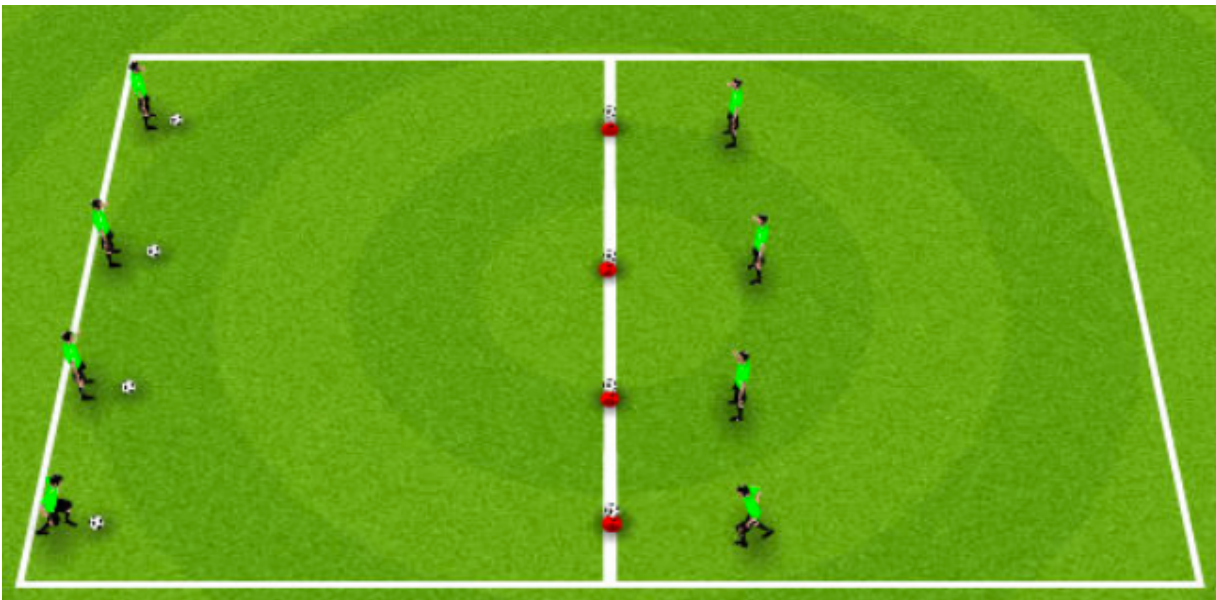
- Players are split into pairs
- Each pair has 2 soccer balls
- 1 ball is placed on a cone at the mid point of the activity
- 1 ball is with one of the partners

Instructions

- The shooter will try to knock off the space ship (the other ball) from its loading dock (the cone)
- Once the shot is taken, the other partner collects the ball and goes to his/her own side & attempts the same

Coaching Points

- Players can strike the ball with either the "inside" of their foot or "laces"
- Planting foot is placed beside the ball pointing to the target
- shooting ankle is "Locked"
- Strike the ball through the middle
- Follow through



Week 2:
Sept 29th & Oct 1st
Technical Portion 1





Relay Races

Setup

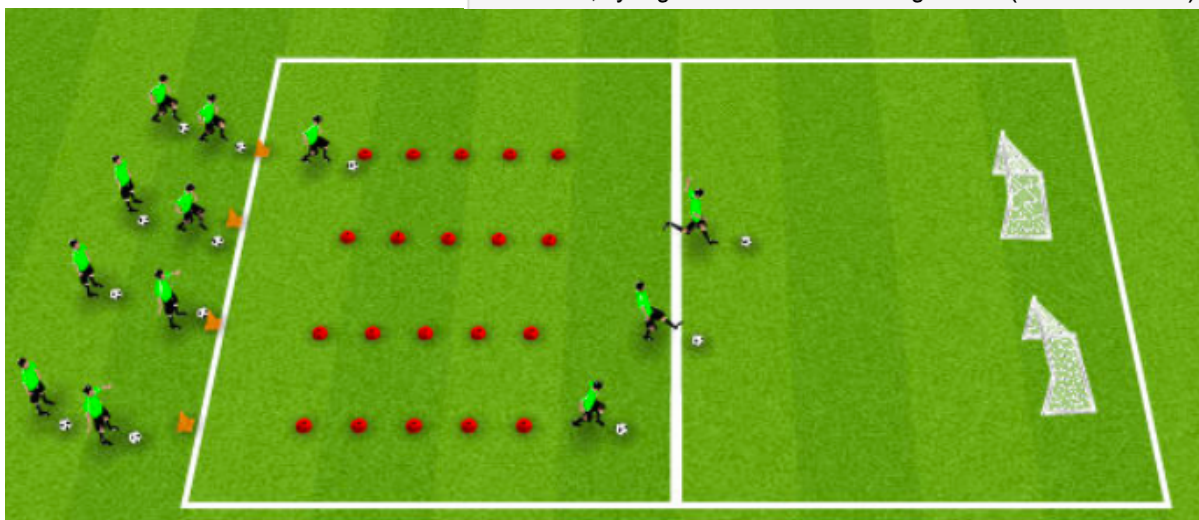
Create 4 racing tracks
Place 2 Pug goals at the end of your circuit
Place a cone at the start line

Instructions

Players will travel through the race tracks that the coaches have built for them ONE player per team at a time
Once they have come out of the track; they can finish with a shot on goal
As soon as their teammate has taken their shot, the next player can start their race

Coaching Points

Close Control (Every Step is a touch) while travelling through the track
Keep you head "up"
It's a race, try to go fast while maintaining control (find the balance)



Week 2:
Sept 29th & Oct 1st
Technical Portion 2



3v3

Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

3 vs 3 on the field and 3 subs on the sideline having water

Make "Line Changes" every 3-4 minutes

Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stoppages

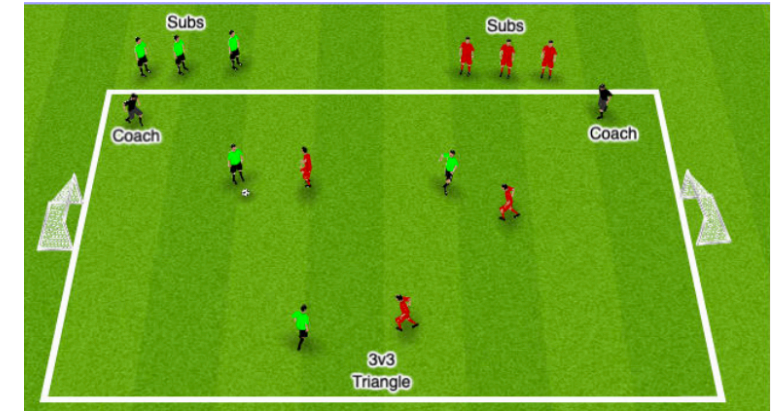
Coaching Points

"Spread Out"

"Make a Triangle"

"Keep your head up"

"Stop" (when the ball goes out)



Week 2: Sept 29th & Oct 1st

Game Play



Week 3

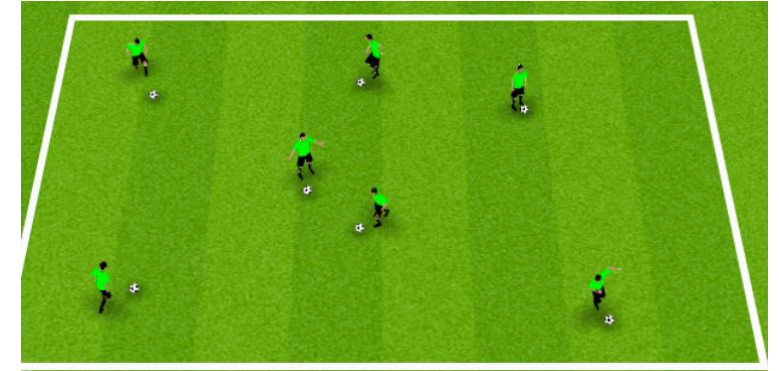


Making Friends with the ball

Setup
Within your area; every player has a ball

Instructions

You can call out a number of commands; jump, hop, down, etc and players try to complete the instructions
You can also adopt "Red Light / Green Light" type activities with them



Week 3: Oct 3rd

Welcome Activity



Nuts & Squirrels

Setup

Box in the middle of your area with all the Balls in it
Corners of your area marked out; with players spread evenly between all 4

Instructions

One player from each corner (a squirrel) runs to the middle and collects a ball (a nut) and brings it back to their corner (nest); next player goes when their teammate arrives

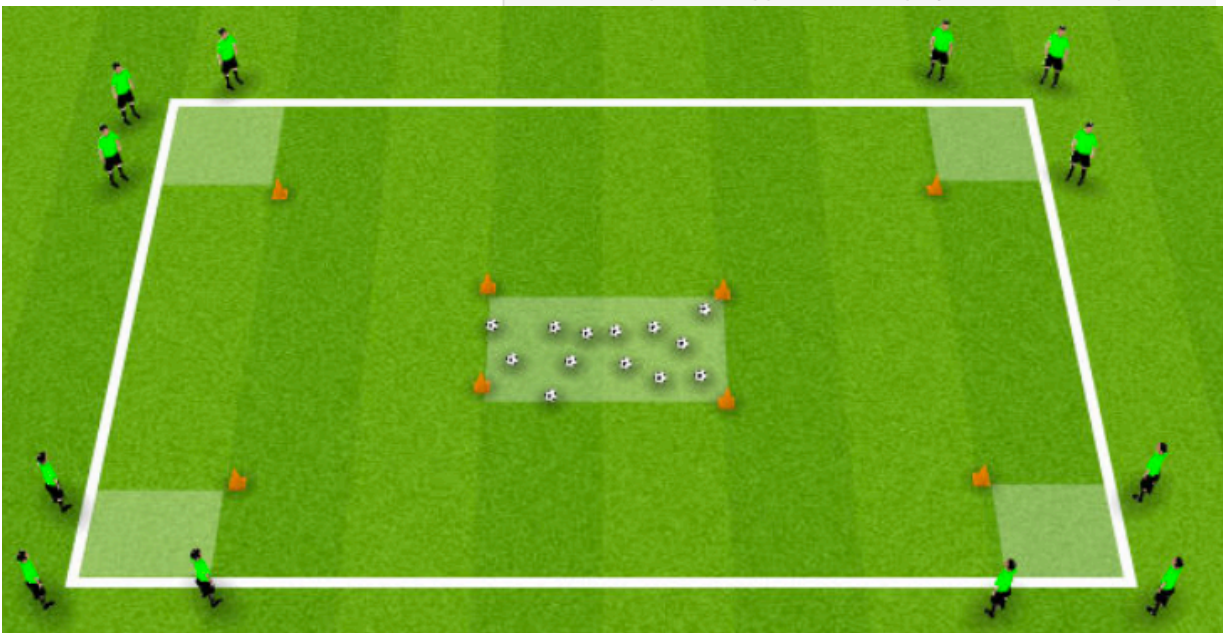
Progressions: they can use their hands at first, then progress to feet, then progress to specific turns

Once all Nuts are gone from the middle; count the nuts each team has gathered

Progressions: Once all nuts are out of middle; all squirrels can be free to gather 1 nut at a time from the other nets

Progressions

This game turns into "Clean your room" at U7 & U8 by using the same concept; but in opposite order...players must clean up the mes



Week 3: Oct 3rd

Technical Portion



3v3

Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

3 vs 3 on the field and 3 subs on the sideline having water

Make "Line Changes" every 3-4 minutes

Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stoppages

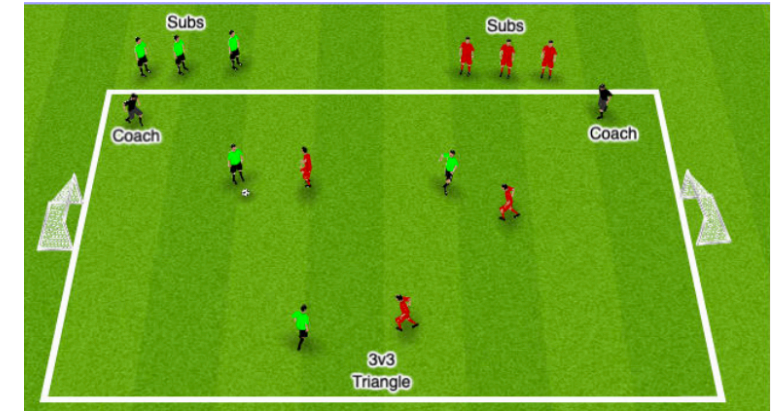
Coaching Points

"Spread Out"

"Make a Triangle"

"Keep your head up"

"Stop" (when the ball goes out)



Week 3: Oct 3rd

Game Play

Making Friends with the ball

Setup

Within your area; every player has a ball

Instructions

You can call out a number of commands; jump, hop, down, etc and players try to complete the instructions

You can also adopt "Red Light / Green Light" type activities with them



Week 3: Oct 6th & Oct 8th

Welcome Activity



Nuts & Squirrels

Setup

Box in the middle of your area with all the Balls in it
Corners of your area marked out; with players spread evenly between all 4

Instructions

One player from each corner (a squirrel) runs to the middle and collects a ball (a nut) and brings it back to their corner (nest); next player goes when their teammate arrives

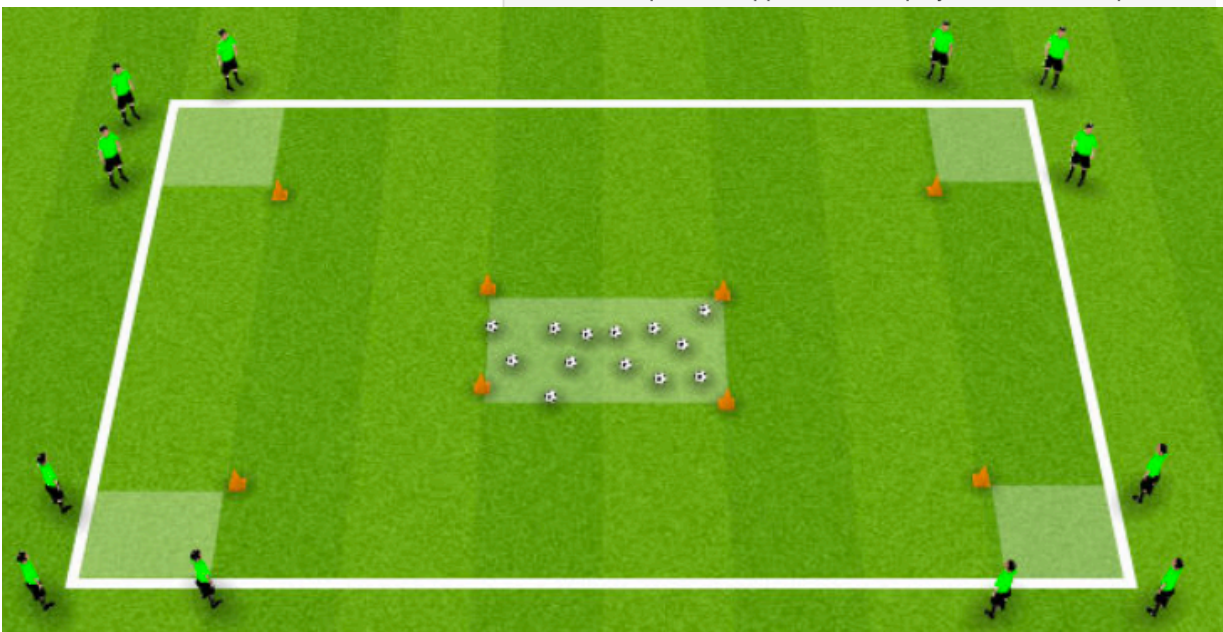
Progressions: they can use their hands at first, then progress to feet, then progress to specific turns

Once all Nuts are gone from the middle; count the nuts each team has gathered

Progressions: Once all nuts are out of middle; all squirrels can be free to gather 1 nut at a time from the other nets

Progressions

This game turns into "Clean your room" at U7 & U8 by using the same concept; but in opposite order...players must clean up the mes



Week 3:

Oct 6th & Oct 8th

Technical Portion 1





Bermuda Triangle

Setup

In your area; setup 2 triangles just opposite the middle of one another
Split your group up into 2 groups (one group at each starting cone)

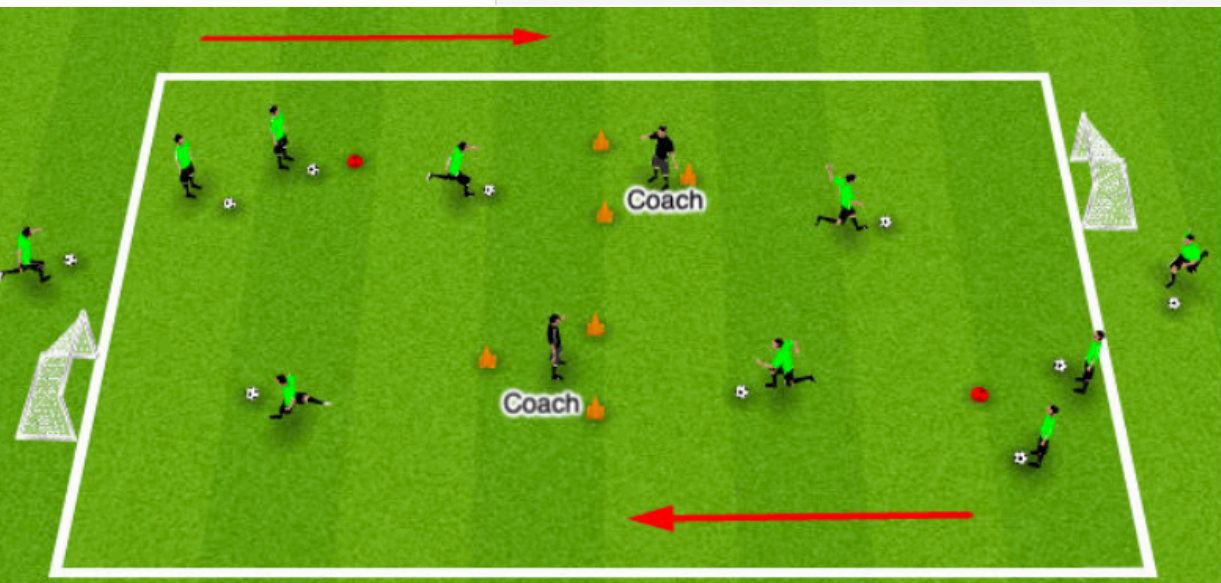
Instructions

Players will dribble towards the Triangle or pass to the coach in the triangle
U6: players will dribble very close to the triangle and give the ball to a coach
U7: players will dribble and then pass to the coach in the triangle
U8: players will pass the ball right away to the coach

They will then gather the ball on the side that the coach decides and shoot on the goal

Coaching Points

Close control (every step is a touch)
Head up
Pass with the inside of the foot



Week 3:

Oct 6th & Oct 8th

Technical Portion 2



3v3

Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)
3 vs 3 on the field and 3 subs on the sideline having water
Make "Line Changes" every 3-4 minutes

Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stoppages

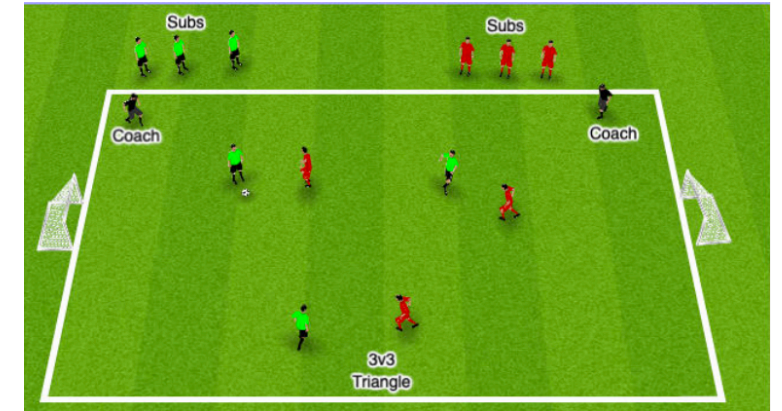
Coaching Points

"Spread Out"

"Make a Triangle"

"Keep your head up"

"Stop" (when the ball goes out)



Week 3: Oct 6th & Oct 8th

Game Play



Week 4

Drop Tap Catch

Setup

Within your area; every player has a ball

Instructions

Ball starts in the players hands

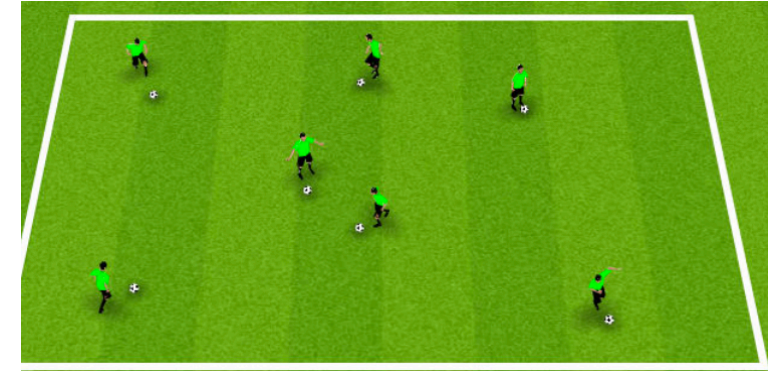
Drop: the ball to the ground

Tap: after the first bounce; players try to "tap" the ball back to their hands

Catch: player catch the ball & start again

Progression

After a few weeks; players should be able to "tap" the ball 2-3 times in a row before having to catch it again



Week 4 Oct 13th & Oct 15th

Welcome Activity



Bermuda Triangle

Setup

In your area; setup 2 triangles just opposite the middle of one another
Split your group up into 2 groups (one group at each starting cone)

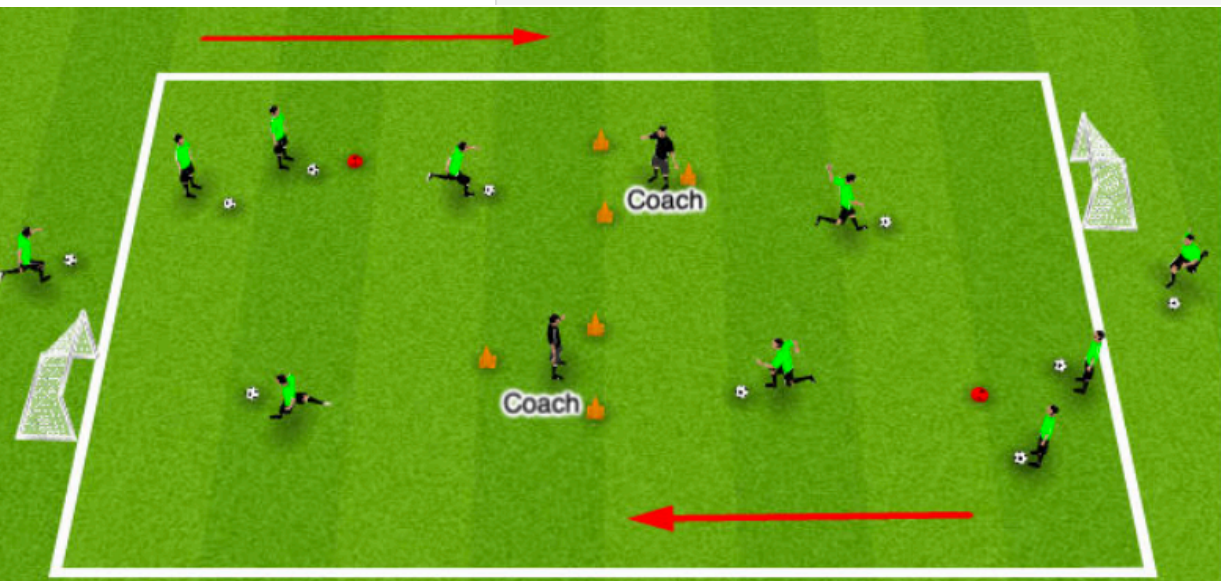
Instructions

Players will dribble towards the Triangle or pass to the coach in the triangle
U6: players will dribble very close to the triangle and give the ball to a coach
U7: players will dribble and then pass to the coach in the triangle
U8: players will pass the ball right away to the coach

They will then gather the ball on the side that the coach decides and shoot on the goal

Coaching Points

Close control (every step is a touch)
Head up
Pass with the inside of the foot



Week 4:
Oct 13th & Oct 15th
Technical Portion 1



Lazer Ball

Setup

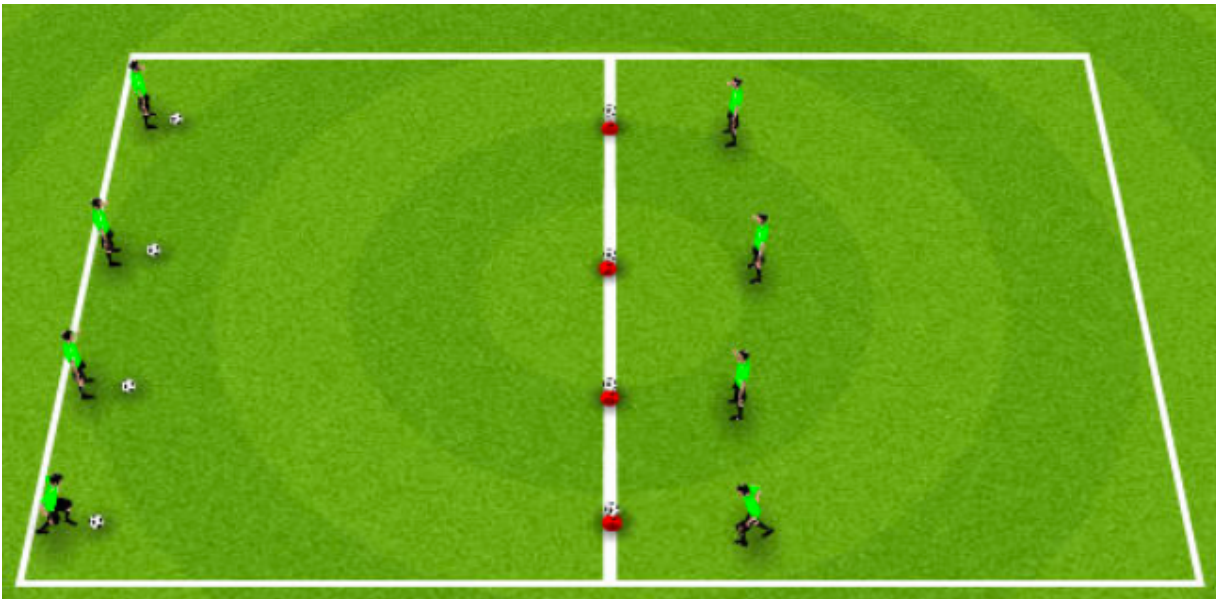
Players are split into pairs
Each pair has 2 soccer balls
1 ball is placed on a cone at the mid point of the activity
1 ball is with one of the partners

Instructions

The shooter will try to knock off the space ship (the other ball) from its loading dock (the cone)
Once the shot is taken, the other partner collects the ball and goes to his/her own side & attempts the same

Coaching Points

Players can strike the ball with either the "inside" of their foot or "laces"
Planting foot is placed beside the ball pointing to the target
shooting ankle is "Locked"
Strike the ball through the middle
Follow through



Week 4:
Oct 13th & Oct 15th
Technical Portion 2

3v3

Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

3 vs 3 on the field and 3 subs on the sideline having water

Make "Line Changes" every 3-4 minutes

Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stoppages

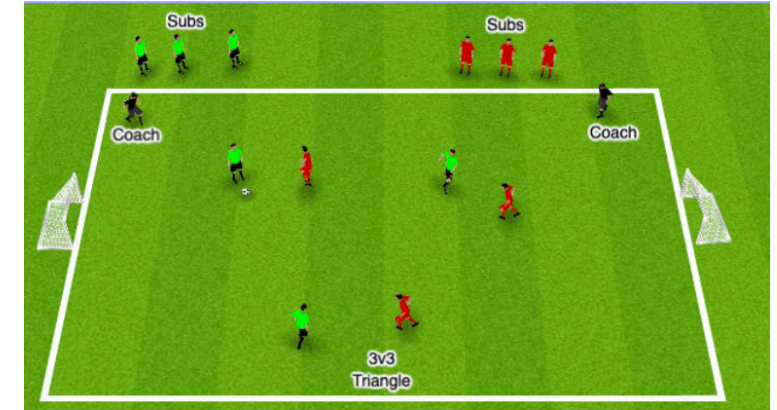
Coaching Points

"Spread Out"

"Make a Triangle"

"Keep your head up"

"Stop" (when the ball goes out)



Week 4: Oct 13th & 15th

Game Play



Week 5



Shark Attack

Setup

Split the group in half

One half of the group has a ball at the feet while the other half are waiting on the opposing sideline

Instructions

The players with the balls (Fish) must start to dribble towards the players without balls (Sharks)

For younger groups; the coaches can set the PACE by running along side the fish

When the Fish are close enough; a coach shouts "Shark Attack"

The Sharks try to collect the Fish's balls

The Fish try to turn (pull back, etc) and dribble Home where they are safe from the Sharks

Do this a few times and then switch roles

Coaching Points

Keep the ball close (every step is a touch)

Keep your head up

While turning; be sure to push the ball out of your feet in the opposite direction

Accelerate (with the ball at your feet)



Week 5:

Oct 17th

Technical Portion 1

3v3

Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

3 vs 3 on the field and 3 subs on the sideline having water

Make "Line Changes" every 3-4 minutes

Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stoppages

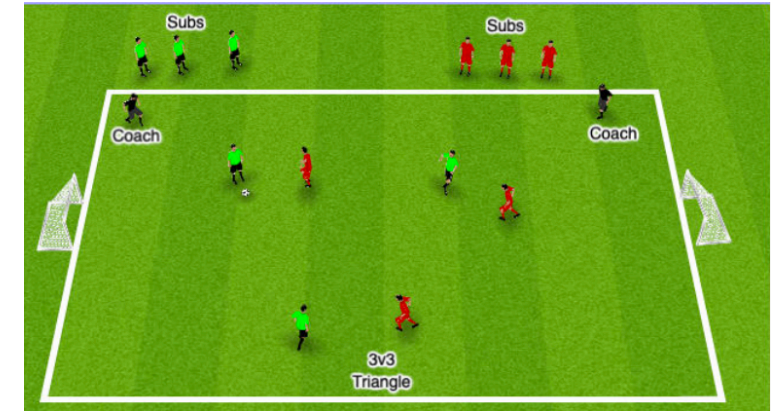
Coaching Points

"Spread Out"

"Make a Triangle"

"Keep your head up"

"Stop" (when the ball goes out)



Week 5: Oct 17th

Game Play



Shark Attack

Setup

Split the group in half

One half of the group has a ball at the feet while the other half are waiting on the opposing sideline

Instructions

The players with the balls (Fish) must start to dribble towards the players without balls (Sharks)

For younger groups; the coaches can set the PACE by running along side the fish

When the Fish are close enough; a coach shouts "Shark Attack"

The Sharks try to collect the Fish's balls

The Fish try to turn (pull back, etc) and dribble Home where they are safe from the Sharks

Do this a few times and then switch roles

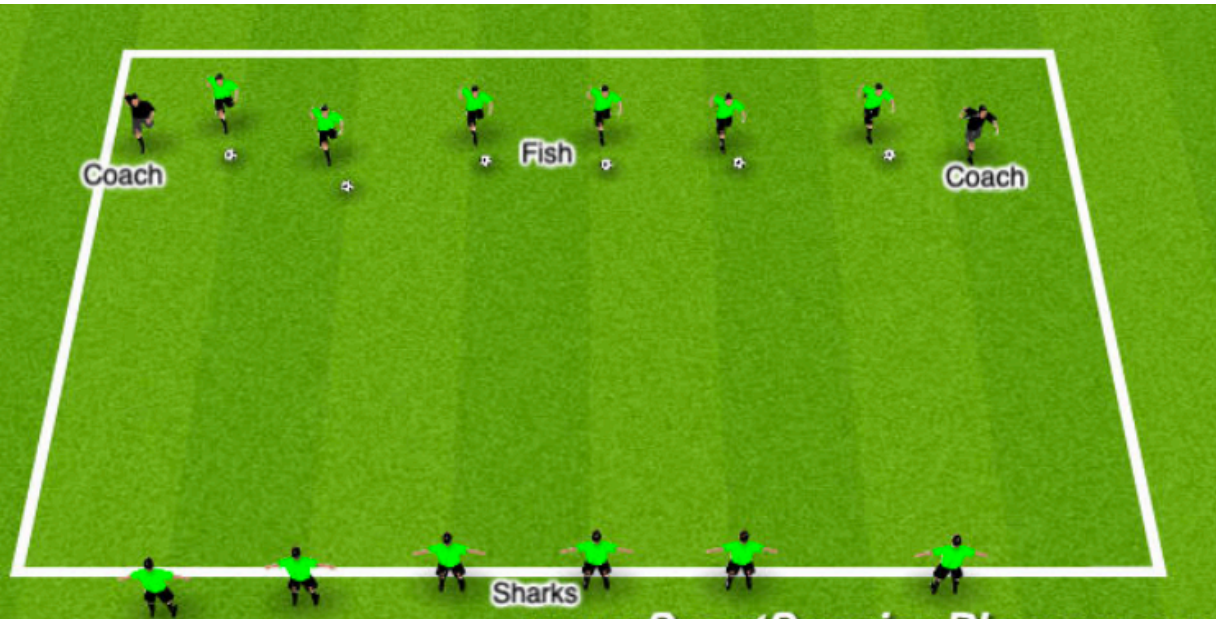
Coaching Points

Keep the ball close (every step is a touch)

Keep your head up

While turning; be sure to push the ball out of your feet in the opposite direction

Accelerate (with the ball at your feet)



Week 5:

Oct 20th & Oct 22nd

Technical Portion 1



Relay Races

Setup

- Create 4 racing tracks
- Place 2 Pug goals at the end of your circuit
- Place a cone at the start line

Instructions

- Players will travel through the race tracks that the coaches have built for them ONE player per team at a time
- Once they have come out of the track; they can finish with a shot on goal
- As soon as their teammate has taken their shot, the next player can start their race

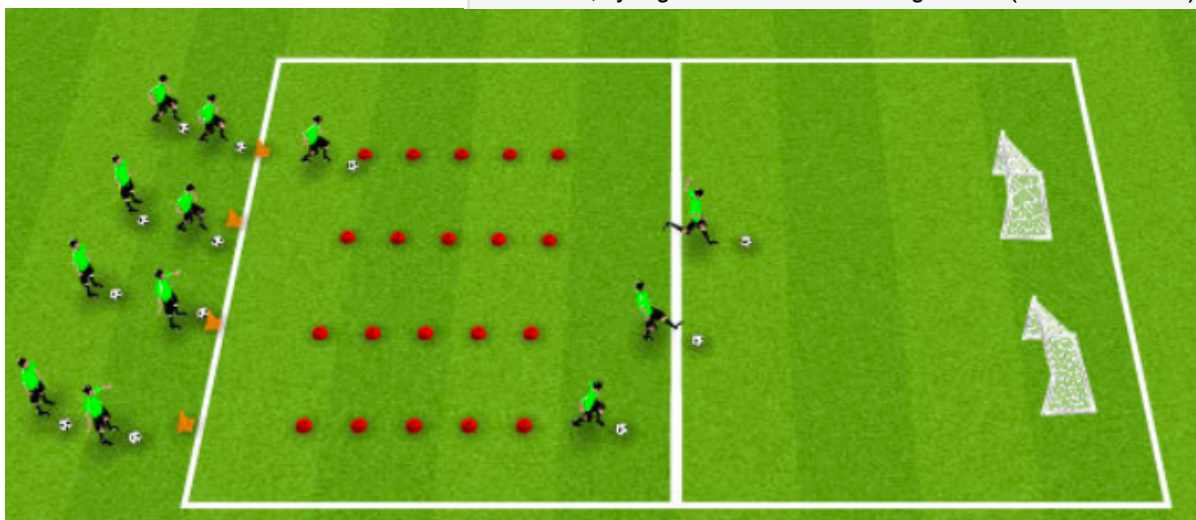
Coaching Points

- Close Control (Every Step is a touch) while travelling through the track
- Keep you head "up"
- It's a race, try to go fast while maintaining control (find the balance)

Week 5:

Oct 20th & Oct 22nd

Technical Portion 2



3v3

Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

3 vs 3 on the field and 3 subs on the sideline having water

Make "Line Changes" every 3-4 minutes

Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stoppages

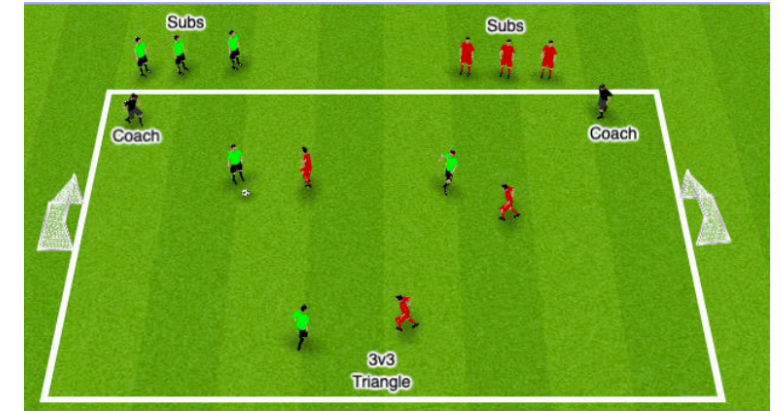
Coaching Points

"Spread Out"

"Make a Triangle"

"Keep your head up"

"Stop" (when the ball goes out)



Week 5: Oct 20th and Oct 22nd

Game Play



Week 6



Asteroids & Aliens

Setup

Layout a "runway" through the middle of your area
Start with the coaches & maybe 1-2 of the players along the outside of the runway with balls (asteroids) at their feet
The rest of the players (Aliens) have to get across the runway to the other side without being hit by a ball

Instructions

On the coaches "go" the aliens try to cross the asteroid field
The players/coaches on the outside try to hit the players running through with an asteroid
All balls ON THE GROUND
If an Alien gets hit (below the knee), they join the Asteroids

Coaching Points

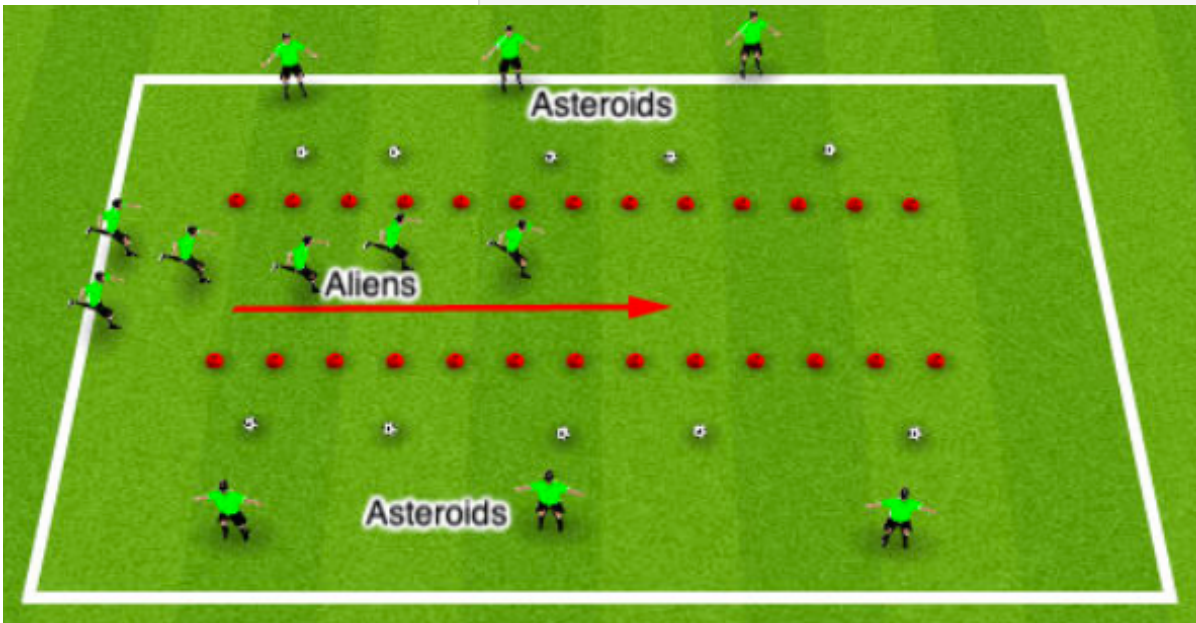
Inside of the foot passing
Ball on the ground

Progression

Aliens also have a ball at their feet

Week 6: Oct 24th

Technical Portion 1



3v3

Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

3 vs 3 on the field and 3 subs on the sideline having water

Make "Line Changes" every 3-4 minutes

Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stoppages

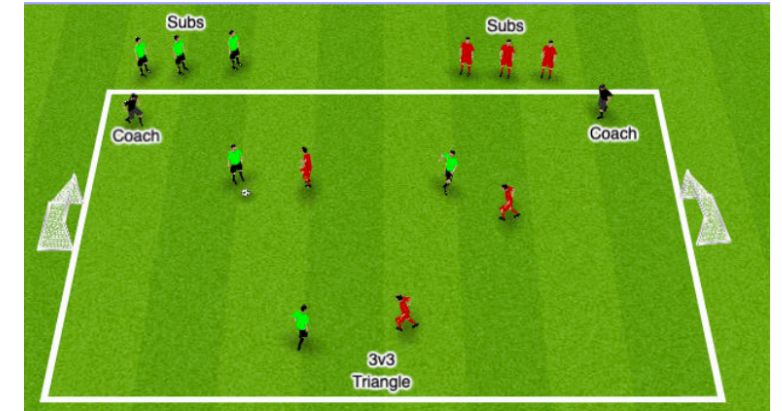
Coaching Points

"Spread Out"

"Make a Triangle"

"Keep your head up"

"Stop" (when the ball goes out)



Week 6: Oct 24th

Game Play



Asteroids & Aliens

Setup

Layout a "runway" through the middle of your area
Start with the coaches & maybe 1-2 of the players along the outside of the runway with balls (asteroids) at their feet
The rest of the players (Aliens) have to get across the runway to the other side without being hit by a ball

Instructions

On the coaches "go" the aliens try to cross the asteroid field
The players/coaches on the outside try to hit the players running through with an asteroid
All balls ON THE GROUND
If an Alien gets hit (below the knee), they join the Asteroids

Coaching Points

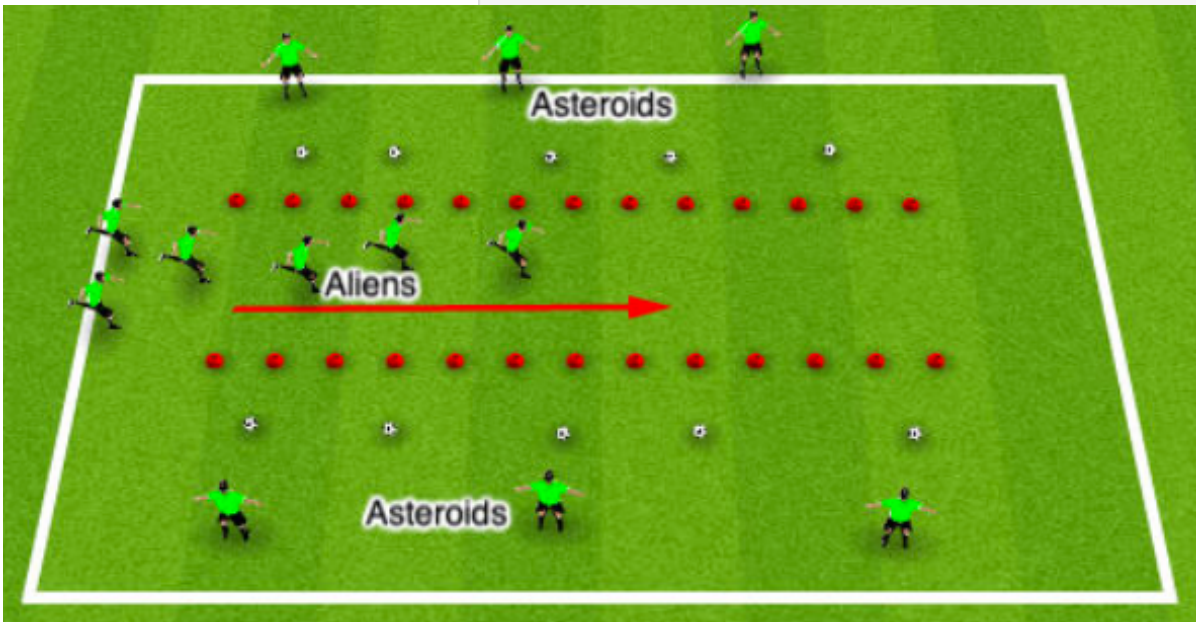
Inside of the foot passing
Ball on the ground

Progression

Aliens also have a ball at their feet

Week 6: Oct 27th & 29th

Technical Portion 1



3v3

Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

3 vs 3 on the field and 3 subs on the sideline having water

Make "Line Changes" every 3-4 minutes

Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stoppages

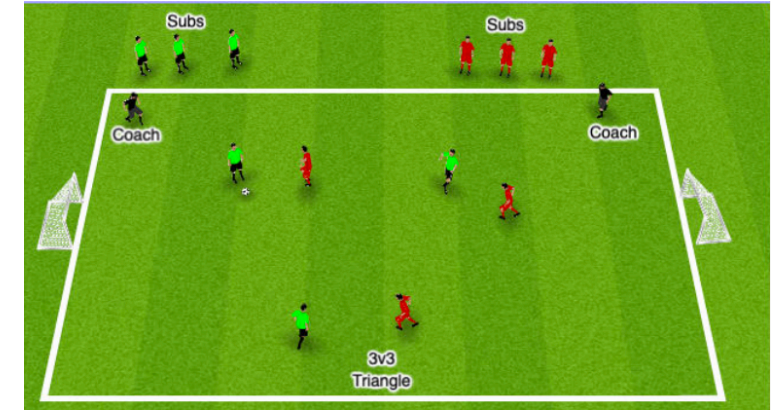
Coaching Points

"Spread Out"

"Make a Triangle"

"Keep your head up"

"Stop" (when the ball goes out)



Week 6: Oct 27th and Oct 29th

Game Play



Week 7

Players, Coaches, & Staff will dress up for the session on Oct 31st



Relay Races

Setup

- Create 4 racing tracks
- Place 2 Pug goals at the end of your circuit
- Place a cone at the start line

Instructions

- Players will travel through the race tracks that the coaches have built for them ONE player per team at a time
- Once they have come out of the track; they can finish with a shot on goal
- As soon as their teammate has taken their shot, the next player can start their race

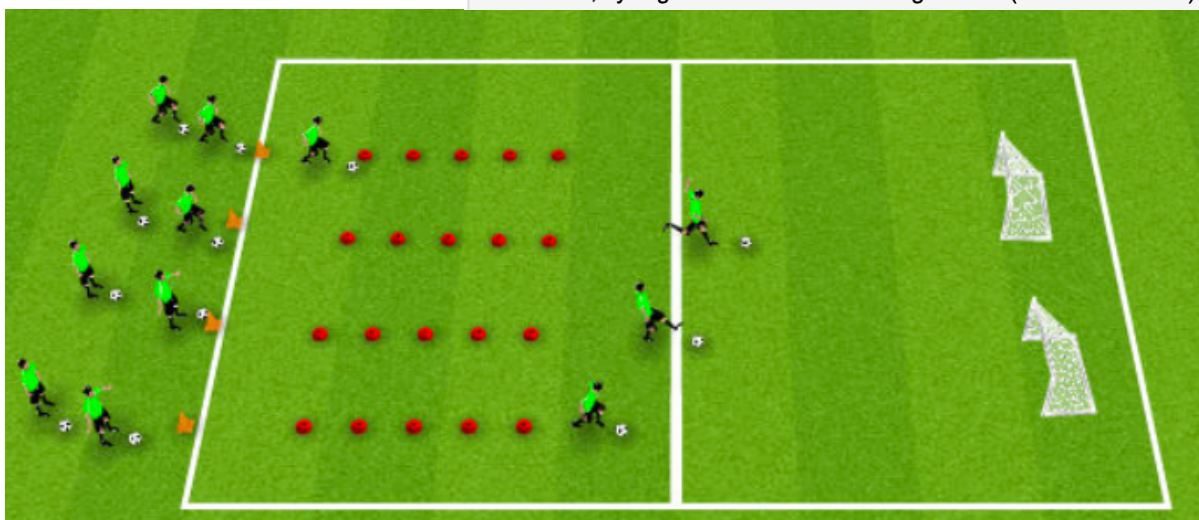
Coaching Points

- Close Control (Every Step is a touch) while travelling through the track
- Keep you head "up"
- It's a race, try to go fast while maintaining control (find the balance)

Week 7:

Oct Oct 31st

Technical Portion



3v3

Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

3 vs 3 on the field and 3 subs on the sideline having water

Make "Line Changes" every 3-4 minutes

Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stoppages

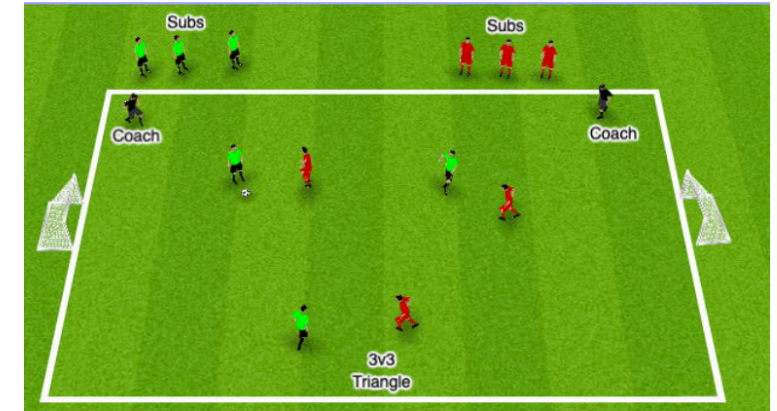
Coaching Points

"Spread Out"

"Make a Triangle"

"Keep your head up"

"Stop" (when the ball goes out)



Week 7: Oct 31st

Game Play



Relay Races

Setup

Create 4 racing tracks
Place 2 Pug goals at the end of your circuit
Place a cone at the start line

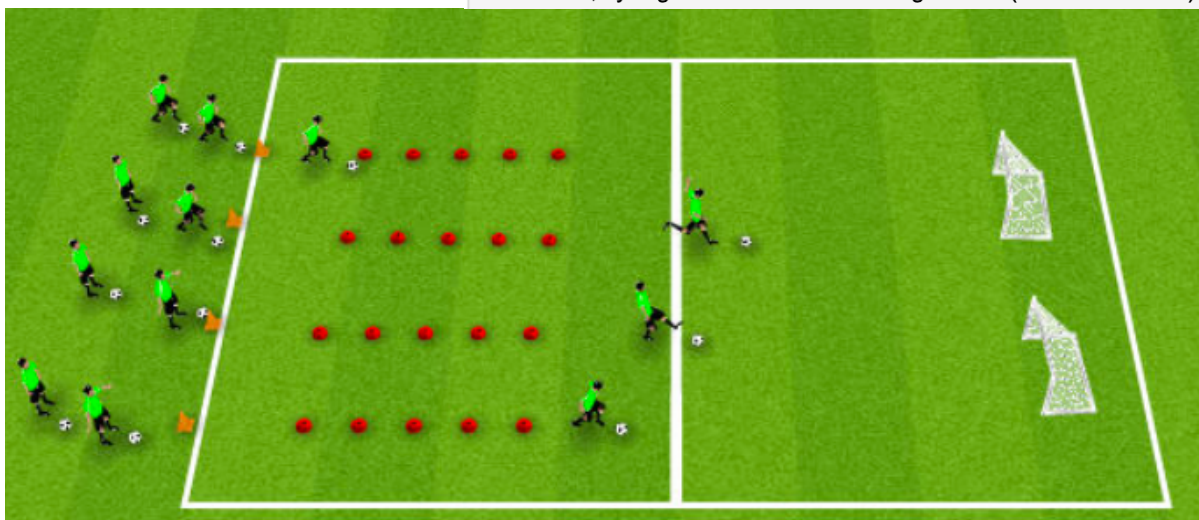
Instructions

Players will travel through the race tracks that the coaches have built for them ONE player per team at a time
Once they have come out of the track; they can finish with a shot on goal
As soon as their teammate has taken their shot, the next player can start their race

Coaching Points

Close Control (Every Step is a touch) while travelling through the track
Keep you head "up"
It's a race, try to go fast while maintaining control (find the balance)

Week 7:
Oct Nov 3rd & Nov 5th
Technical Portion 1





Lazer Ball

Setup

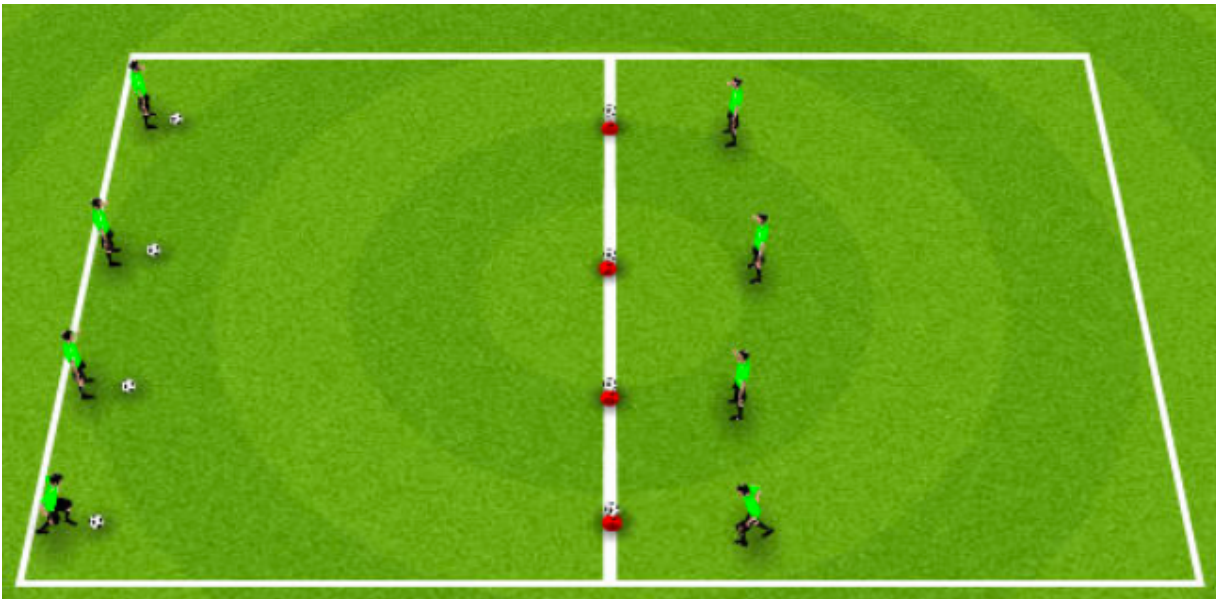
- Players are split into pairs
- Each pair has 2 soccer balls
- 1 ball is placed on a cone at the mid point of the activity
- 1 ball is with one of the partners

Instructions

- The shooter will try to knock off the space ship (the other ball) from its loading dock (the cone)
- Once the shot is taken, the other partner collects the ball and goes to his/her own side & attempts the same

Coaching Points

- Players can strike the ball with either the "inside" of their foot or "laces"
- Planting foot is placed beside the ball pointing to the target
- shooting ankle is "Locked"
- Strike the ball through the middle
- Follow through



Week 7:

Nov 3rd & Nov 5th

Technical Portion 2

3v3

Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

3 vs 3 on the field and 3 subs on the sideline having water

Make "Line Changes" every 3-4 minutes

Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stoppages

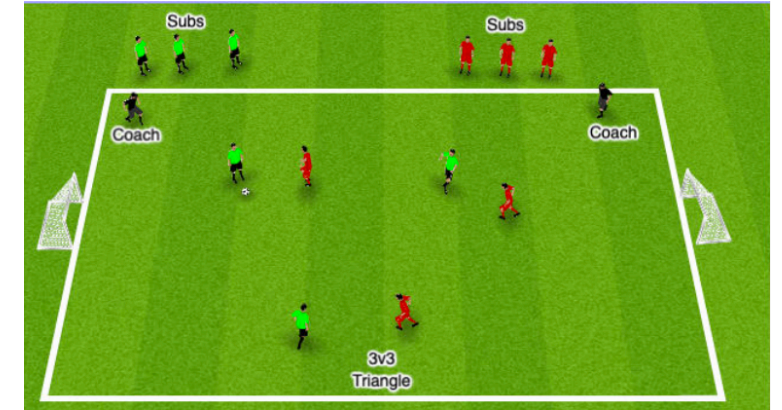
Coaching Points

"Spread Out"

"Make a Triangle"

"Keep your head up"

"Stop" (when the ball goes out)



Week 7: Nov 3rd & Nov 5th

Game Play



Week 8



Lazer Ball

Setup

- Players are split into pairs
- Each pair has 2 soccer balls
- 1 ball is placed on a cone at the mid point of the activity
- 1 ball is with one of the partners

Instructions

- The shooter will try to knock off the space ship (the other ball) from its loading dock (the cone)
- Once the shot is taken, the other partner collects the ball and goes to his/her own side & attempts the same

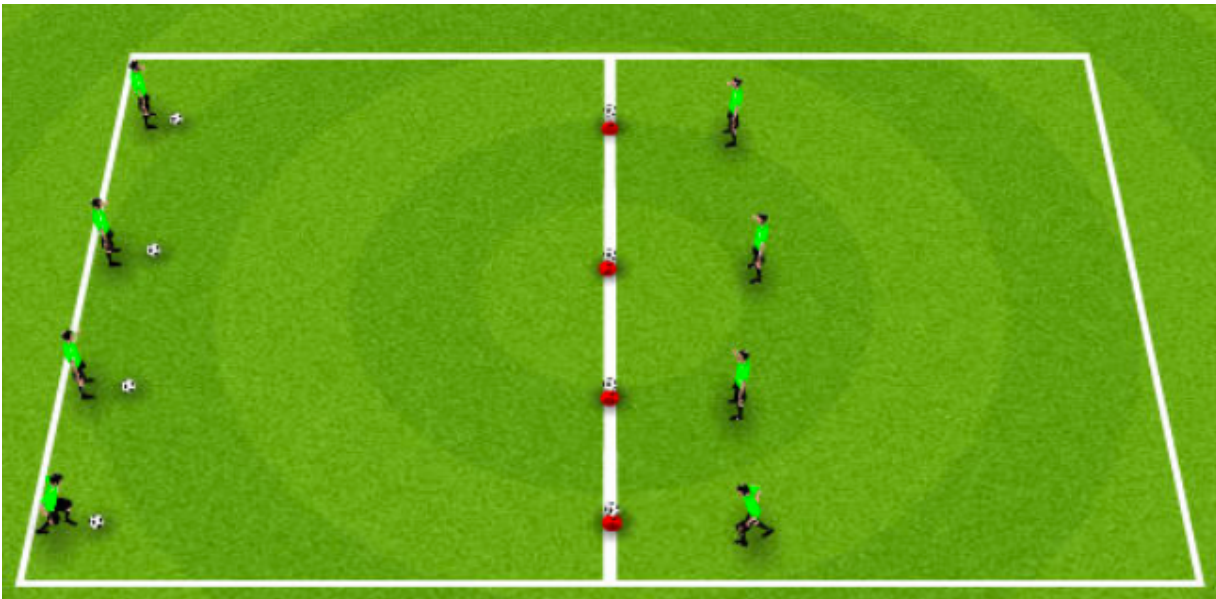
Coaching Points

- Players can strike the ball with either the "inside" of their foot or "laces"
- Planting foot is placed beside the ball pointing to the target
- shooting ankle is "Locked"
- Strike the ball through the middle
- Follow through

Week 8:

Nov 7th

Technical Portion 1



3v3

Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

3 vs 3 on the field and 3 subs on the sideline having water

Make "Line Changes" every 3-4 minutes

Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

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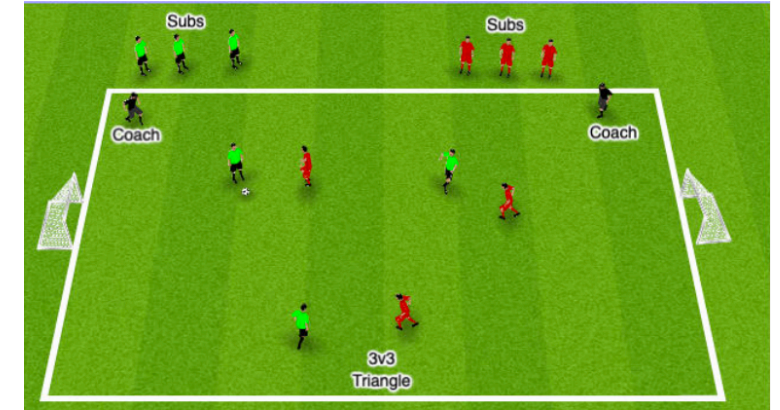
Coaching Points

"Spread Out"

"Make a Triangle"

"Keep your head up"

"Stop" (when the ball goes out)



Week 8: Nov 7th

Game Play



Lazer Ball

Setup

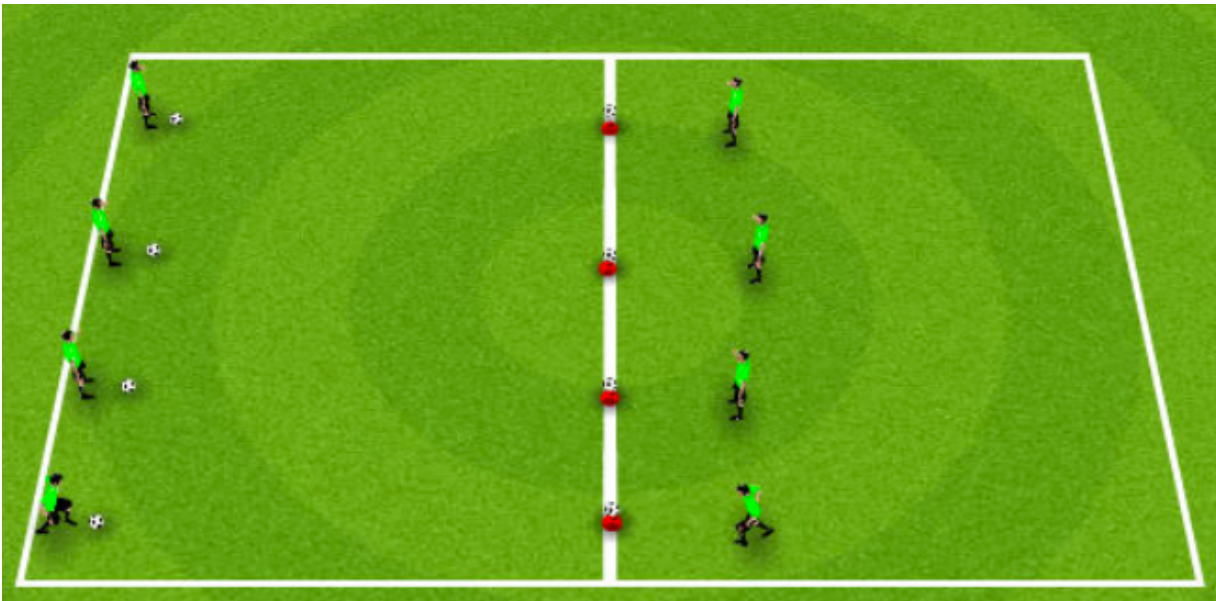
Players are split into pairs
Each pair has 2 soccer balls
1 ball is placed on a cone at the mid point of the activity
1 ball is with one of the partners

Instructions

The shooter will try to knock off the space ship (the other ball) from its loading dock (the cone)
Once the shot is taken, the other partner collects the ball and goes to his/her own side & attempts the same

Coaching Points

Players can strike the ball with either the "inside" of their foot or "laces"
Planting foot is placed beside the ball pointing to the target
shooting ankle is "Locked"
Strike the ball through the middle
Follow through



Week 8:
Nov 10th & Nov 12th
Technical Portion 1



Nuts & Squirrels

Setup

Box in the middle of your area with all the Balls in it
Corners of your area marked out; with players spread evenly between all 4

Instructions

One player from each corner (a squirrel) runs to the middle and collects a ball (a nut) and brings it back to their corner (nest); next player goes when their teammate arrives

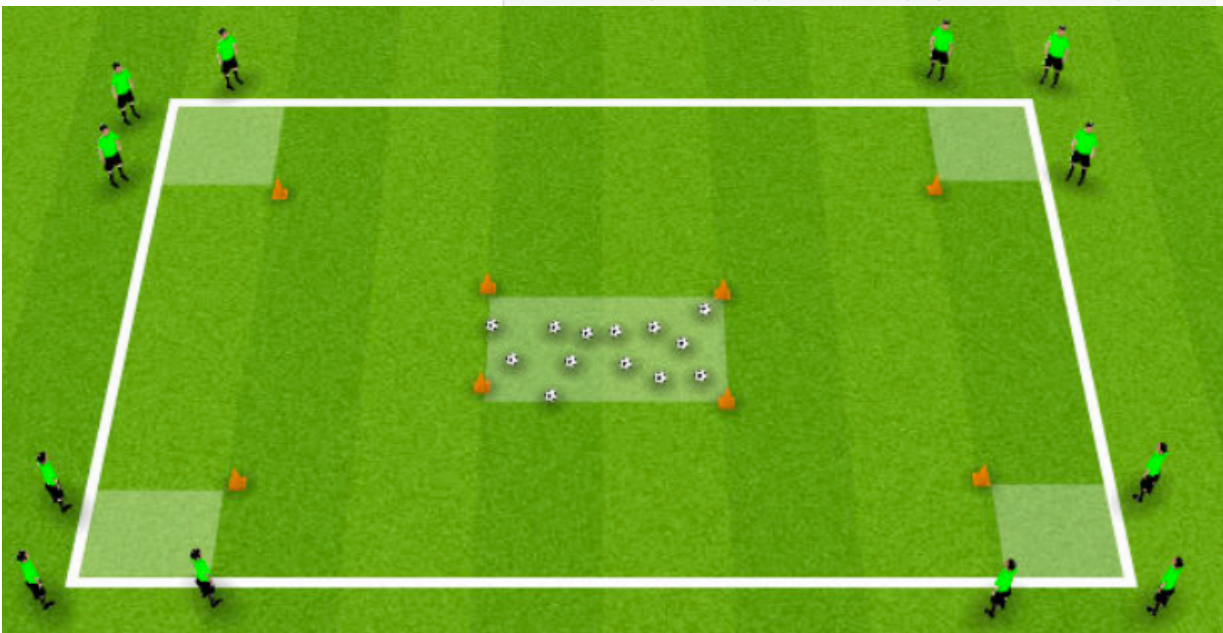
Progressions: they can use their hands at first, then progress to feet, then progress to specific turns

Once all Nuts are gone from the middle; count the nuts each team has gathered

Progressions: Once all nuts are out of middle; all squirrels can be free to gather 1 nut at a time from the other nets

Progressions

This game turns into "Clean your room" at U7 & U8 by using the same concept; but in opposite order...players must clean up the mes



Week 8:
Nov 10th & Nov
12th

Technical Portion 2

3v3

Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

3 vs 3 on the field and 3 subs on the sideline having water

Make "Line Changes" every 3-4 minutes

Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

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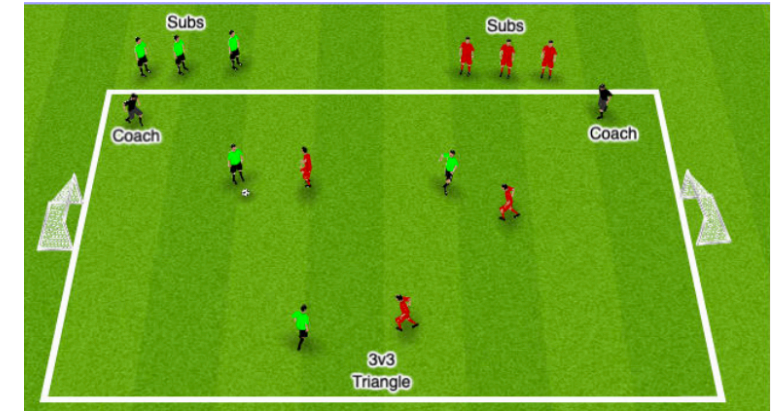
Coaching Points

"Spread Out"

"Make a Triangle"

"Keep your head up"

"Stop" (when the ball goes out)



Week 8: Nov 10th & Nov 12th

Game Play