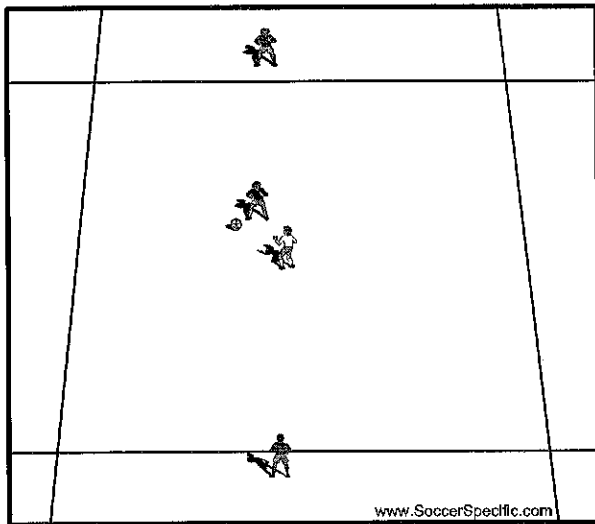




U10

SEASON OF SESSIONS

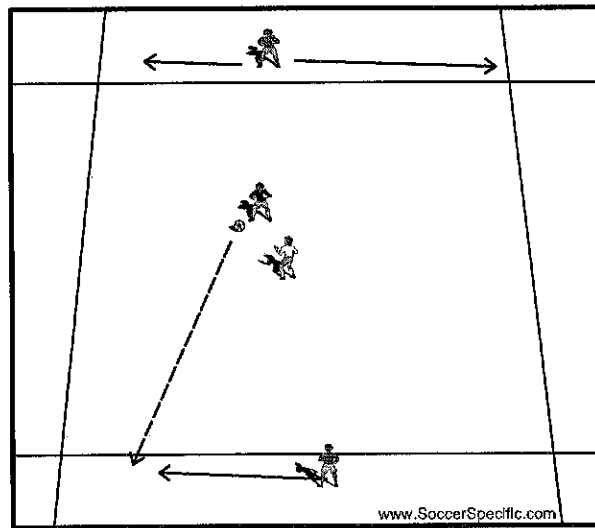


ACTIVITY #1

Set up: Winterbottom Level One
Stationary Target
20x10 area or needed
1 minute games. Scores are kept
Backpasses are encouraged

Instructions:
Targets may not move from their start position, but should stretch to reach any pass that is given to them

Coaching Points:
Play pass where defender is not
Combine if necessary
Check at angles and turn defender
Look to play forward

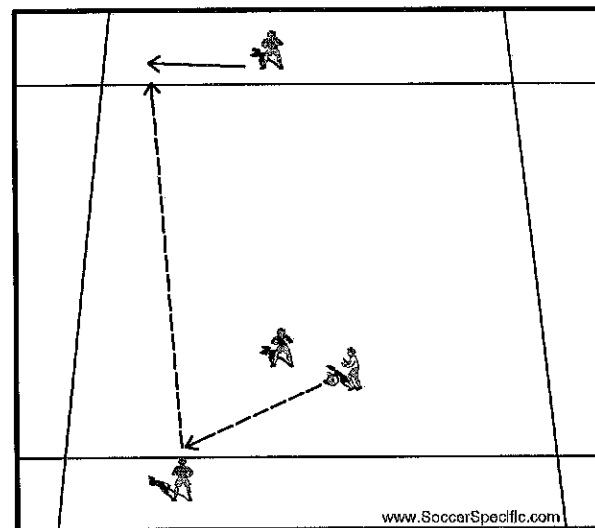


ACTIVITY #2

Set up: Winterbottom Level Two
Moving Target
20x10 area or needed
1 minute games. Scores are kept
Backpasses are encouraged

Instructions:
Targets move anywhere along their line to create better angles for passes

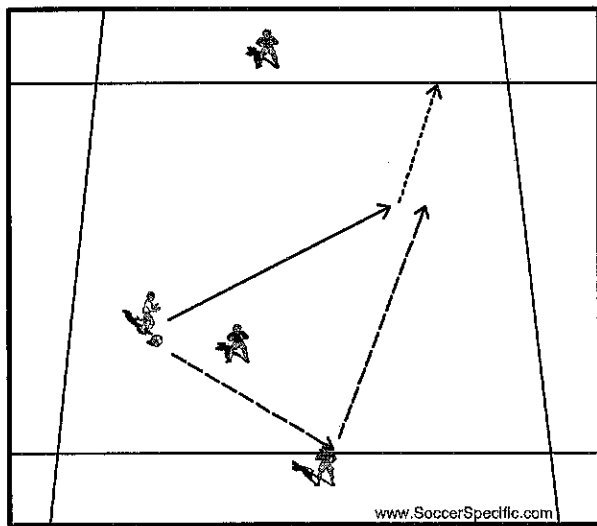
Coaching Points:
Disguise pass
Targets need to move to create passing angles



ACTIVITY #3

Set up: Winterbottom Level Three
Target to Target
20x10 area or needed
1 minute games. Scores are kept
Backpasses are encouraged

Instructions:
Targets may pass the ball to the opposite target for a score
Coaching Points:
After play into target, drop quickly to prevent target to target pass
Keep man and ball in front

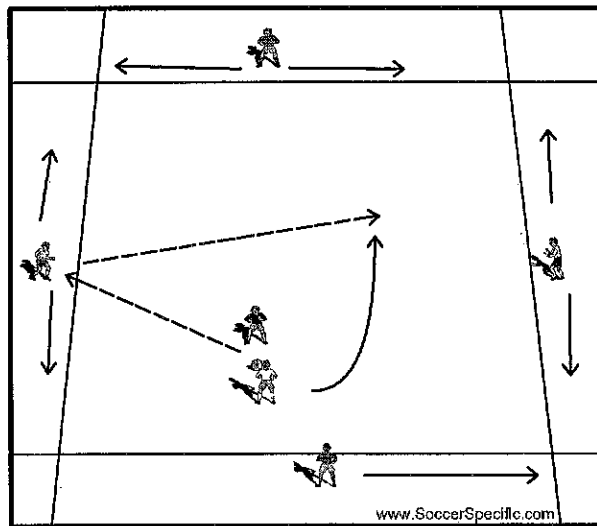


ACTIVITY #4

Set up: Winterbottom Level Four
2v1
20x10 area or needed
1 minute games. Scores are kept
Backpasses are encouraged

Instructions:
Targets are freed up to play on the field if they receive a back pass from their partner
Once ball is dropped, target on endline joins to go 2v1. A goal is scored if the team of two can combine to beat inside player and dribble the ball over the opponents endline

Coaching Points:

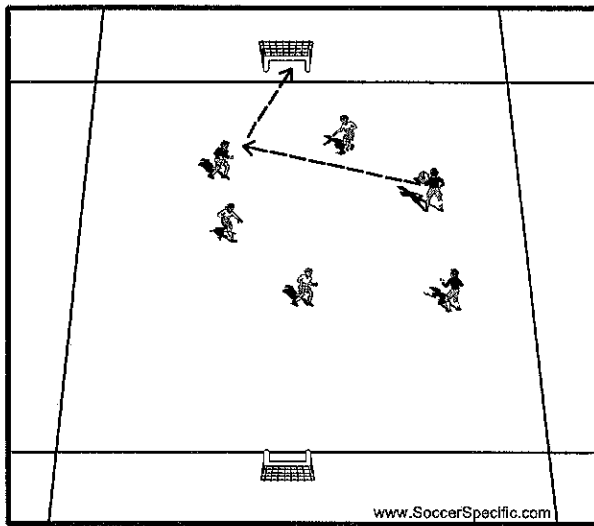


ACTIVITY #5

Set up: Winterbottom Level Five
Neutrals
20x10 area or needed
1 minute games. Scores are kept
Backpasses are encouraged

Instructions:
Inside players can use outside neutral players for support to play to target and score
Neutrals need to move up and down perimeter
Neutrals only have 1 touch

Coaching Points:
Good entry pass with pace into neutrals
Movement off ball
Timing of runs



ACTIVITY #1

Set up: Team Handball

Instructions:

Two teams play against each other. Players pass the ball with their hands. If ball drops, it becomes the other teams ball. You can only intercept a pass in the air.

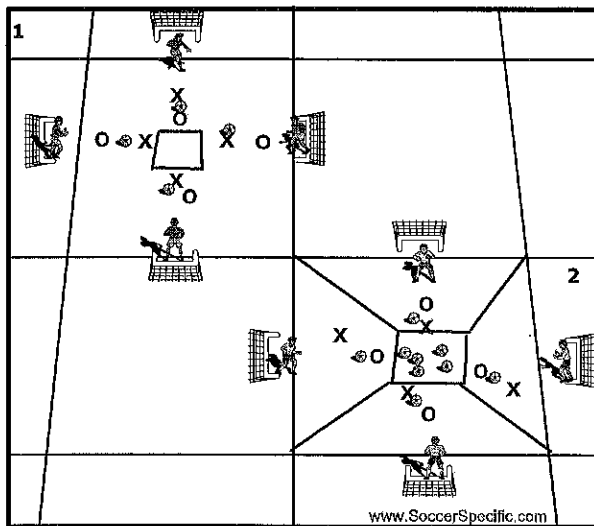
To score, players have to pass the ball with their hands for a teammate to head it in the goal.

Coaching Points:

Movement and execution..

Communication

Head down to score



ACTIVITY #2

Set up: 1v1 to goal

Instructions:

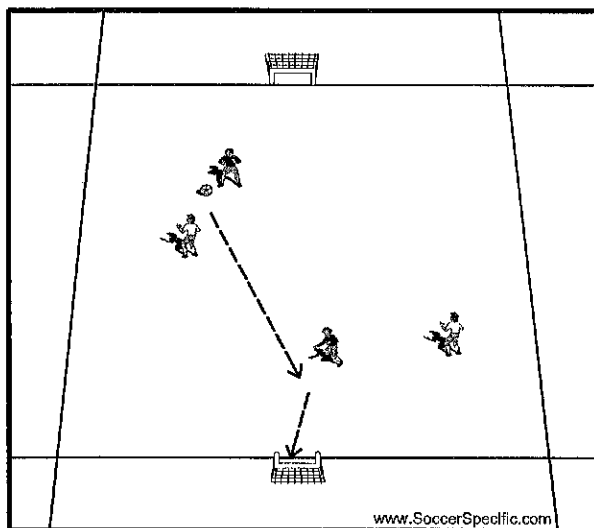
Play without goalkeepers then add goalkeepers.

1. Go 1v1 then attackers rotate to the right . If defender wins balls, they become attacker and attack same goal (play for time 30-60 seconds. Most goals wins)
2. If you score, get another ball and begin another attack. If defender wins balls, they become attacker and attack same goal (play for time 30-60 seconds. Most goals wins)
3. Now, can attack any goal. If score stay on attack and get another ball.

Coaching Points:

Attack defenders front foot

Attacking mentality to beat defender and score



ACTIVITY #3

Set up: 2v2 to goal

Instructions:

20 x 15 area or needed. If goal is scored or ball goes out of bounds, players have the option of dribbling or passing ball back in the grid

Keep score!!

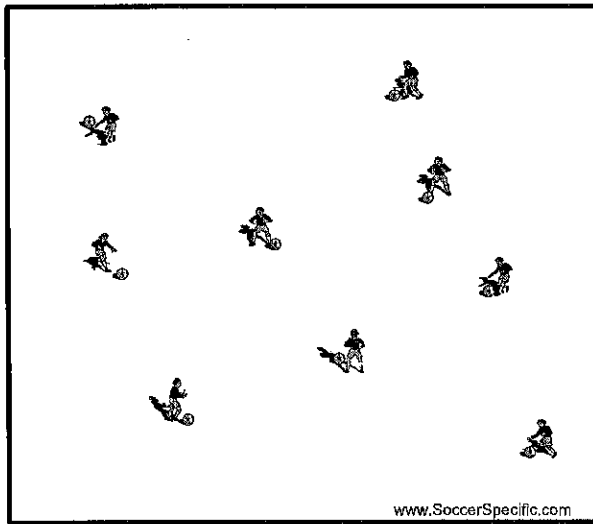
Coaching Points:

Passing accuracy and execution

Combination play

Scoring and transition

ACTIVITY #1

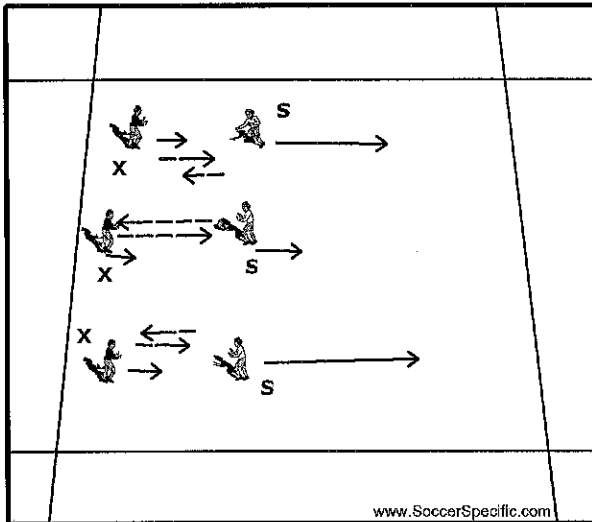


Set up: Juggling
Instructions:
 Juggle with feet only
 Juggle with thighs only
 Juggle with head only
 Juggle using any combination of feet, thigh, head

Coaching Points: Keep ball in air.

ACTIVITY #2

Set up: Russian Volley Sequence

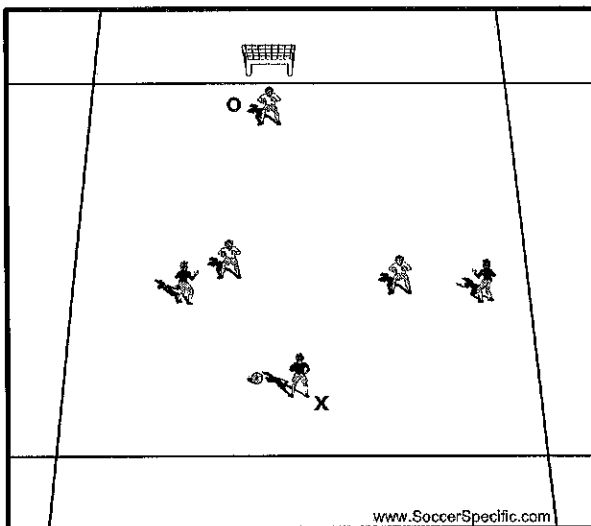


Instructions:
 In pairs, one ball between. Switch roles after get to line. (Server goes backwards)
 Server tosses ball (two hand underhand), X volleys ball back to Server with inside of foot
 Server tosses ball (two hand underhand), X volleys ball back to Server with instep
 Server tosses ball (two hand underhand), X controls with thigh and volleys back
 Server tosses ball (two hand underhand), X controls with chest and volleys back
 Server tosses ball (two hand underhand), X controls with heads back

Coaching Points:

ACTIVITY #3

Set up: 3v2 + Goalkeeper



Instructions:
 Team in possession (X) has three players while defending team (O) has two players and a goalkeeper. When defending team (O) wins the ball, one of the X players drops back to play goal keeper while the goalkeeper from the O team now transitions and joins the attack making it 3v2 for O team

Coaching Points:
 Transition
 Attack in numbers
 Combine and score

ACTIVITY #1

Set up: Short-Short Long

Instructions:

Three players, one ball between. Player A passes to player B. Player B passes back to player A. Player A then passes to player C.

Player A follows pass and Player B takes player A's spot.

Then player C plays player A. Player A passes back to player C. Player C plays pass to player B.. Then C comes across and A takes C's spot repeat

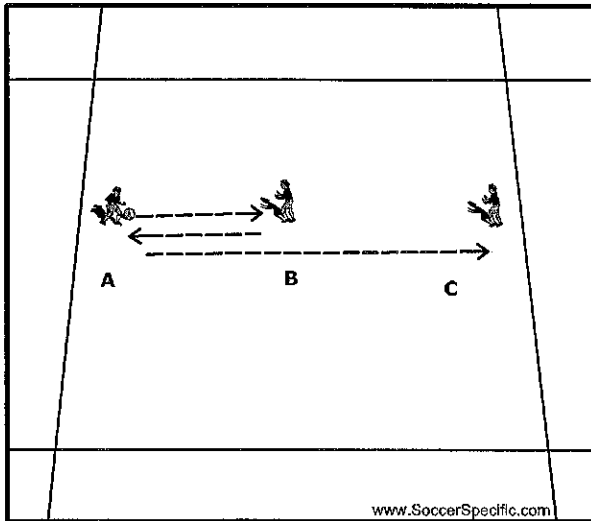
Play all passes on ground with inside of foot

Progress: Play all passes on ground with laces (instep) of foot

Coaching Points:

Pace and accuracy

Communication



ACTIVITY #2

Set up: Gates Game II (Team vs Team)

Instructions:

Form four teams of two players. Use pinnies to designate colors. All four teams of two play against each other. To score, one player plays a pass thru any cone goal to a teammate. Play for time or score

Progress:

Play 4v4. Score by playing thru any cone goal to a teammate.

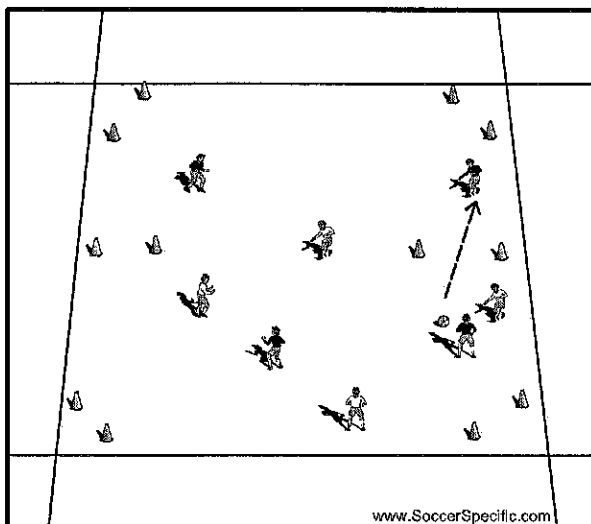
Play for time or score

Coaching Points:

Passing and movement

Spacing

Pace and accuracy of pass



ACTIVITY #3

Set up: Hollywood squares

Instructions:

Set up a 30x20 grid (or needed) Put a small square in each corner. Place 1 player in each corner. Then divide remaining players into 2 groups, one group of three and a group of two. Scoring: Group of three scores by passing to any player in one of the four corners. Group of two scores by stealing the ball and dribbling out of the grid.

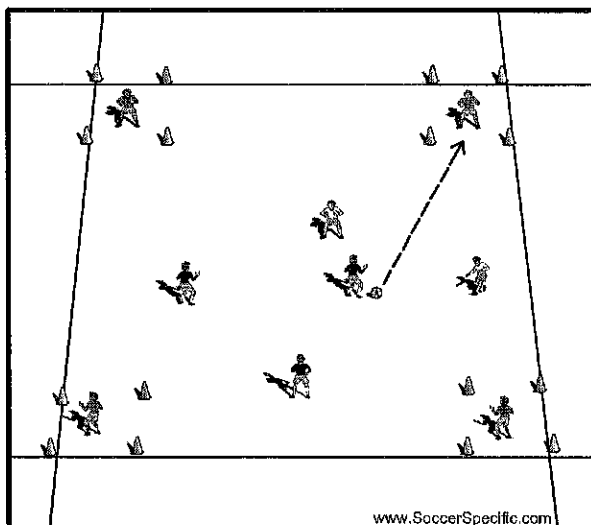
Players in the squares pass back to team of three. Can't score on same goal twice in a row. Play is continuous. Play for a couple minutes then change players roles.

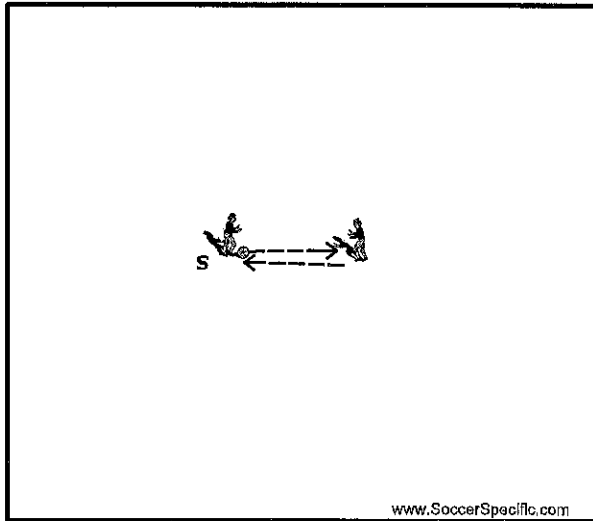
Progress: Attacking teams try to score on all four goals

Coaching Points:

Possession

Movement and communication





ACTIVITY #1

Set up: PELE Series

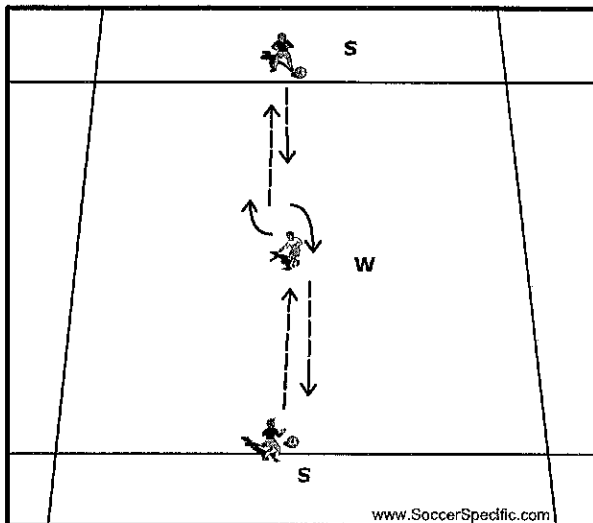
Instructions:

One serves and the other works

Progression

1. Receive with instep pass back
2. Receive with inside of foot pass back or chip back
3. Receive with thigh volley or pass back
4. Receive with chest volley or pass back
5. Receive with head volley or pass back
6. Volley with instep
7. Volley with inside of foot

Coaching Points:



ACTIVITY #2

Set up: Check and Play in threes

Instructions:

3 players, 2 balls. One ball on each end with server (S). Player in center (W) checks to one server with ball, receives pass and plays back to server (2 touch, receive and play) Then W sprints to other side and repeats. Play for 45-60 seconds then rotate players

Progress:

Receive across body with inside of one and play back with inside of other

Receive with outside of one and play back with the inside of the same

Progress: One touch back with inside of foot

Progress: Tossed balls in, receive with thigh, chest or head and play back

Progress: One ball. Player in center plays ball to outside play, tells them to hold sprints around and then calls for the ball back to play the other server-repeat

Coaching Points:

ACTIVITY #3

Set up: Spin and score

Instructions:

Both players start at cones. Server plays ball into the attacker (X), who attempts to turn and dribble over the goalline (line between two cones). Defender (O) tries to win ball and prevent attacker from scoring. Play for time then rotate

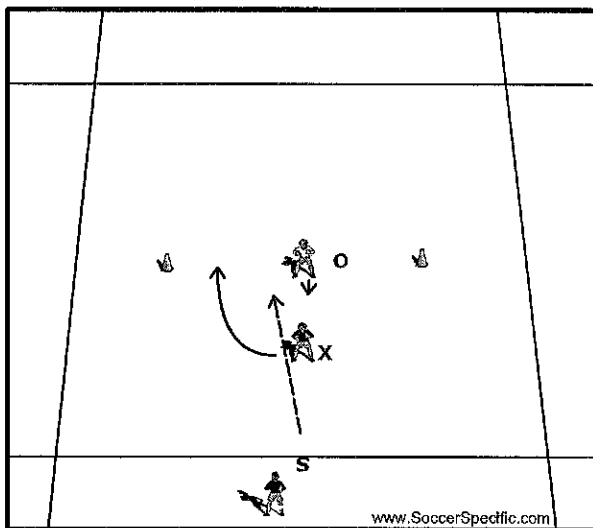
Progress: Add a goalkeeper and try to turn and score on the goalkeeper

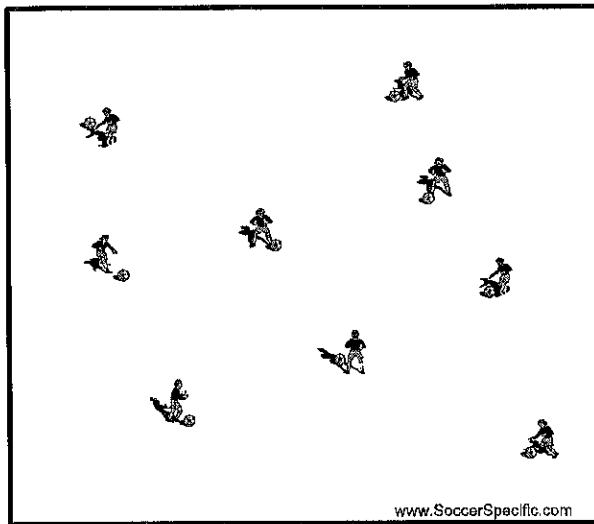
Coaching Points:

Check at angle

Face up defender

Quality turns with ball





ACTIVITY #1

Set up: Juggling

Instructions:

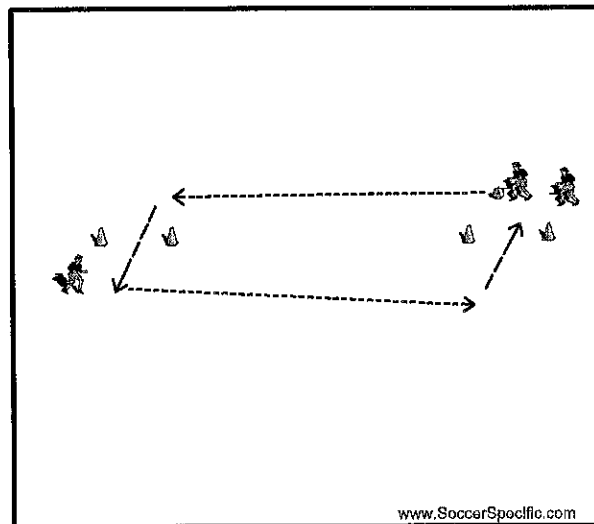
Juggle with feet only

Juggle with thighs only

Juggle with head only

Juggle using any combination of feet, thigh, head

Coaching Points: Keep ball in air.



ACTIVITY #2

Set up: Dribble and Play thru cones

Instructions:

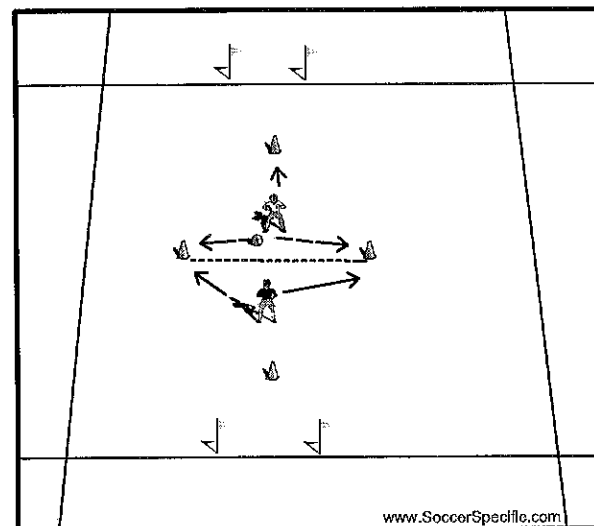
Player dribbles at speed then plays diagonal pass thru cone to teammates (stays on that side after pass) who repeats going the other direction.

Progress: Dribble and play thru cones with left foot

Coaching Points:

First Touch

Push ball out and run with ball



ACTIVITY #3

Set up: Mirror Game

Instructions:

Imaginary line between cones. Players play 1v1. Play is continuous

1. Score by touching ball to one of side cones. If defender gets foot between cone and ball, they win possession. If ball goes across, player loses possession. Players can't come across line to other side

2. Score as above or can go backwards and touch cone for point. Opposing player can come across and touch the attacking player to win possession

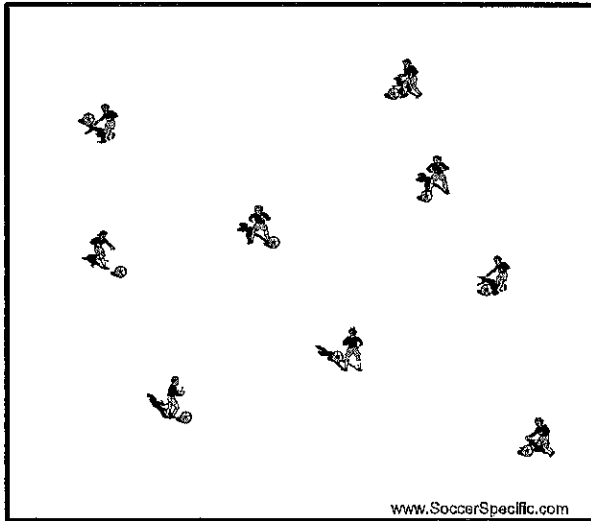
3. Players can go forward across line and beat the opponent 1v1 and score on goal (use pinnies) for 3 points. If they come across, defender can win possession by touching ball. If player megs other and scores, they get 10 points

Coaching Points:

Creativity using fakes/feints

Score, Score, Score

ACTIVITY #1



Set up: Juggling

Instructions:

Juggle with feet only

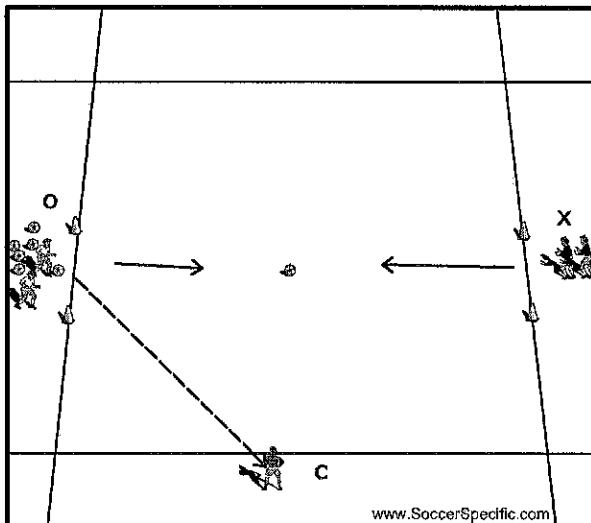
Juggle with thighs only

Juggle with head only

Juggle using any combination of feet, thigh, head

Coaching Points: Keep ball in air.

ACTIVITY #2



Set up: 1v1 and 2v2 to 2 goals

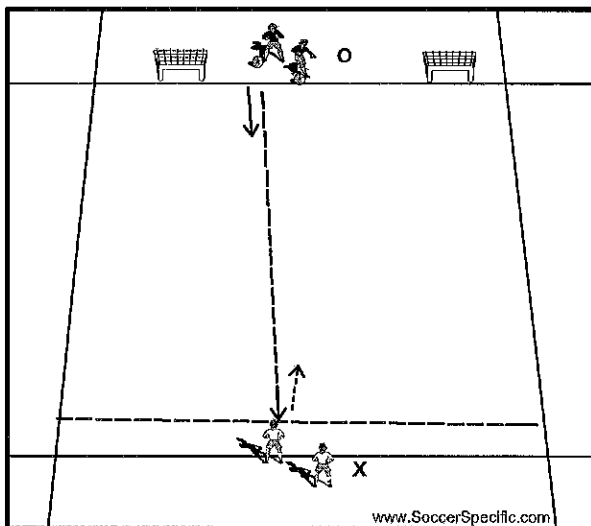
Instructions:

(O) plays pass to coach then closes ball down in center. (X) closes ball as soon as O plays coach. First to ball is attacker, the other defends. Attempt to score on opponents goal. Rotate lines Progress: 2v2

Coaching Points: Attack or break down and defend?

Use 1v1 moves to score

ACTIVITY #3



Set up: One vs One to two goals

Instructions:

Defender plays ball out to attacking line

O plays X goes 1v1 to two goals. Can use goalkeepers if you choose to

If defender wins ball they dribble over transition line (TL) for a point. Switch lines afterwards

Progress: 1v2

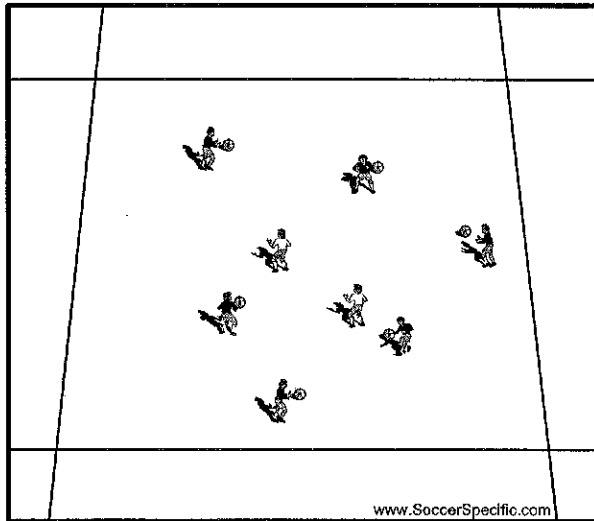
Progress: 2v2

Coaching Points:

Vary service to attacking line

Get at the defenders with speed, mobility and improvisation

Transition



ACTIVITY #1

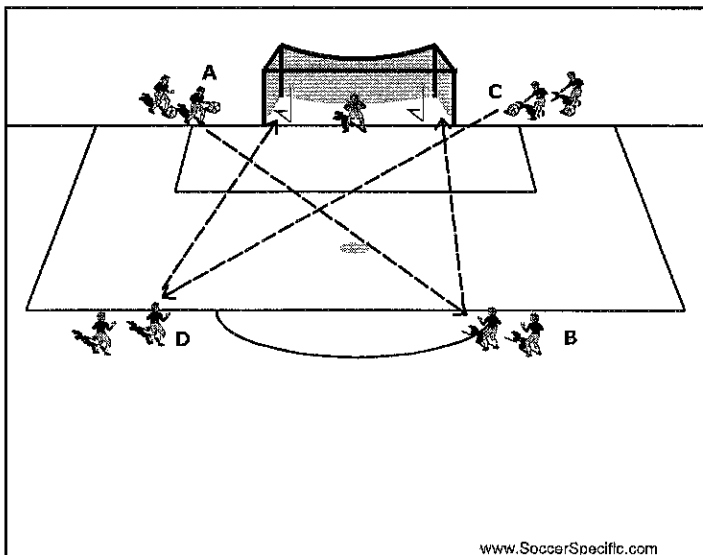
Set up: Tag Game

Instructions:

There are two players who are "it" and three other players holding balls. The rule is that if a player is holding a ball, they are "safe" and can't be tagged. On the one hand a player could hold the ball and be the safe the whole time but the idea is that if a player sees another teammate about to be tagged, they would throw the ball to that player to help them out.

Coaching Points:

- Movement
- Communication
- Teamwork



ACTIVITY #2

Set up: Finishing Short Range

Instructions:

(No goalkeeper) A plays on ground to B, B takes a touch and finishes (2 touch) Then C plays D repeat (shoot far post)

Rotate A to C, C to B, B to D, D to A

Progress: Two touch shoot near post

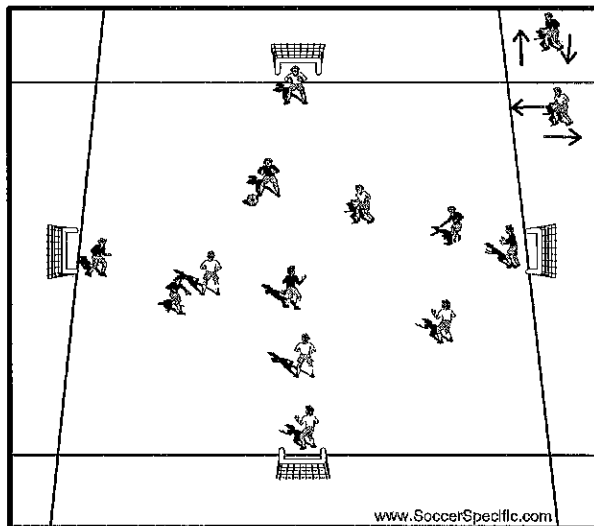
Progress: 1 touch far post

Progress: 1 touch near post

Progress: Add Goalkeepers

Coaching Points:

- Get everything on frame
- Keep head still
- Get in line with ball
- Strike thru ball



ACTIVITY #3

Set up: Chelsea Game

Instructions:

30x30 or needed. One team plays north to south, other east to west. Can score on either goal.

Progression:

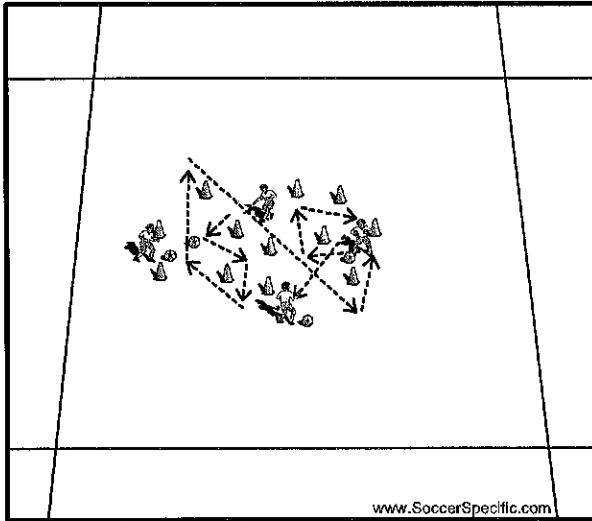
Play without goalkeepers

Add Goalkeepers and use them as targets.

Play normal game with goalkeepers

Coaching Points:

- Get shots on frame
- Shoot when opportunity arises, don't wait



ACTIVITY #1

Set up: Dribbling Pod

Instructions:

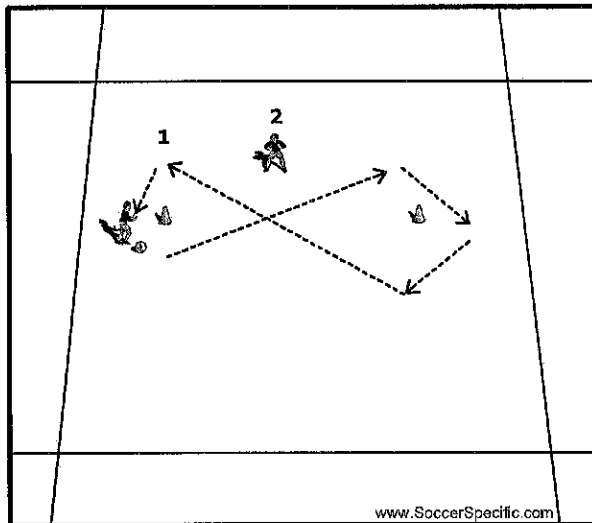
Several cones in a tight area. Multiple players with a ball dribble in and out of cones like using different surfaces of both feet

Coaching Points:

Quick touches

Head up, change of pace and direction

Use different surfaces of foot (inside, outside, sole, laces, toe, heel,)



ACTIVITY #2

Set up: George Best Figure 8 dribbling

Instructions:

Cones 8-10 yards apart. One player works other counts. Dribble in figure 8 pattern. Everytime you dribble past half way or go around a cone, you get a point

1 minute sessions then rotate.

Everytime player uses improper technique, deduct 1 point

Progression:

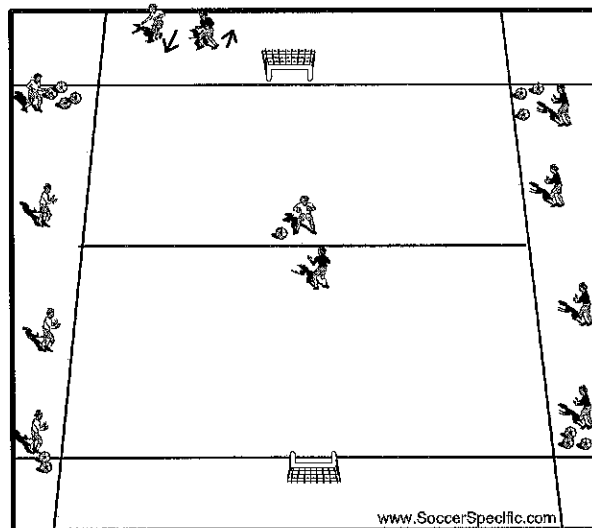
1. Inside of foot only

2. Outside of foot only

3. Inside and outside combo

Coaching Points:

Use of dribbling technique



ACTIVITY #3

Set up: 1v1 to goal with bumpers

Instructions:

16x8 field or needed. Players play 1v1, 30-45 second games then rotate. Play is continuous. To score, must be at least half way line.

If score, must sprint back and touch the opposite goal to your back, while the other player gets ball out of goal and attacks.

Perimeter players need to keep the ball in (try to play one touch passes). If ball goes out, defending player gets immediately served by player with balls that are closest

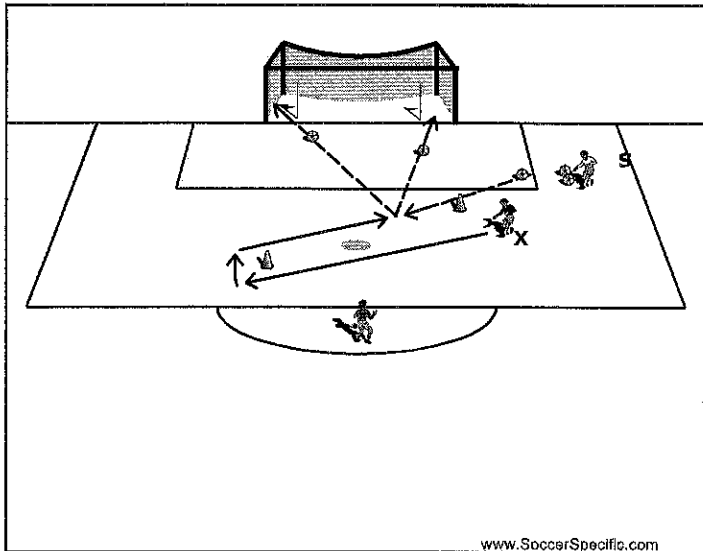
Coaching Points:

Compete

Use moves and feints to offset defender

Transition

Score and defend



ACTIVITY #1

Set up: Finishing: Adlard -

Instructions:

Three players. One serves, one works and one counts. Each player shoots 5 to 8 balls. Player (X) starts at one cone and runs around the other. Server (S) plays ball on ground and player finishes. Two points for ball inside the flag and post, one for ball hit into net. No points for ball that misses to the side. -1 for a ball hit over the top of the goal. One player at top of box counts points

Progression:

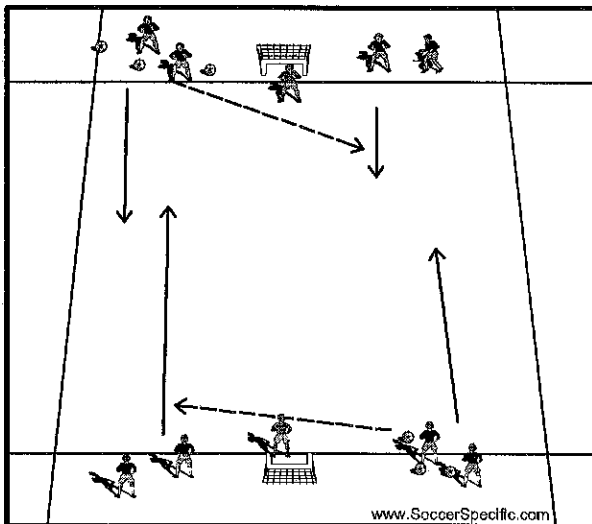
- Far Post using two touch
- Near post using two touch
- 1 touch far post
- 1 touch near post

Coaching Points:

Concentrate on using proper technique
Get everything on frame

ACTIVITY #2

Set up: Finishing Eisenwinter



Instructions:

Both lines go at same time and score on their appropriate goal
Progression

1. Play across, pass back and forth down field and finish
2. Play other line and overlap
3. Play other line, that player dribbles at speed to goal and stops ball (stepping over) other player hits on goal (1 touch) - player stopping ball should get to goal for rebound
4. Play to other line and chase them to goal (breakaway). Just shadow don't need to win ball
5. 2v2 to goal

Coaching Points: Get everything on frame

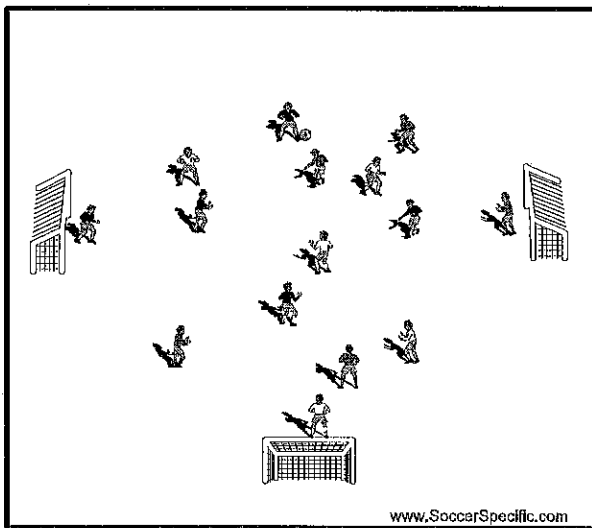
ACTIVITY #3

Set up: Finishing: Alliances

Instructions:

Three teams. Defend your goal, attack and score on the other two. Teams form alliances with other teams and attack in numbers against another team. Once a ball is scored on a goal, the ball remains in the net. Goalkeeper from the team that got scored on immediately starts another ball. Play with one then progress to multiple balls. When time ends, the team with the most balls in its net loses.

Coaching Points:



ACTIVITY #1

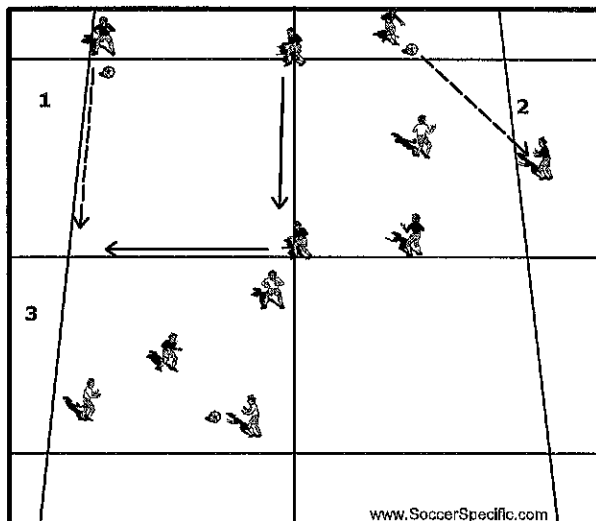
Set up: 3v1 variations

Instructions:

1. 3v0. Players shift to support ball
2. Players stay on outside of grid. Can't go inside but can shift to support on outside. Keep defender in for a period of time then rotate
3. Players play within grid. If defenders win ball, they become attackers and player that gave the ball away becomes defender

Coaching Points:

- Pass and move to support
- Communication



ACTIVITY #2

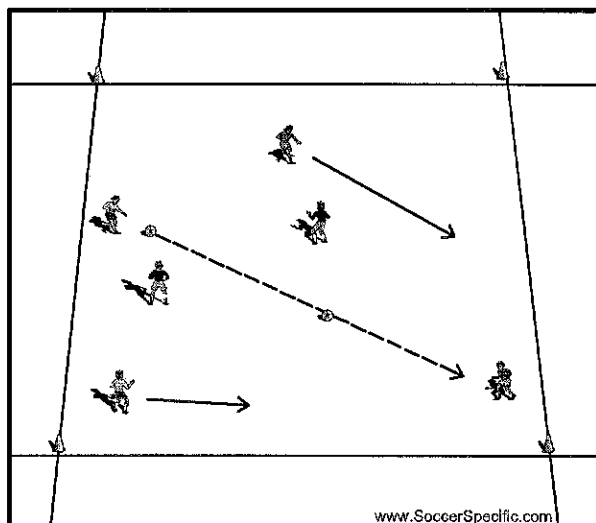
Set up: 2v2+2

Instructions:

- Three teams of two. (10x10 or 12x12 area as needed) Two teams always play in possession against one team.
- Start playing with one team in the middle for a certain time limit.
- If they win the ball, they give the ball back to the other four players in the grid. Rotate defending team
- Progress: When the defending team wins the ball, the team that gave the ball away is "IN" on defense and the defending team that won the ball transitions to attack.
- Scoring: 4 consecutive passes = 1 point against defensive team

Coaching Points:

- Keep ball moving
- Immediate transition when win or lose ball
- Don't give the ball away-Keep it
- Movement off ball and to provide support



ACTIVITY #3

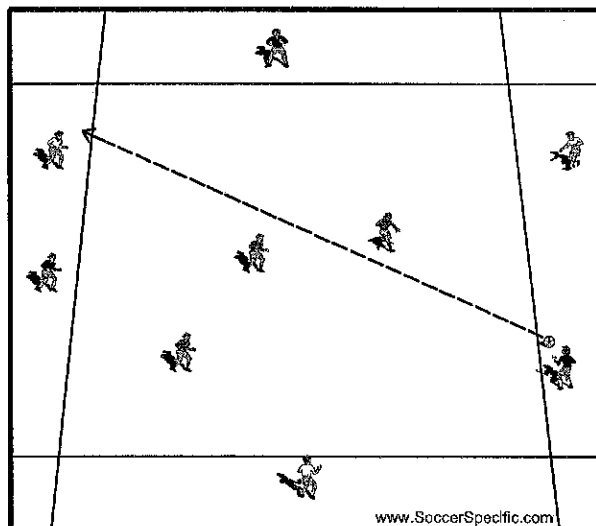
Set up: 3v3 +3 outside possession

Instructions:

- The outside players pass the ball around the outside and away from the three defenders in the middle. The outside players are not allowed in the middle, however they can move up and down the outside lines to receive the ball.
- If the ball is won by the middle players, they swap with the team on the outside who loses the ball. Encourage players to play in less than two touches.

Coaching Points:

- Keep ball moving
- Communication
- Good first touch and decision making

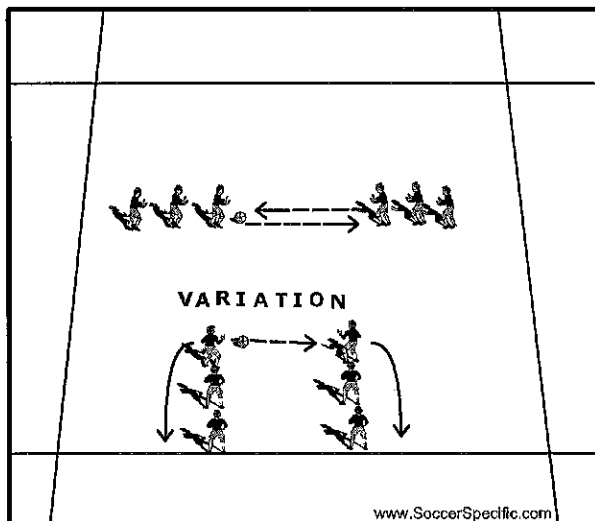


ACTIVITY #1

Set up: German Passing

- Instructions:**
1. Play across then go to back of your own line (two touch then one)
 2. Play across and join back of other line. (two touch then one)
 3. Takeovers
 4. Foundation across
 5. Play and close making receiver have good first touch to side
 6. Laces only
 7. Sole of foot only
 8. Toe only
 9. Play open legs for other side to play thru

Coaching Points: Pace and accuracy
Step to ball



ACTIVITY #2

Set up: Kick the Can

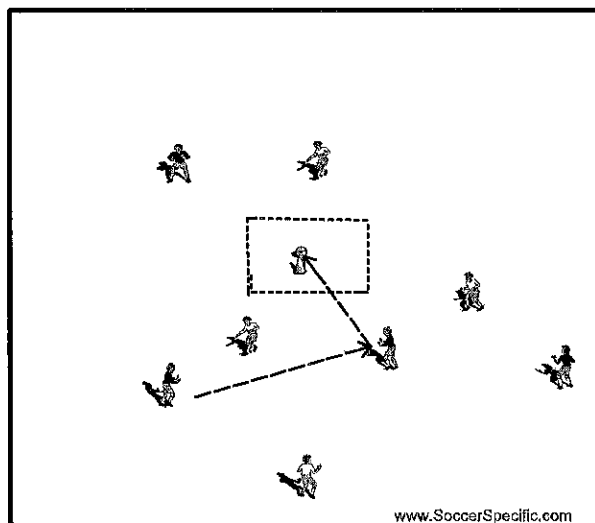
Instructions:

Divide players into two equal teams, Use up to a half field with no out of bounds and a trash can in the middle of the field. Score a goal by hitting the trashcan. The game is continuous even when a goal is scored. If players bunch up around the goal, create a arc around the goal

Progress: must score on a one time finish

Coaching Points:

- Look to score
- Communicate with teammates
- Proper spacing



ACTIVITY #3

Set up: Half Court Soccer

Instructions:

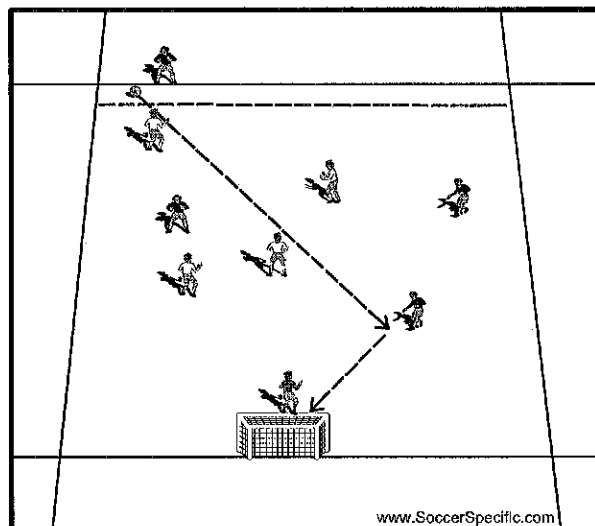
Game is similar to half court basketball. Whenever the defending team wins the ball they must take the ball to a "take back" line before they can shoot on one goal. Can use the dimensions of the penalty box. Goals from beyond the take back line is worth 2 points.

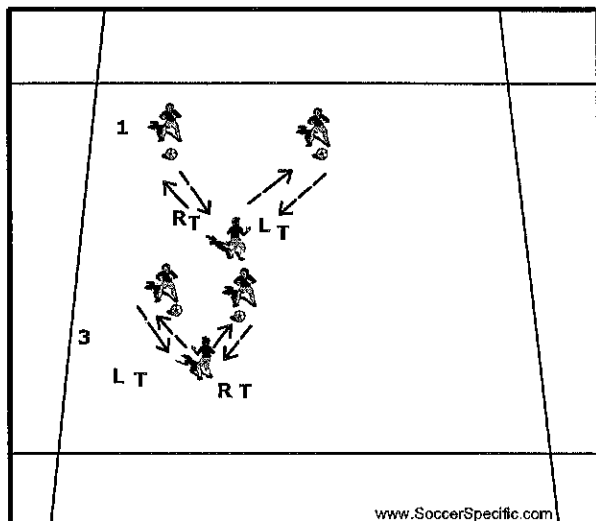
Play for time or to 21

Progress: Add two goals on take back line for teams to play thru to earn possession

Coaching Points:

- What technique do I use? (chip, driven shot, placed shot, bent shot)
- What surface do I use?





ACTIVITY #1

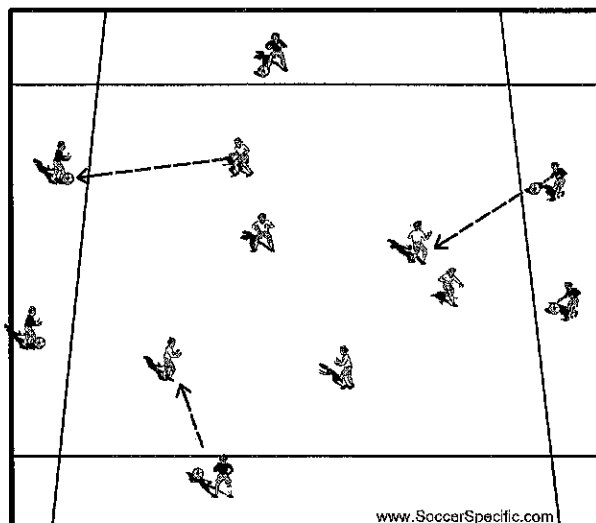
Set up: Parmar 1st Touch (threes)

Instructions:

60 seconds then rotate immediately - Play fast

1. Two servers on knees with balls, they roll ball, player 2 touches across body
2. Two servers on knees with balls, they roll ball, player 1 touch across body
3. Two servers on knees with balls, they roll ball, player 1 touches with outside of foot to same player they received it from

Coaching Points:



ACTIVITY #2

Set up: Windows

Instructions:

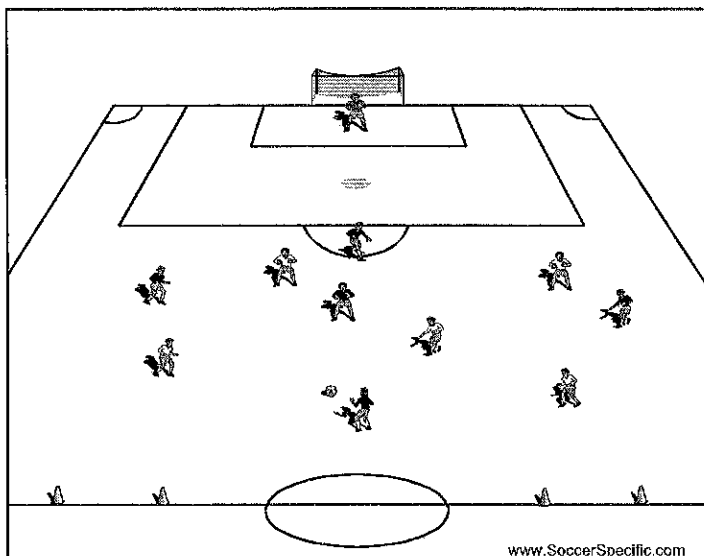
Inside players work, outside serve. half players inside without a ball, half with ball outside of square

Progression:

- Serve with hands, Hand pass back (handball),
- Balls on ground. Receive pass, play back to server (2 touch),
- Receive pass, turn, play pass to server without ball,
- Tossed balls: inside of the foot volley, volley with instep, Receive with thigh, and volley back receive with chest volley back, toss and head back

Coaching Points:

- Check at angle
- Proper use of technique
- Call for ball



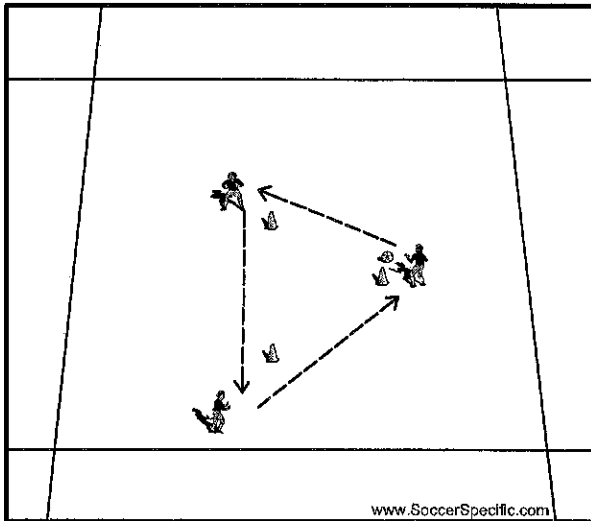
ACTIVITY #3

Set up: Small Sided Games Offense vs Defense with counter goals

Instructions:

One team attacks the large goal, the other attacks either of the two smaller goals. When the team scores in one of the two smaller goals, they now attack the larger goal

Coaching Points:



ACTIVITY #1

Set up: Triangle passing

Instructions:

Three players with one ball passing

Progress:

Pass counter clockwise two touch (receive play)

Pass clockwise two touch (receive play)

Pass counter clockwise one touch

Pass clockwise one touch

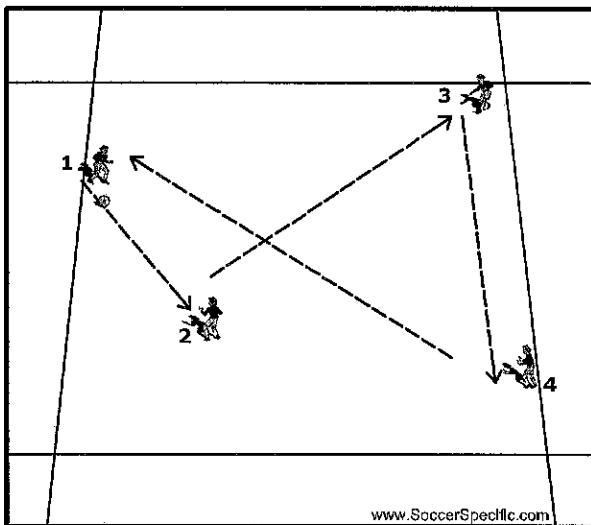
Increase distance

Coaching Points:

First Touch prep touch in direction you want to go

Pace and accuracy of pass

Pass to correct foot



ACTIVITY #2

Set up: Numerical Passing

Instructions:

Groups of Four-six players: Play amongst entire group

1. Play to next number 1 to 2, 2 to 3, 3 to 4, 4 to 1

Progress: On "Leave it" from Coach, player in possession of ball leaves ball and next number quickly collects and distributes to their next number

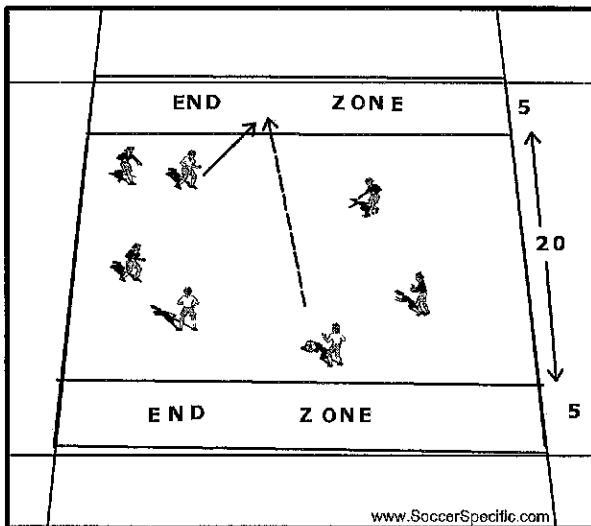
Progress: Competition between groups. Who can play the best in 60 seconds (U8 and up)

Coaching Points:

Pass and Move

Vision, Pace and accuracy of pass

Communication



ACTIVITY #3

Set up: 3v3 Endzone game

Instructions:

Score by playing pass to teammate running into end zone. Once goal is scored, opposing team get the ball in their end zone and can dribble or pass ball back in. If ball is out of bounds, players can dribble or pass it back in. ** Can't stand or defend in endzone

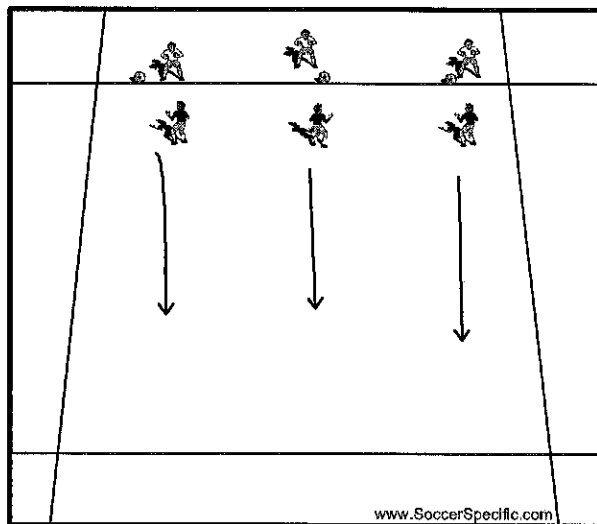
Progress: Score keep ball and attack other direction U12 and above

Coaching Points:

1v1

Decision making

When to dribble and when to pass



ACTIVITY #1

Set up: Shadow Defending

Instructions:

In Pairs, one partner dribbles, other defends. Dribbler dribbles forward cutting ball every once and awhile. Defender uses footwork and technique to back peddle and work on defensive technique. Dribbler doesn't try to beat defender and defender doesn't try to win ball.

Progression:

50% speed then 100%

Joust

Poke and transition

Tackle and transition

Coaching Points: Snowboarder position (sideways on), Keep ball in front

ACTIVITY #2

Set up: 1v1 to endline: (Defending)

Instructions:

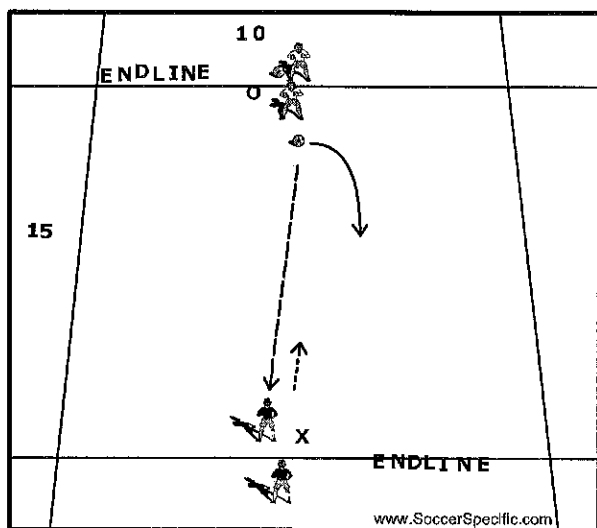
O serves the ball straight across to X. X dribbles and attempts to beat O and dribble over their endline for a point. If O wins ball, they transition and score over X's endline. Switch lines after play

Progress play 1v2

Progress: Play 2v1

Progress: Play 2v2

Progress: Add a goal and play all options to goal



Coaching Points:

Close down quickly

Breakdown sideways on (snowboarder)

Force to a side (channel)

Win ball and transition

ACTIVITY #3

Set up: One v One to goal II

Instructions:

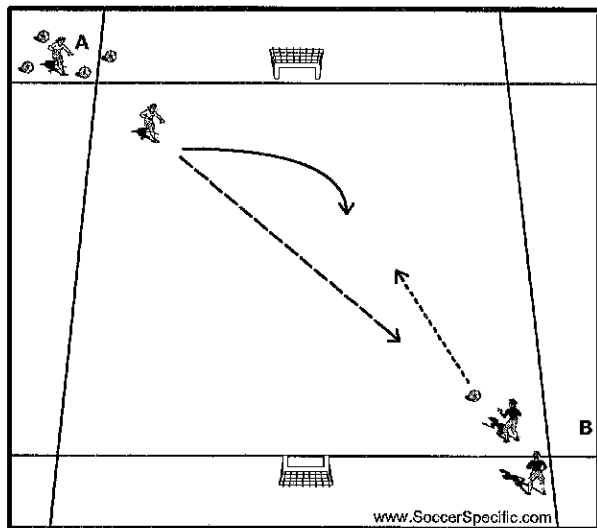
Grid is 15 yards long by 10 yards wide or needed. (A) Plays pass across to (B). (B) plays 1v1 against (A). Play until the ball is out of bounds, or a goal is scored. Players go to back of other line (attacker becomes defender, defender becomes attacker)

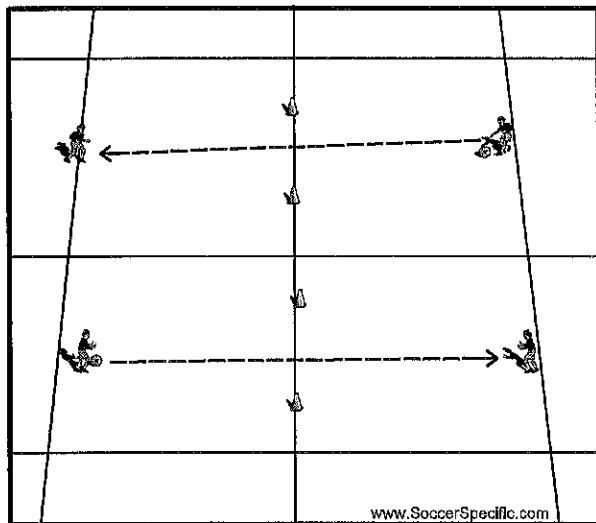
Coaching Points: Close down attacker quickly

Force attacker to side

Patience

Win ball, transition and score





ACTIVITY #1

Set up: Unopposed Finishing

Instructions:

Players work on finishing technique by playing a stationary ball thru a unopposed goal. Use both feet

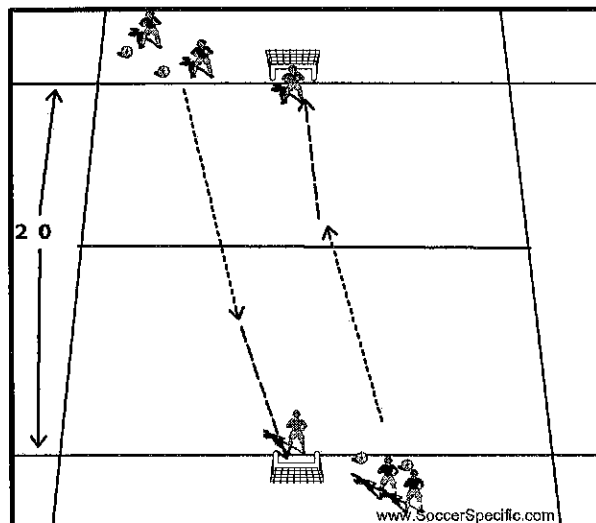
Progress: Take a touch and hit a moving ball

Coaching Points:

Head Still on ball

Plant foot facing target

Hit thru center of the ball and Follow thru with laces (instep)



ACTIVITY #2

Set up: Finishing Chesler

Instructions:

Two lines of players on opposite sides, everyone with a ball. Both lines go at same time, Use goalkeepers for U9 and up.

Progression:

Dribble and finish. Go to back of other line

Dribble, pass your ball to opposing player, receive their pass and finish. Go to back of other line

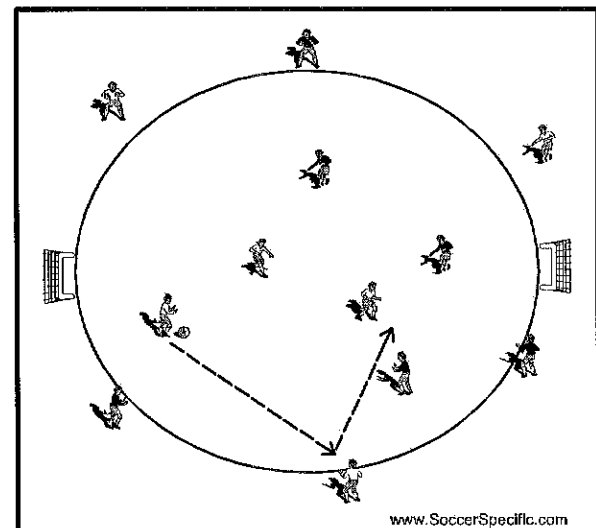
Dribble, pass to opponent, receive their ball, turn and finish on own goal. Go to back of own line

Dribble to goal after 1st touch, player behind shadows (breakway).

Competition between both teams. Play for time (most goals win) or for amount

Coaching Points:

Use of proper technique



ACTIVITY #3

Set up: Circle Game

Instructions:

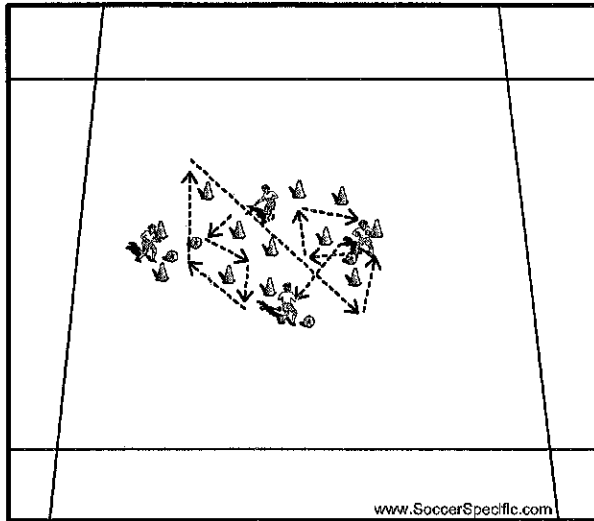
Progression:

1. two team keepaway

2. 3v3 to goal use outside players for support

3. Add goalkeepers

Coaching Points:



ACTIVITY #1

Set up: Dribbling Pod

Instructions:

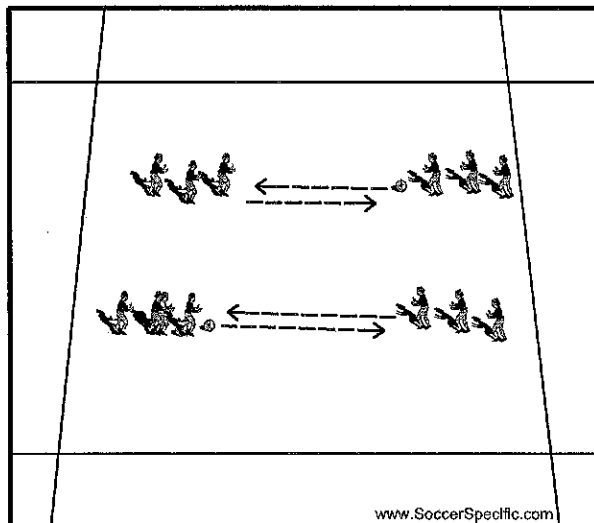
Several cones in a tight area. Multiple players with a ball dribble in and out of cones like using different surfaces of both feet

Coaching Points:

Quick touches

Head up, change of pace and direction

Use different surfaces of foot (inside, outside, sole, laces, toe, heel,)



ACTIVITY #2

Set up: German Passing

Instructions:

Two lines facing each other passing back and forth to the other line

Progression:

Take a touch, play with inside of foot, follow your pass, join the back of the other line (2 touch)

Take a touch, receive with the inside of one foot, play across with the inside of the other. follow your pass, join the back of the other line (2 touch)

Take a touch, play back on the ground with the instep (laces), join the back of the other line

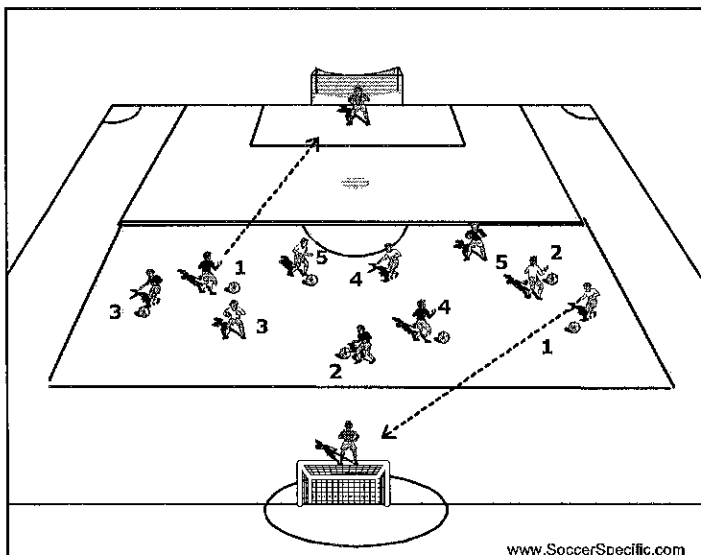
One touch pass across and join the back of the other line

One touch across and join the back of your own line

Competition: Group vs Group. How many one touch passes can you get in 45 seconds

Coaching Points:

Focus on technique, Proper pace and accuracy of pass



ACTIVITY #3

Set up: Bradbury to goal

Instructions:

Divided into 3 areas, with two goals at each end. All Players in the middle area dribbling a ball each. Players are given a number and dribble in the middle area. On coaches command numbers are called and they go and finish. Black numbers go and shoot at one end, the white numbers shoot the other end.. Players return to the middle after each shot and continue

Progression:

Exchange balls by passing to the other player with your number, dribble and finish

1st to score gets point

1st color called out attacks, other color leaves ball and chases

Competition between groups. Most goals in 4 minutes

Coaching Points:

1st touch and speed to goal, get everything on frame

ACTIVITY #1

Set up: UNC heading

Instructions:

In pairs, 5 headers each then rotate.

Progression:

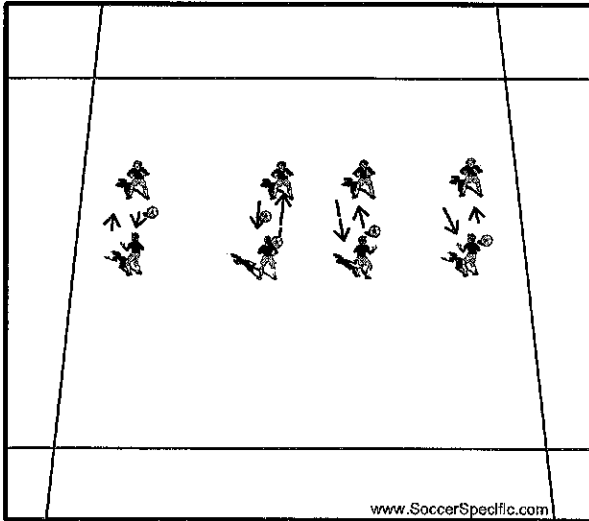
Start on stomach, server tosses underhand, player heads ball back to server

Crab position

On Knees, head and fall forward

Standing: Drop back, step forward leap up and head .alternate feet. (Sideways on left, sideways on right, feet square)

Coaching Points:



ACTIVITY #2

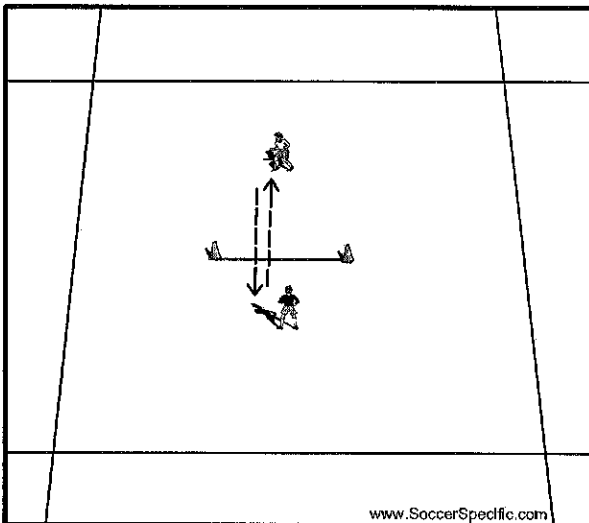
Set up: Heading WARS

Instructions:

Rock-Paper-Scissor for possession. Winner starts with ball and heads out of hands over the opponents line. They let the ball bounce and then attempt to head the ball back over the opponents side (head from where it bounces). Failure to get the ball over the line is a point for the other player. Balls that land on line between the cones is still playable. Play to 3

Coaching Points:

Proper heading technique



ACTIVITY #3

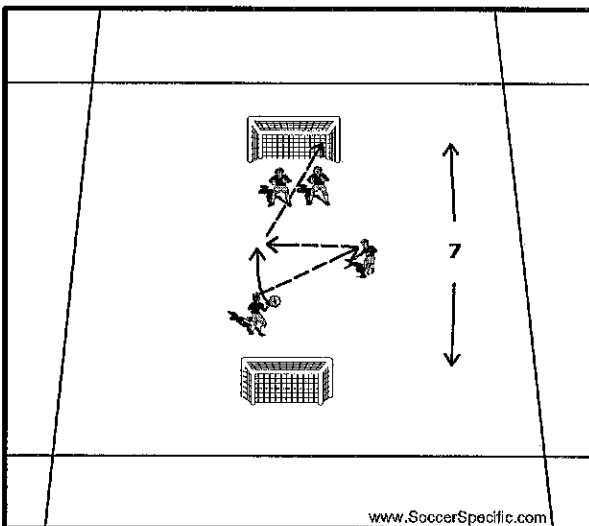
Set up: 2v2 Heading Battles to Goal

Instructions:

Game is fast paced and non stop. Two teams of two. One team of two defends their goal. The other team of two attacks by tossing the ball to their teammate and head juggling until they can strike on goal. Then they retreat and cover their goal while the opposing two quickly attack their goal. Players act as goalkeepers and use their hands to defend the goal

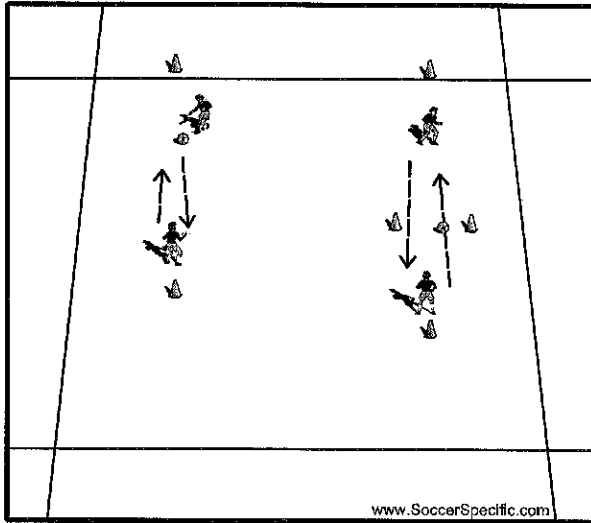
Coaching Points:

Head down to score



ACTIVITY #1

Set up: Tahuichi Way I



Instructions:

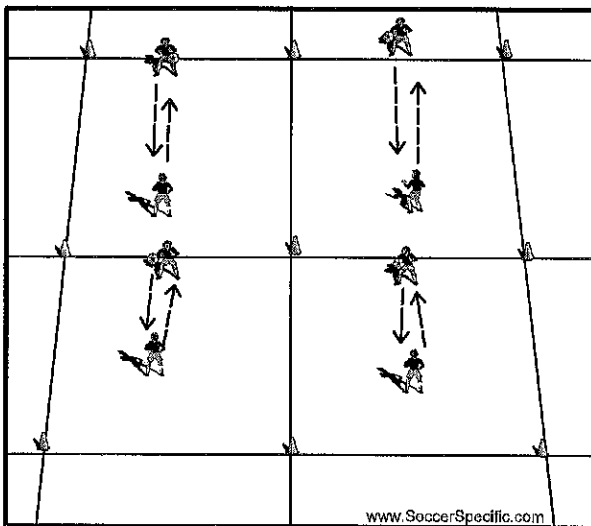
- 10x5 grids-multiple grids
- 1. Pass back and forth
- 2. Pass, drop on butt get up and pass
- 3. Pass, backpeddle straight to cone then back (1 touch) pass back
- 4. Pass, backpeddle around cone and come back (1 touch) pass back
- 5. Add two small cones in center. Pass thru 2 small cones (two then one touch)

Coaching Points:

Use inside of foot for all passing
Pace and accuracy

ACTIVITY #2

Set up: Tahuichi Way II



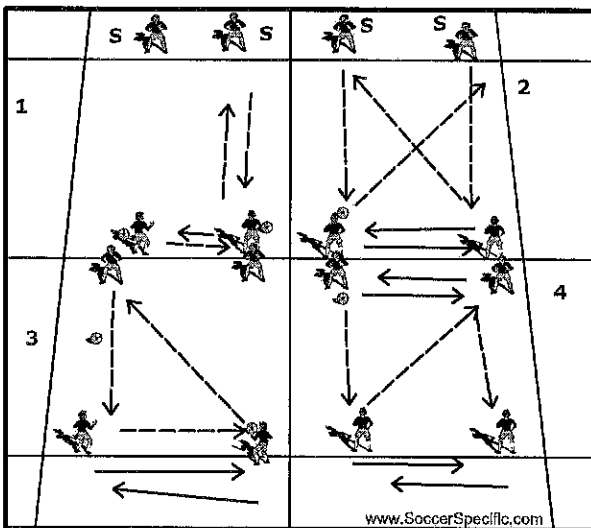
Instructions:

- Use 10x5 area
- 1. One player starts on butt, Server tosses ball. Player gets controls and plays ball back
- 2. One player starts on butt, Server tosses ball. Player gets off butt and volleys ball back (Volley back with the inside of the foot then use instep)
- 3. One player starts in frog position, Server tosses ball. Player explodes and volleys ball back (Volley back with the inside of the foot then use instep)
- 3. Run touch partners feet, backpeddle, partner tosses ball up, head back to server
- 4. Start flat on stomach, server tosses ball up let it bounce once get up and volley back to server (Volley back with the inside of the foot then use instep)

Coaching Points:

ACTIVITY #3

Set up: Tahuichi Way III

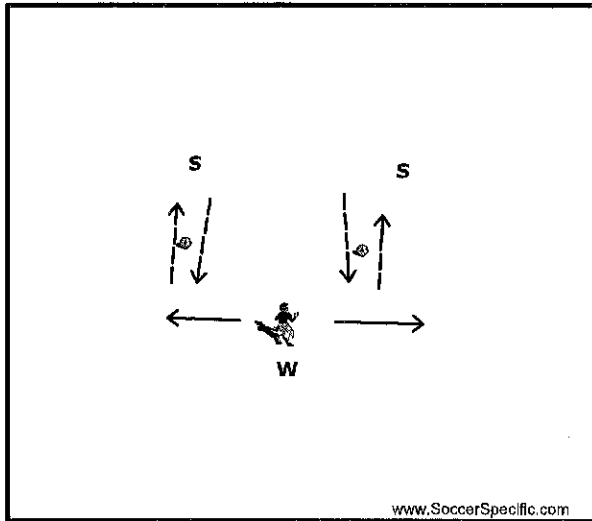


Instructions:

- 10x10 area or needed.
- 1A - Pass straight across and switch (2 touch) Servers stay stationary
- 1B - Pass straight across and switch (1 touch) Servers stay stationary
- 2A - Pass diagonally across and switch (2 touch). Servers stay stationary
- 2B - Pass diagonally across and switch (2 touch). Servers stay stationary
- 3- Square-across-switch
- One ball per group, both sides working. Play Square to teammate -they play Diagonal or straight ball across to other side then switch repeat.
- 4. One ball per group, both sides working. Pass across either straight or diagonal then slide.

Coaching Points:

Only use the inside of the foot to pass
Keep the ball moving



ACTIVITY #1

Set up: Skills Cycle

Instructions:

Three players, one ball between. One player works, the other two are servers. Worker plays then slide to receive another pass from other server. Work 30 seconds then rotate

Progression:

Receive and play back -two touch

Play back -one touch

Tossed ball control with foot play back on ground to server

Tossed ball control with thigh play back on ground to server

Tossed ball control with chest play back on ground to server

Tossed ball head back to server

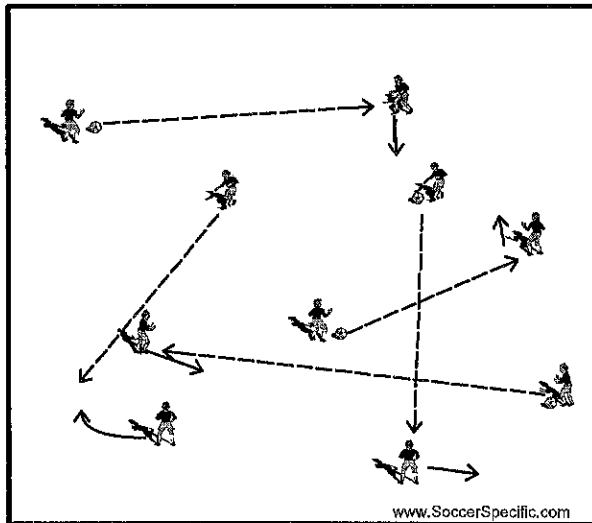
Tossed ball volley back to server (with inside of foot)

Tossed ball volley back to server (with instep (laces) of foot)

Coaching Points:

Get in line with the ball

Focus and concentration



ACTIVITY #2

Set up: Passing Warm Up:

Instructions:

Half number of balls as players. Be demanding and realistic

1. Follow pass: short then longer passes

2. 1st touch into space before you play ball (use inside and outside of foot for prep touch)

3. Play and close player (shorter pass demands first touch away from pressure)

4. Play in to someone and they hold the ball. (Keep space)

Receiver of pass dribbles full speed and play wall pass with player who played them pass

5. Play pass in and open up. Receive pass back from player who received it and lay off to passer who is running

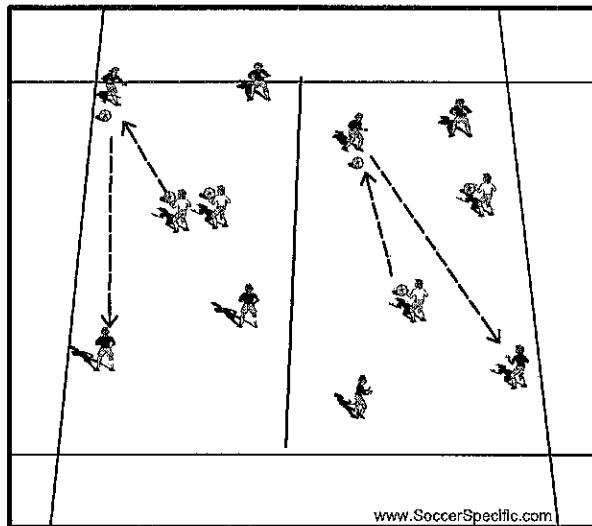
6. Pass and get beyond where you passed with a sprint

Coaching Points:

Open hips to receive

1st touch

Scanning field (peaking) and playing pass where needed



ACTIVITY #3

Set up: Bulldog

Instructions:

Set up two 15-15 areas. Play 4v2 on each field. 4 players have one ball and score by completing three passes in a row. 2 players have balls in their hands and score by hitting their ball against the group of four's ball. Play for a couple of minutes then rotate

Progression. On coaches command " change", the two players with balls in their hands switch sides and attack the other group of four

Progression:

Now the two players don't have a ball in their hands and its 4v2 possession. if pair wins ball three times they are out of defending

Coaching Points:

Keep possession

Movement and communication