

Week 1: Finding Openings

OBJECTIVE | Learn to find open space & dribble away from the opponent.

COACHING POINTS

1. Head up to find open space.
2. Keep yourself between the ball and opponent.
3. Use different surfaces & change directions/speeds to keep unbalance the opponent.
4. Dribble w/laces to accelerate into space. Use sole/inside/outside for control and change of directions.

GUIDED QUESTIONS


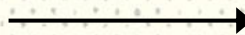

1. What are we looking for when we have the ball?
2. How do we find that?
3. Where should we position ourselves when defenders are close and force us to have our heads down?
4. What surfaces help control the ball when moving fast & slow?

PLAYER SKILLS AND TECHNICAL TOOL BLOCKS

Dribbling

1. Keep the Ball Close
2. Different surfaces
3. Accelerate, Ready Position

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 



Learning Block
Development Stage 2

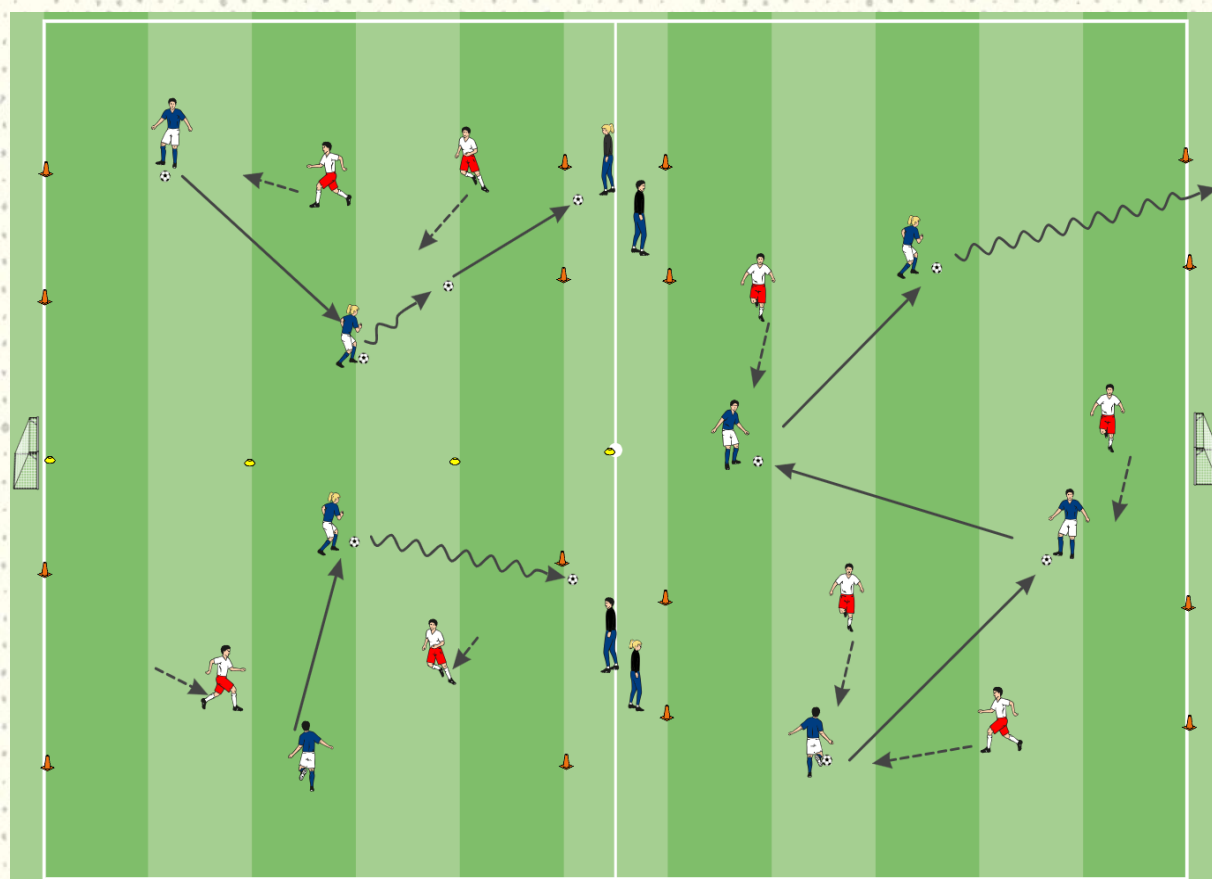
Stage Outcome
Learn basic skills and basic functions of attacking, defending and transitions

Game Moment
Attacking

Game Moment Idea
To create goal scoring opportunities in and from identified key areas of the field

PHASE 1 – Modified Game FORM | 8 MINS

4 MINUTES PLAY | 1 MINUTE REST



AREA

Set up 2 Fields on your half!

DESCRIPTION

As players arrive start them playing 1v1 & 2v2 Games! Adjust players/teams/game to account for level of players and session objective!

MORE CHALLENGING

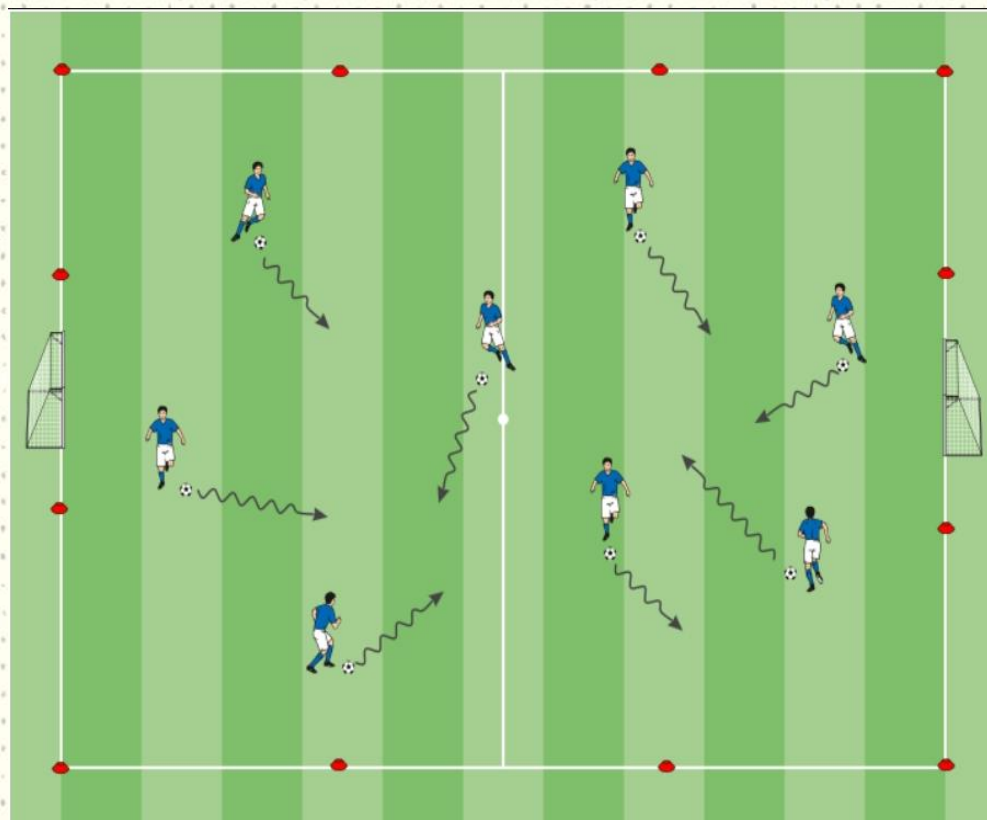
- 1) Strong players with weaker players
- 2) Stronger players on teams with less players
- 3) Tell stronger players they MUST pass to teammate before scoring!

KEYWORDS

Head Up, Find, Space Soft Touches, Accelerate, Change

Week 1: Finding Openings

PHASE 2 - NON-GAME FORM | 8 MINS



3 MINUTES PLAY | 1 MINUTE REST

AREA: Use the full field – both teams together!

DESCRIPTION

Players are the pirates, coach is the captain, soccer balls are cannon balls, field is the ship. Player's dribble making sure they do not splash into the ocean! listening for captain's command.

"Captains Coming" Foot on ball "Aye Aye Captain"

"Climb the rigging" 10 sole taps

"Scrub the decks" 10 tik tocks

"Albatross overhead" Cover your ball

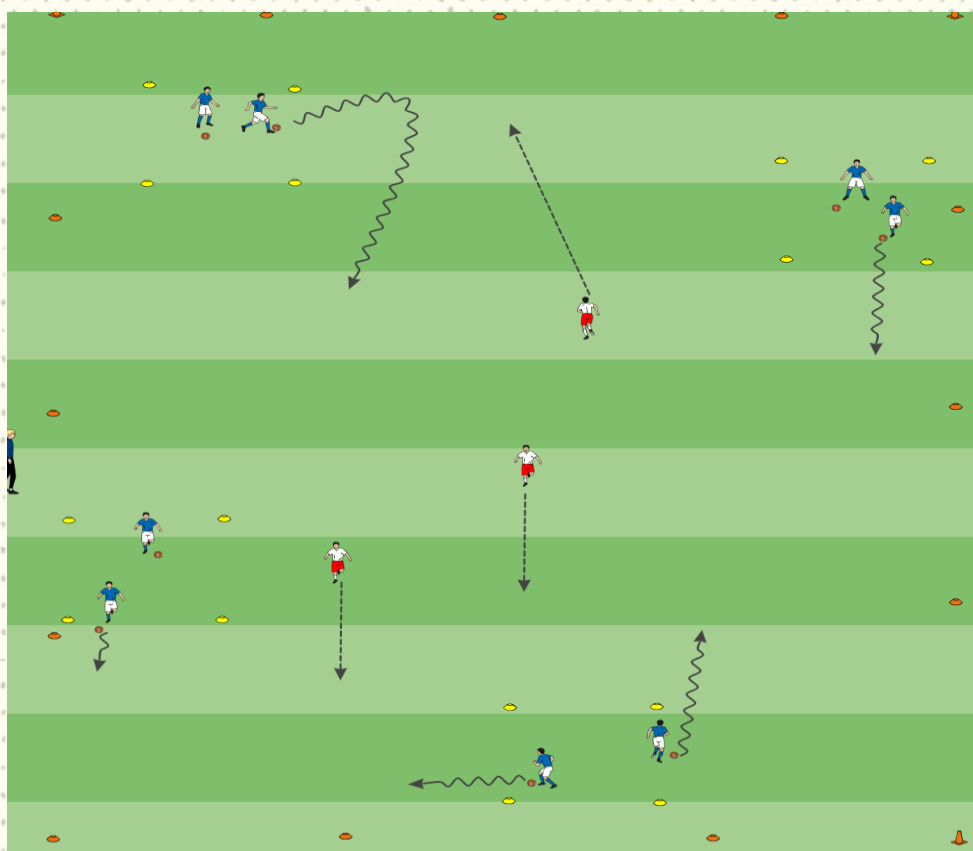
"Fire cannons" Shoot ball at Captain/Goal

"Bow or Stern" = Dribble to one end of the ship stopping ball on the line. "High/Low Winds" Dribble fast/slow

KEYWORDS

Head Up, Find, Space Soft Touches, Accelerate, Change

PHASE 3 – NON-GAME FORM | 8 MINS



3 MINUTES PLAY | 1 MINUTE REST

AREA: Full Field – Both Teams Together!

DESCRIPTION

ABANDON SHIP! - Now the enemy is invading, ships are sinking, & the pirates must find a life raft (Yellow Box)! Pirates now must dribble from 1 life raft to another without being captured by the enemy (defenders)! Pirates are SAFE (no defending) in the life raft! If captured (lost ball to defender), Pirates now join the enemies until there is 1 Pirate left who is crowned the NEW Captain of the Enemies!

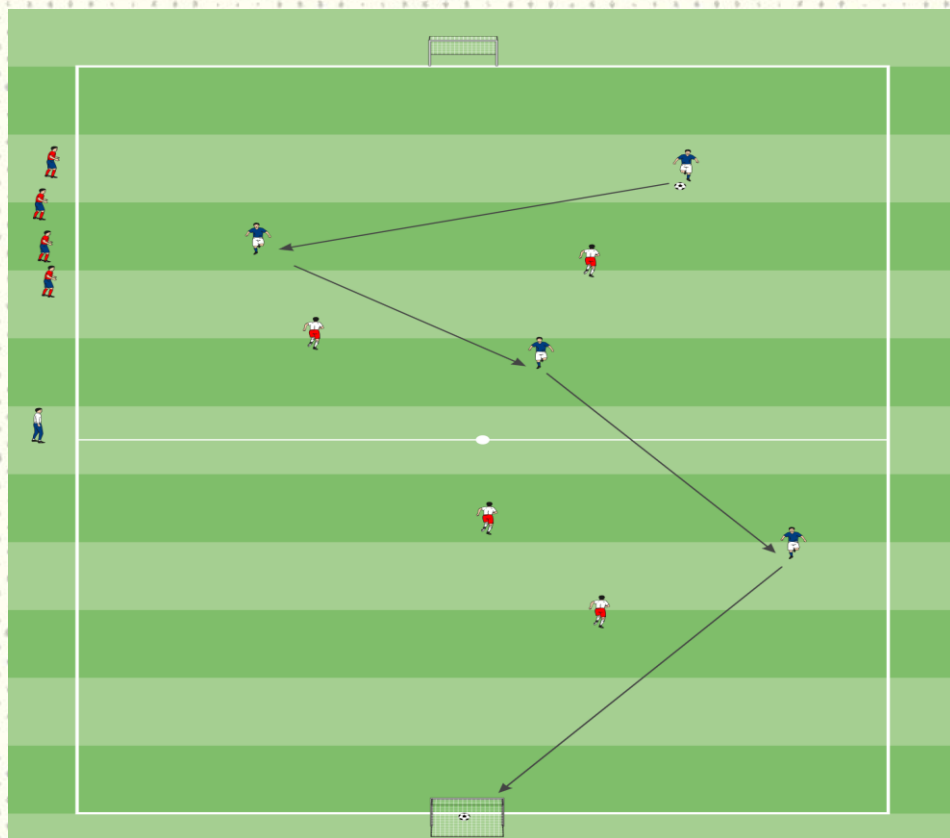
MORE CHALLENGING

- 1) Only 2 Pirates to a Life Raft & Pirates can only stay on life raft for 10 seconds!
- 2) Add Defenders

KEYWORDS

Head Up, Find, Space Soft Touches, Accelerate, Change

PHASE 4 – GAME | 40 MINS



20 MINUTES PLAY | 5 MINUTE REST

AREA: Full Field 4v4

DESCRIPTION

GAME TIME! – Play 4v4. Two 20 Minute Halves. Kick-ins, Corner Kicks & Goal Kicks.

Opponents back to half for Goal Kicks!

CHALLENGE RECOMMENDATIONS

- 1) Too Easy – Everybody on the team must touch ball before scoring on opponent! Stronger player MUST use weak foot to pass/shoot.
- 2) Too Difficult – Ask opponent to add a player & play 5v4. Play 1st pass is FREE on kick-ins.

KEYWORDS

Scan, Small touches, Accelerate, Drive, Find Space