


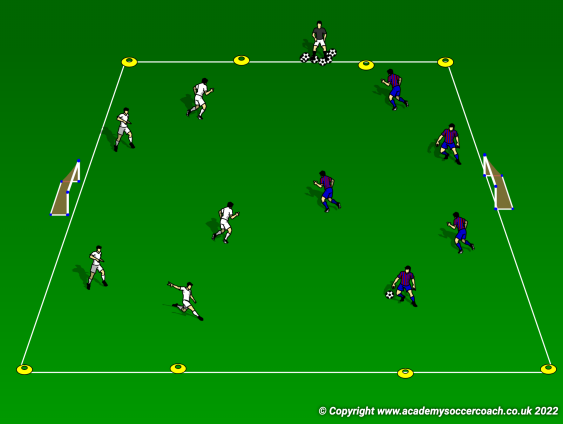


## Recreational Session - Week 5

Core Activity: 1v1 with pressure coming from behind

Time	Type	Diagram	Activity	Coaching Points
10 Mins	Warm Up		<p>4v4 / 3v3 Arrival Game</p> <p>Same set up of the beginning of each training session, bring kids in, tell them a little bit of what we are going to do in the day and get them moving!</p>	<p>Notes: Adjust accordingly to how many players you have on the day.</p> <p>Examples: 8 Players in total = 4v4 or 2v2 12 Players in total = 3v3</p>
10 Mins	1 <sup>st</sup> Activity		<p><b>Ball Mastery and Tag Games</b></p> <p>Similar set up from week one, try to have the kids performing dribbling mixed with ball mastery exercises and tag games to keep everyone engaged.</p> <p><b>Move of the week:</b></p> <p><b>Outside cut</b></p> <p><a href="#">How to do the Inside &amp; Outside Cut Turn - Football Soccer Move Tutorial</a></p> <p><b>Ball mastery examples:</b></p> <p>Toe Taps</p> <p>Inside Outside</p> <p>Inside Hook</p> <p>Outside Hook</p> <p>Be creative (any moves turns).</p>	<p><b>Introduce movement of the week</b></p> <p>Remind players to keep their heads up while dribbling. The idea of mixing the tag games between dribbling sets and ball mastery is to keep kids engaged and not doing the same movements for a long period of time.</p>



15 Mins	2 <sup>nd</sup> Activity		<p><b>1v1 coming from behind</b></p> <p>If the group is too big, split into two different groups for more repetitions.</p> <p>Lines side by side, one with a ball and one with no ball. Line who starts with the ball needs to dribble up to the yellow line in front and dribble past the other line to score. Once the player starts dribbling the ball, the defender will run from behind trying to win the ball back.</p> <p>If the defender wins the ball back, tries to score, but in order to score they need to dribble past the yellow line before trying to shoot it.</p>	<p><b>Change of Speed &amp; Direction:</b> Acceleration after skill or turn to beat the defender.</p> <p><b>Individual Skills/Tricks:</b> With the defender coming from behind, remind the players to check over the shoulder to build awareness when trying to escape from the defender and avoid turning into pressure.</p> <p><b>Progressions:</b></p> <ul style="list-style-type: none"><li>- Add a small goal past the scoring zone.</li><li>- Move the scoring zone further.</li><li>- If the move of the week is done effectively and the player scores, reward it.</li></ul> <p>Have players switch lines after every turn.</p> <p>Make sure to set up the lines a little outside of the field, so the scoring zone is open.</p>
20 Mins	Final Game		5v5/4v4 Scrimmage	<p>Encourage players to apply skills taught in the week and previously.</p> <p>Sometimes you don't need to freeze to make a correction or comment.</p> <p>Give the kids little breaks in between if needed.</p>