

Week 1: Find Space & Teammate to Keep Ball

OBJECTIVE | Learn to escape defenders with dribble and pass to keep possession.

COACHING POINTS

1. Head up to find open space.
2. Keep yourself between the ball and opponent.
3. Use different surfaces & change directions to keep unbalance the opponent.
4. Strike center of the ball with inside foot to keep ball flat

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. Where do we want to hit the ball to pass it flat?

PLAYER SKILLS AND TECHNICAL TOOL BLOCKS




Passing

1. Find a teammate
2. Find feet, Find space

Escape Pressure

1. Shield,
2. Basic Escape Moves
3. Scan, Correct Foot

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 



Learning Block
Development Stage 2

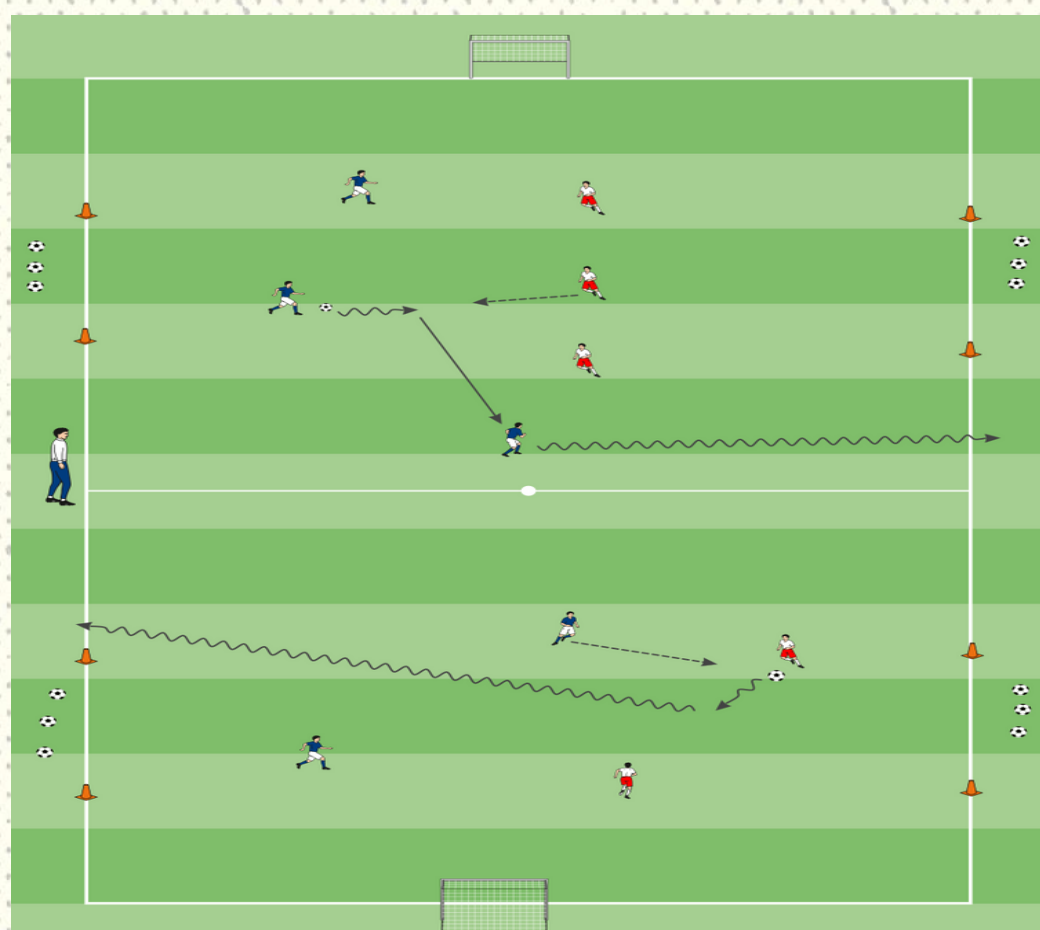
Stage Outcome
Learn basic skills and basic functions of attacking, defending and transitions

Game Moment
Attacking

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

PHASE 1 – Modified Game | 10 MINS

4 MINUTES PLAY | 1 MINUTE REST



AREA

Set up 2 Fields PER TEAM in assigned area of the field

DESCRIPTION

As players arrive split into team of 2v2-3v3. After 5 minutes. Call players in and introduce topic. Play resumes with dribbling over endline to score.

MORE CHALLENGING

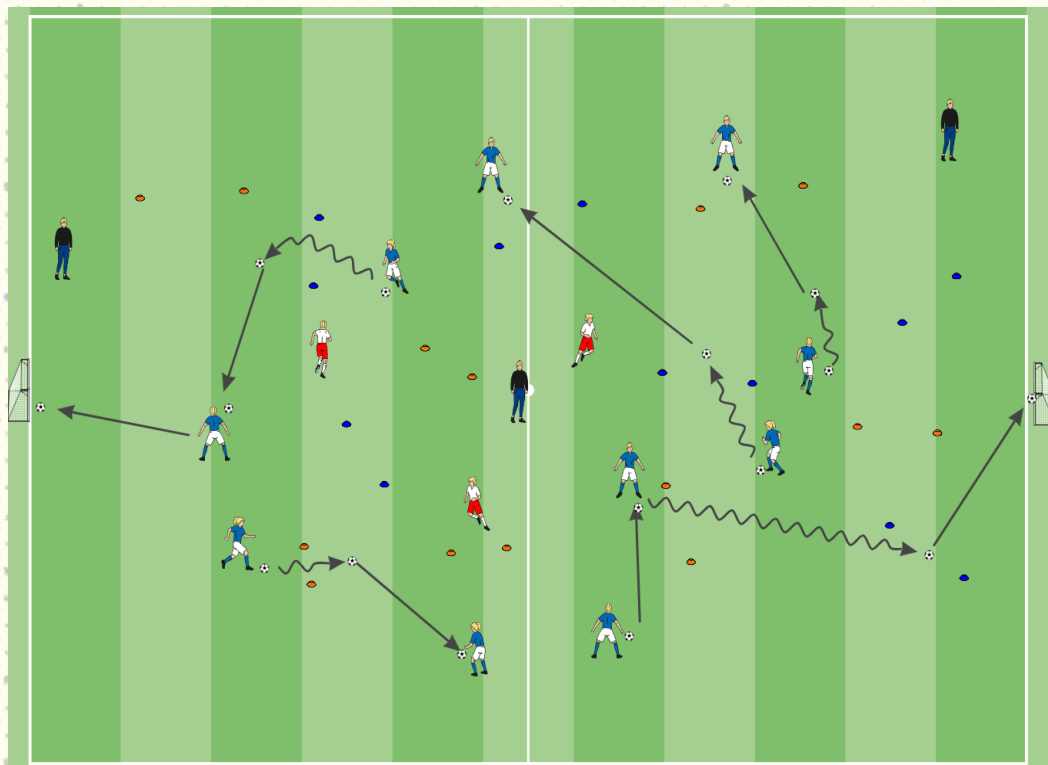
- 1) Dribble between cone and corner flag to score.
- 2) Dribble through gate to score.

KEYWORDS

Head Up, Soft touches, Control, Find, Space, Flat, Firm

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PHASE 2 - Non-Game | 8 MINS



3 MINUTES PLAY | 1 MINUTE REST

AREA: Use 1 of 4v4 Fields. Set up Gate all over field w/2 mini goals on endlines of 4v4.

DESCRIPTION

Dribbling & Passing in 2's through gates to avoid defenders. 1 point for each gates. Defenders try to kick ball off field. If ball goes out, blue pair must get ball back in grid and starts back at 0 points.

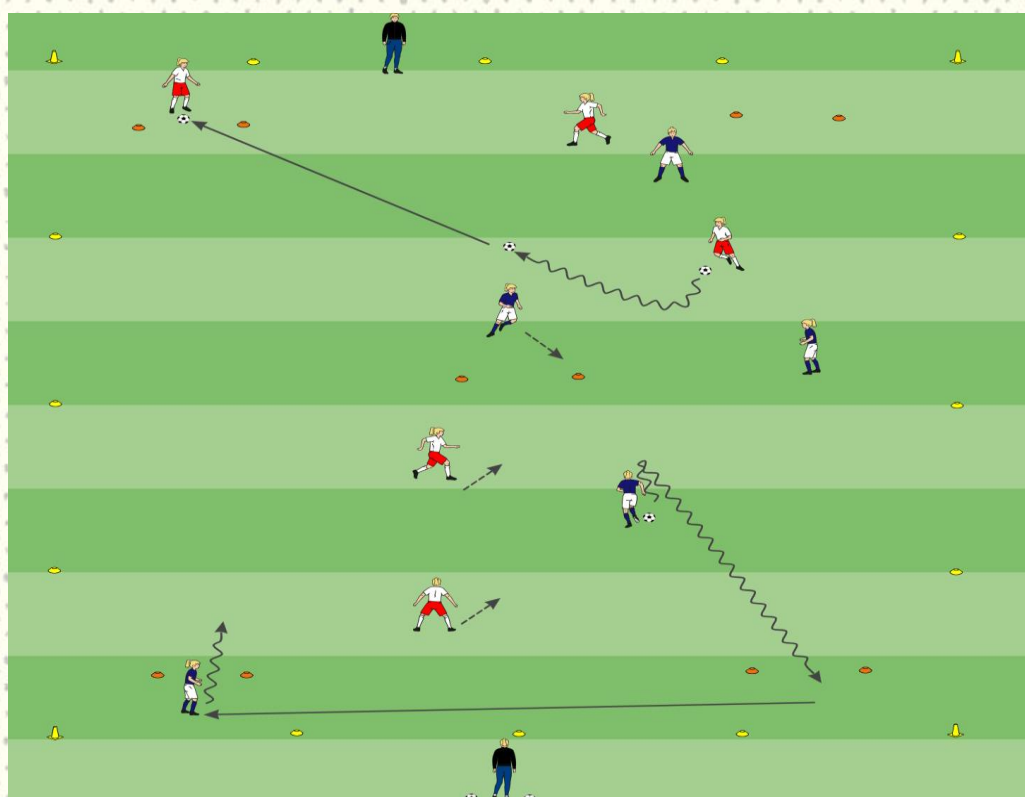
MORE CHALLENGING

- 1) ADD Defenders!
- 2) 5 Gates then to goal. 5 bonus points for scoring on goal!

KEYWORDS

Head Up, Soft touches, Control, Find, Space, Flat, Firm

PHASE 3 – Modified-Game | 8 MINS



3 MINUTES PLAY | 1 MINUTE REST

AREA: Use Full Field! Or split into 2 games on fields 1 & 2 depending on numbers.

DESCRIPTION

2 Teams. 2 Balls. 5 Gates. Teams pass or dribble through gates to score points. MUST maintain possession through gate to score. Once you score through a gate – FIND Another Quick!!

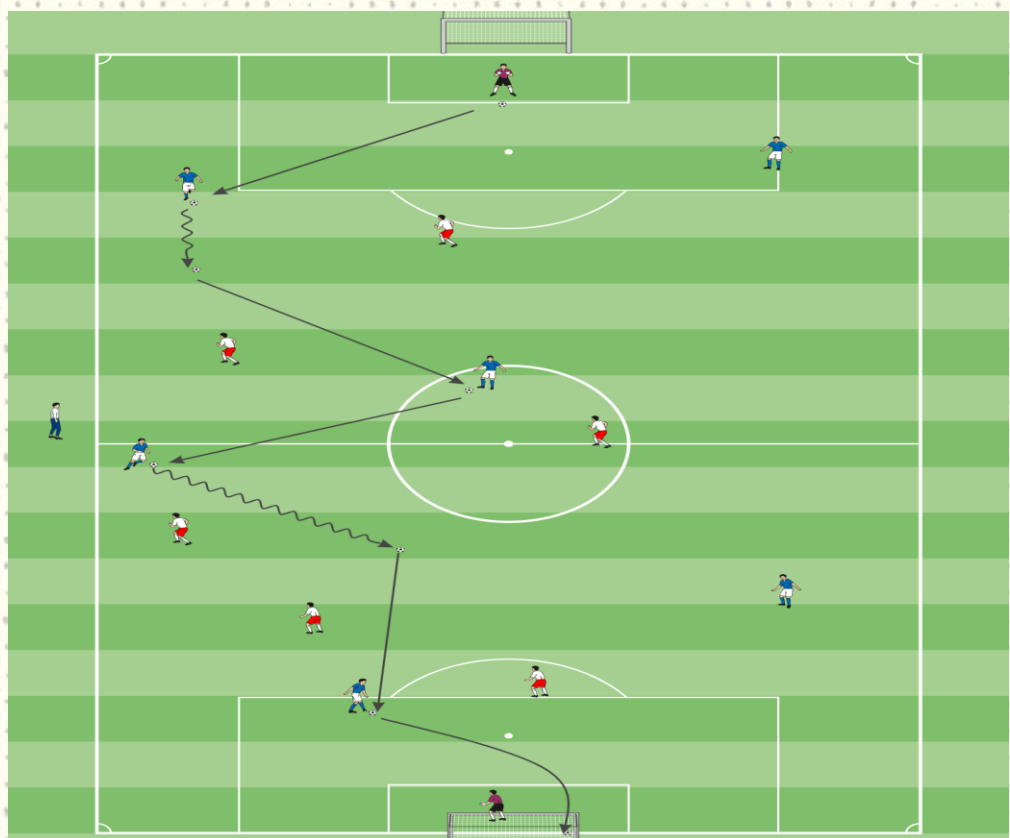
MORE CHALLENGING

Pass through gate to teammate ONLY

KEYWORDS

Head Up, Soft touches, Control, Find, Space, Flat, Firm

PHASE 4 – GAME | 25 MINS



4 MINUTES PLAY | 2 MINUTE REST

AREA Use Full Space Across Field 1 & 2

DESCRIPTION

Split into 2 teams and play 7v7 across fields 1 & 2 with GK. Revs Coach will manage game on field as a coach/ref. Parent Coaches will coach from sidelines to manage bench and subs.

SCORING

1 point for scoring in respective goals. Bonus points for scoring after beating someone 1v1

KEYWORDS

Head Up, Soft touches, Control, Find, Space, Flat, Firm