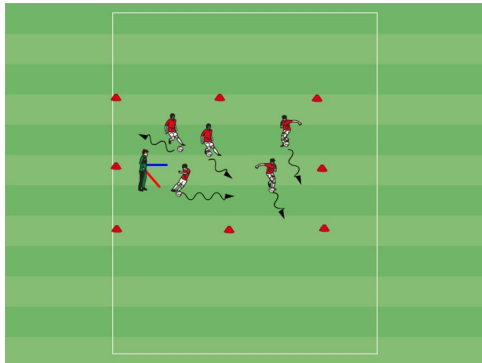



TRAINING SESSION: TRAINING ACTIVITIES 4


Objectives

To develop how to turn the ball while dribbling. To develop how to dribble with the head up. To develop how to run with the ball.

The Octopus



 **12 Players**

 **Ball for each player, cones, a few bibs, towels (tied together) or two pool noodles.**

 **Intensity: 5**

 **00:08 min**
(4 x 01:00 min, 01:00 min rest)

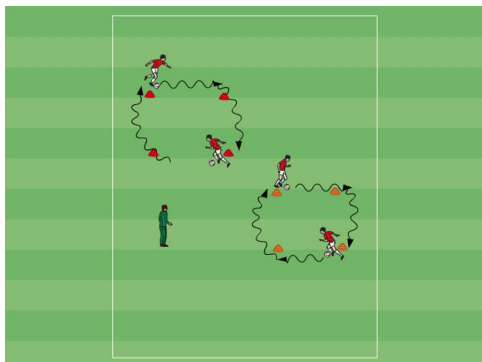
Coaching Points

Dribbling with the head up. "Where should your eyes be"? Dribbling to turn the ball. "How do you turn the ball with your feet"?

Description

Make a playing area with cones. Each player has a ball. The coach holds two vests or pool noodles in each hand. Instruct the players that they have to dribble the ball but don't let "The Octopus" touch their ball. If their ball gets touched they have three toe taps and then can continue playing. Variation: Have them go in a direction. See if they can go from end to end without getting their ball touched by

Chase



 **12 Players**

 **Ball for each player, cones**

 **Intensity: 5**

 **00:12 min**
(6 x 01:00 min, 01:00 min rest)

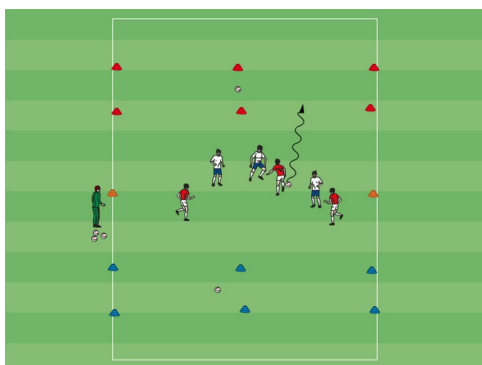
Coaching Points

Dribbling and turning the ball. "What part of the foot can you use"? Dribbling and running with the ball.


Description

Make small squares (5x5 to 8x8). Each player has a ball. One player starts at one cone outside the square while the other player starts at a cone directly opposite. The coach designates who will be the "Chaser". When coach says "Chase", one of the players starts chasing the other. If the "Chaser" tags the other player before they go around and back to their starting cone, they get a point. If the player being chased gets back

Small-sided game to an end zone (first to three) 2v2-4v4



 **10 Players**

 **Cones, minimum of three soccer balls per field.**

 **Intensity: 7**

 **00:12 min**
(6 x 01:00 min, 01:00 min rest)

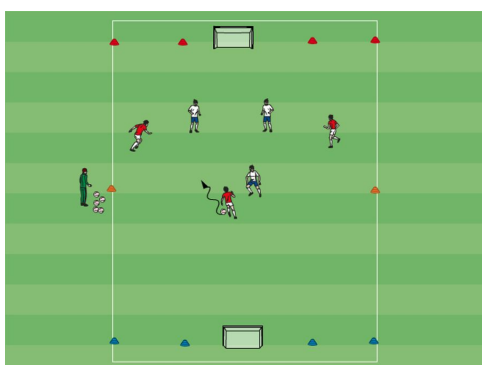
Coaching Points

Dribbling to beat an opponent. Dribbling to turn the ball away from an opponent to keep possession.

Description

Create a rectangular shaped field with an end zone on both ends. Place a ball in each end zone. Start with a game ball. When a team dribbles the ball into the other team's end zone, they then get a ball from their defensive end zone and try again. The first team to get all three balls into one end zone wins. Note: Only one ball is in play at a time.

Small-Sided Game to two goals (3v3-4v4)



 **8 Players**

 **Small goals, cones, balls**

 **Intensity: 7**

 **00:16 min**
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Principles of attack Principles of defense Techniques of dribbling, passing, shooting. Techniques of pressure (closing down), cover (body position), tackling

Description

Play two teams. Each team attacks one goal and defends another. Numbers may vary. Both teams play to score. Normal laws of the game. No restrictions. Let them play and enjoy.