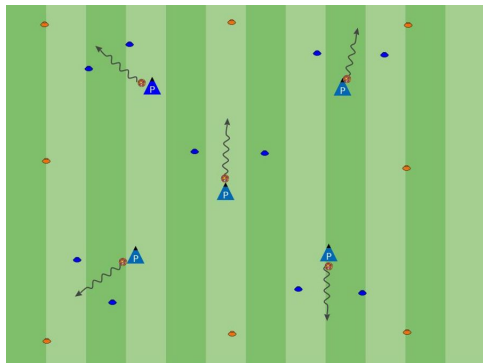


TRAINING SESSION: TRAINING ACTIVITIES

Objectives

Break The Fence



Players



Intensity:

12:00 min
(x 00:00 min, 00:00 min rest)

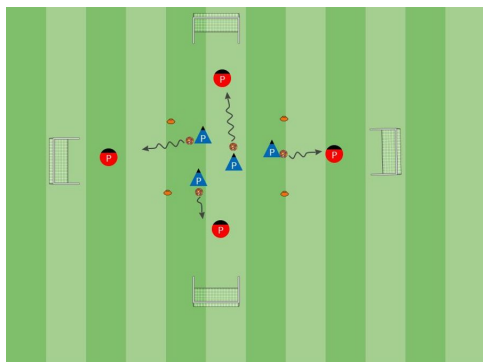
Coaching Points

Awareness of Surroundings
Change of Direction
Dribbling with the foot farthest from the defender
Change of pace

Description

All players have a ball. Players dribble around the field and try to score by dribbling through as many gates as possible, within a designated time. Players attempt to get as many points as possible. Play 4; 1 minute games
Progression Half of the players have a ball and half do not. Players dribble around the field and try to dribble through as many gates as possible, within a designated time. The defenders try to steal

Jail Break



Players



Intensity:

12:00 min
(x 00:00 min, 00:00 min rest)

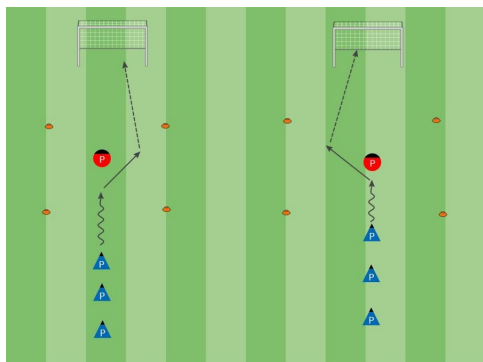
Coaching Points

1v1 Mentality
Change of direction
Awareness of Space

Description

Designate 4 players to be defenders (cops) and stand in front of each goal. Everyone else (robbers) have a ball and are in the small box (jail). Robbers dribble around the jail and on the coaches command, breakout and try to get past the cops and escape (score a goal). If successful they wait until the game is over and then go back into jail, waiting to play again. If a cop catches the robber (by stealing their ball) they dribble back into the jail and go back

Break Through



Players



Intensity:

12:00 min
(x 00:00 min, 00:00 min rest)

Coaching Points

Small touches as they approach defender
Creativity
Change of Pace

Description

Designate 2 players to be the defenders, who must stay inside the box. The remaining players get a ball and line up. The first player in line, attacks the defender and attempts to beat them by getting through the box and scoring a goal. If successful, they go back in line and try again. If the defender wins the ball and successfully dribbles it outside the box, players change roles immediately. Encourage defenders to take the ball from the attacking player, not

Shark Tank



Players



Intensity:

12:00 min
(x 00:00 min, 00:00 min rest)

Coaching Points

Dribbling technique
Creativity
Keeping the ball close
Change of pace
Awareness of surroundings

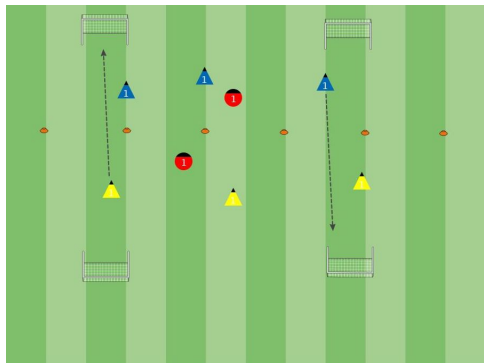
Description

5 players have a ball; 3 players do not. Players must dribble around the grid, trying to avoid the defenders (sharks). If a shark gets the ball they try and dribble the ball into one of the four squares (tanks). The player who lost the ball does 2 jumping jacks and then goes and get their ball from the tank. Sharks continue to steal balls and put them in their tanks. Play 5; 2 minute games. Change sharks every game.

TRAINING SESSION: TRAINING ACTIVITIES

Objectives

Knights and Dragons



 **Players**



 **Intensity:**

 **12:00 min**
(x 00:00 min, 00:00 min rest)

Coaching Points

Passing technique
Strength of pass
Team Work
Communication

Description

Players are in 2 groups of 4. 3 players have a ball (dragons) and 1 player does not (knight). The dragons attempt to ball the ball into the opponents goals (castles), before the knight blocks it. If a knight blocks a pass he/she then gives it to their teammates (dragons). Dragons cannot block other dragons passes from going into a goal; only the knights can. Players must stay in their own half. Play 5; 2 minute games. Change the knight every game.

Beat the Bulldog



 **Players**



 **Intensity:**

 **12:00 min**
(x 00:00 min, 00:00 min rest)

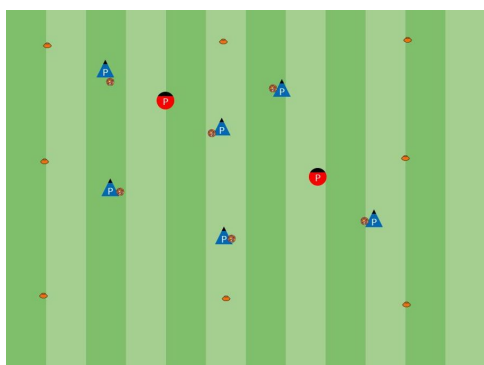
Coaching Points

Passing technique
Movement
Decision making
Communication

Description

Put players in pairs, each pair with a ball. Designate 2 defenders (bulldogs). Players must move around the field and pass to one another, trying to avoid the bulldogs. If the bulldog get the ball they try and score into one of their four goals. Players can steal the ball back from the bulldog, before they score into their "house" goal. If the bulldog is successful and score they players get the ball and continue passing or dribbling until a bulldog steals in.

Ghosts and Goblins



 **Players**



 **Intensity:**

 **12:00 min**
(x 00:00 min, 00:00 min rest)

Coaching Points

Dribbling with laces
Keeping the ball close
Getting head up
Finding open space
Change of Pace

Description

Designate 2 defenders (ghosts). All other players are attackers (goblins). Everyone (ghosts and goblins) have a ball. All goblins dribble around the box and avoid being tagged by a ghost. Everytime a ghost tags a goblin the get a point. Play 5; 2 minute games. Change the ghosts every game.