

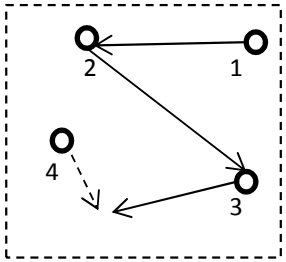
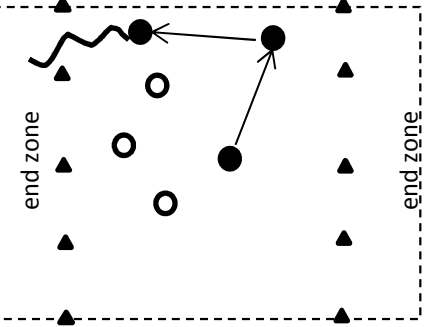
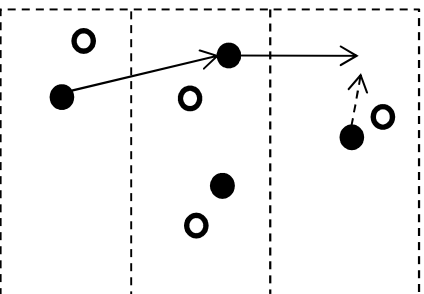
TOPIC: Decision to Pass or Dribble

AGE- U10/U12/U14

Session ID: ASA SKL 03 NEW



Amesbury Soccer Association, 2015

Stage	Organization (Diagram and Rules)	Objectives	Coaching Points
Technical Warm Up Time: 15 min	 <p>35 x 45 yd grid, divide into quarters</p> <p>4 or 5 players in grid - each player is assigned a number 1-4 (or 5) for sequential passing.</p>	<p>Numbers passing in sequence (1 passes to 2, 2 passes to 3, etc)</p> <p>After passing, player runs to touch one of the cones defining the 1/4 grid. After a few minutes progress to touching two, then three cones after pass.</p>	<ol style="list-style-type: none"> 1 Technical: body position when passing, good directional first touch, weight and accuracy of the pass 2 Movement off the ball - supporting angles and proper recv'g body position to take pass across body 3 Player recognition of being an available target/option - communicate and make eye contact!
Small Sided Activity Time: 20 min	 <p>3 v 3 to End Zones</p> <p>Players must dribble into "end zone" to score</p> <p><u>Progression:</u> players must receive pass in end zone to score</p>	<p>Simple 3 v 3 small sided game - explain concept of "end zone" (scoring area). Working games with end zones gets players thinking about playing to a space rather than a single goal.</p>	<ol style="list-style-type: none"> 1 Focus coaching points on a players decision to pass or dribble. 2 Reward/recognize players for good decision-making 3 Remind players without the ball to move to an open area so they can receive a pass.
Expanded Small Sided Activity Time: 20 min	 <p>3 Zone Game 4 v 4</p>	<p>Players must stay in their "zone". (playing area divided in thirds)</p> <p>Score by connecting at least two passes - zone 1 to zone 2 to zone 3 (end to end). Continuous play!</p>	<ol style="list-style-type: none"> 1 Reinforce points from above. This game focuses on passing, but encourage the players to dribble <u>when it will create space for them to make a pass, or when they have space in front of them to advance the ball.</u>
Scrimmage 30 min		<p>Use realistic restarts during scrimmage.</p>	<p>Reinforce Coaching Points from Session!</p>