



# ★ RECREATIONAL ★ COACHING CURRICULUM

## PRACTICE DAY

### Activity 3 - Competitive Directional Game

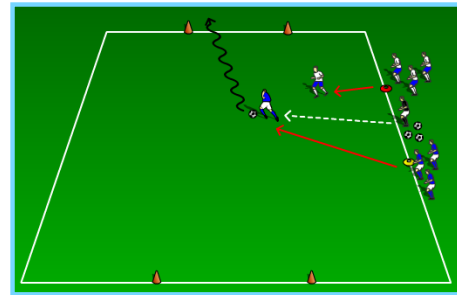
In this activity we will look to expand on the tactical challenges by adding direction and defenders.

#### Activity 3 - Boss of the Balls

**Organization:** Area is 20 x 20 yards with two goals. Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling through the either goal. Once players understand the concept, progress to teams defending and attacking one goal.

**Coaching Points:**

- Dribbling technique under pressure - can we dribble out of pressure?
- Turning technique under pressure - can you turn away from defenders?
- Shielding the ball - place your body in-between the defender and ball.



### Activity 4 - Small Sided Game

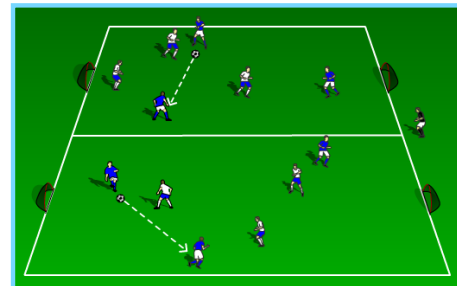
We always end the practice with a game of soccer and encourage free play.

#### Activity 4 - Scrimmage

**Organization:** Area is 20 x 30 yards with small goals. Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

**Coaching Points:**

- All concepts highlighted above in a game environment.



**NOTE:** Always have another activity in the back of your mind! The players may not enjoy certain activities and in this situation it is important to have a back up activity to switch to!

Field organization will also help you to reduce downtime for the players. We suggest getting to the practice site at least 10 minutes before training, which will allow you to check for safety issues and address the playing area. When laying out the practice grid, we suggest setting up the biggest area first and then work inwards. At these ages the grid size will remain similar and the only transitioning you will need is to add or remove cones in the center of the field. This can and should be done while players are having a brief water break.

Remember, players at these ages want to enjoy practice by being challenged and having fun. The points outlined above as well as the lesson plans provided should help you to achieve that goal in every practice!