



Development Academy

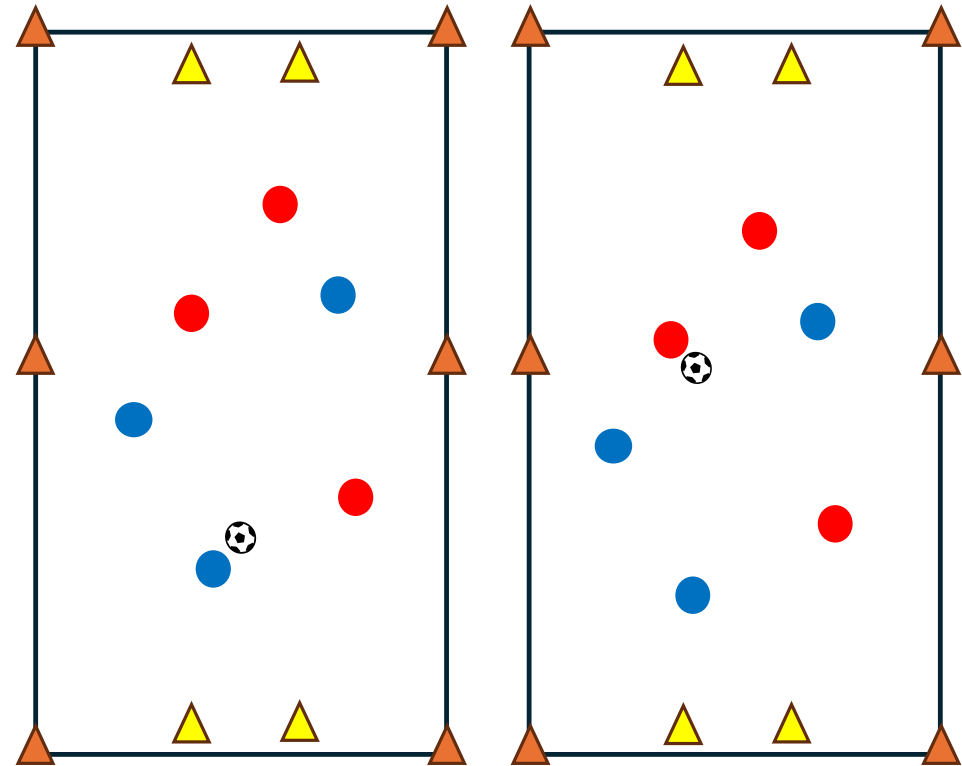
Week 3

Dribbling
Play/Practice/Play

DA Wk3 PLAY: 3v3 Small Sided Games



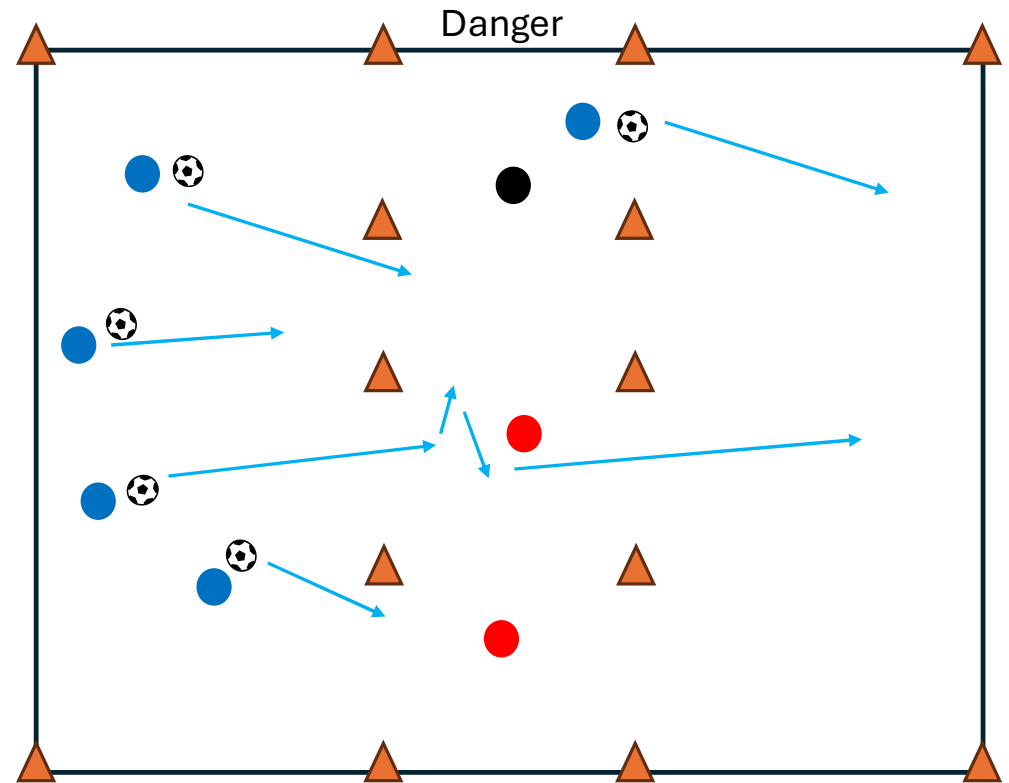
| Time | 10 mins |
|-------------|---|
| Setup | Create 1 or 2 small rectangles with cones. Use cones for goals and pennies for teams. |
| Description | As players arrive, have them join the game. Rotate teams/players after 5mins |
| Technical | Light Coaching keep the game going |



DA Wk3 PRACTICE: British Bulldog



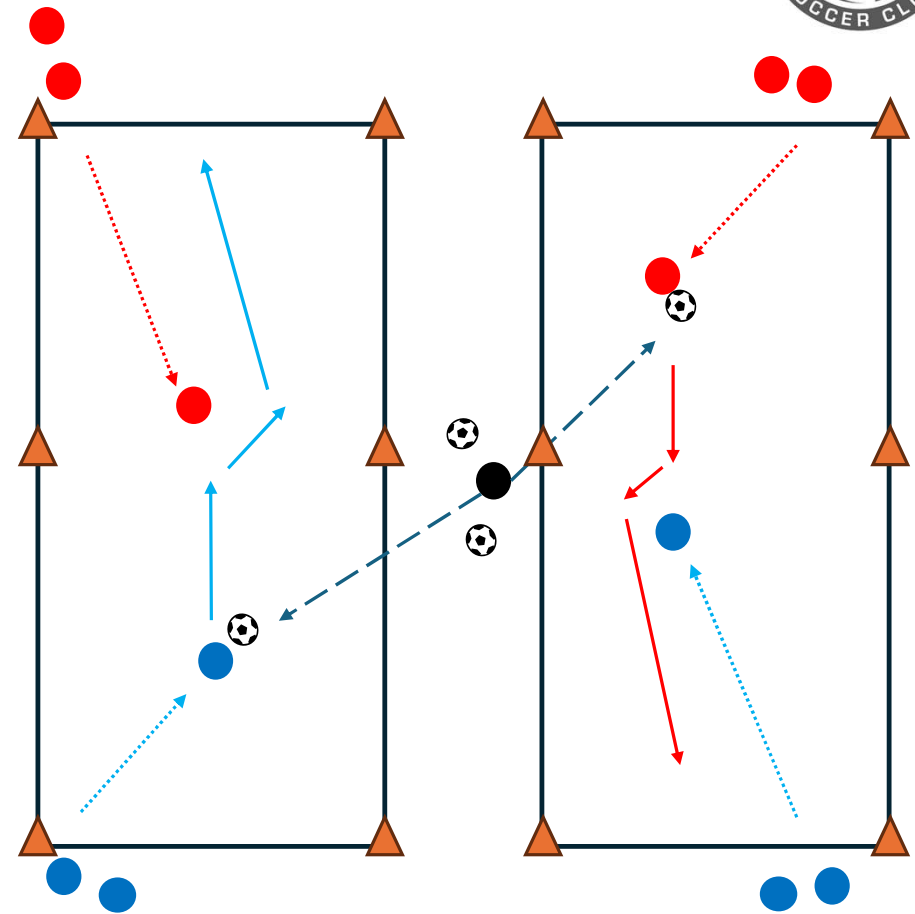
| Time | 15mins |
|-------------|--|
| Setup | Make three equal sections. Two sections on the end are safe zones. Zone in the middle is the danger zone. |
| Description | Players on the end line will try to dribble through the danger zone to the other safe zone without having their ball stolen by a "bulldog". If they have their ball stolen then they become a "bulldog" for the next round. Bulldogs try to take or kick balls out. Play until there is one player left. |
| Technical | Improving coordination, Keeping the ball Close and Under Control, using inside and outside of the foot, 1v1 moves |



DA Wk3 PRACTICE: 1v1 Endline



| Time | 15 mins |
|----------------|---|
| Setup | Create 1 or 2 large rectangles. Use pennies to spilt teams. Coach has all the balls. Players on opposite ends of the rectangle |
| Description | The coach starts by passing the ball to one player. The objective is to <u>make a move</u> or avoid the defender and make it to the opposite endline. Offensive player must DRIBBLE the ball across the endline to 'score'. If the ball goes out a new pair starts. |
| Technical | Control the ball, dribbling with the ball close, attempting a 1v1 move, changing direction, increasing speed past the defender |
| Talking Points | <p>"Can we use this in our game?"</p> <p>"If the ball is far away, can the defense take it?"</p> <p>"Do you want to run into the defender?"</p> |

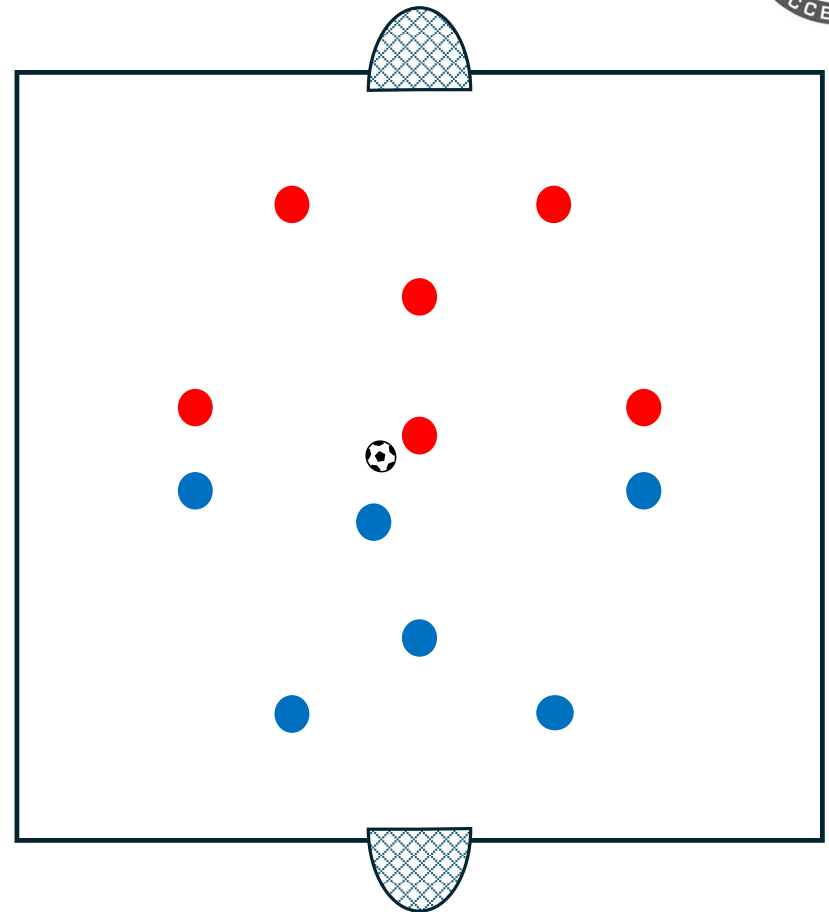


| | |
|---------------|--|
| Pass | |
| Run w/o ball | |
| Run with ball | |

DA Wk3 PLAY: Scrimmage



| Time | 15mins |
|-------------|---|
| Setup | USE PUG NETS. Half-field scrimmage against the team on the opposing half of the field you share. |
| Description | Play official rules – kickoffs, goal kicks, corners, throw ins, etc. Split teams so games are 3v3, 4v4 or 5v5. The goal is to involve ALL players. |
| Technical | Light instruction, keep the game moving. Coaching/guiding throw ins, goal kicks, etc. |





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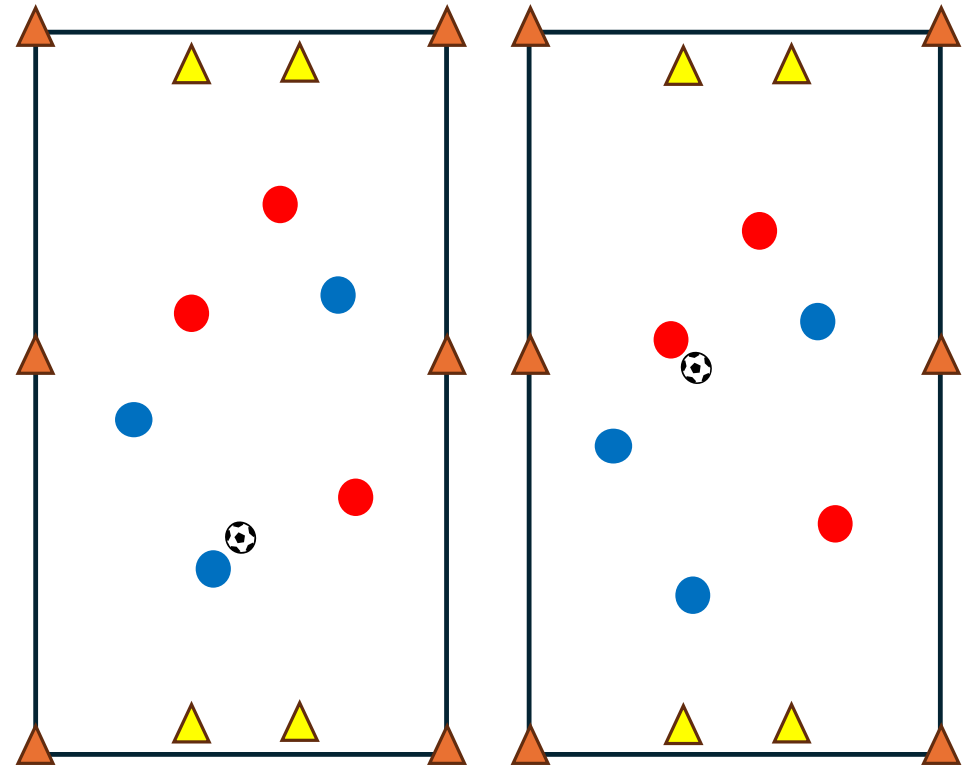
Week 4

Dribbling
Play/Practice/Play

DA Wk4 PLAY: 3v3 Small Sided Games



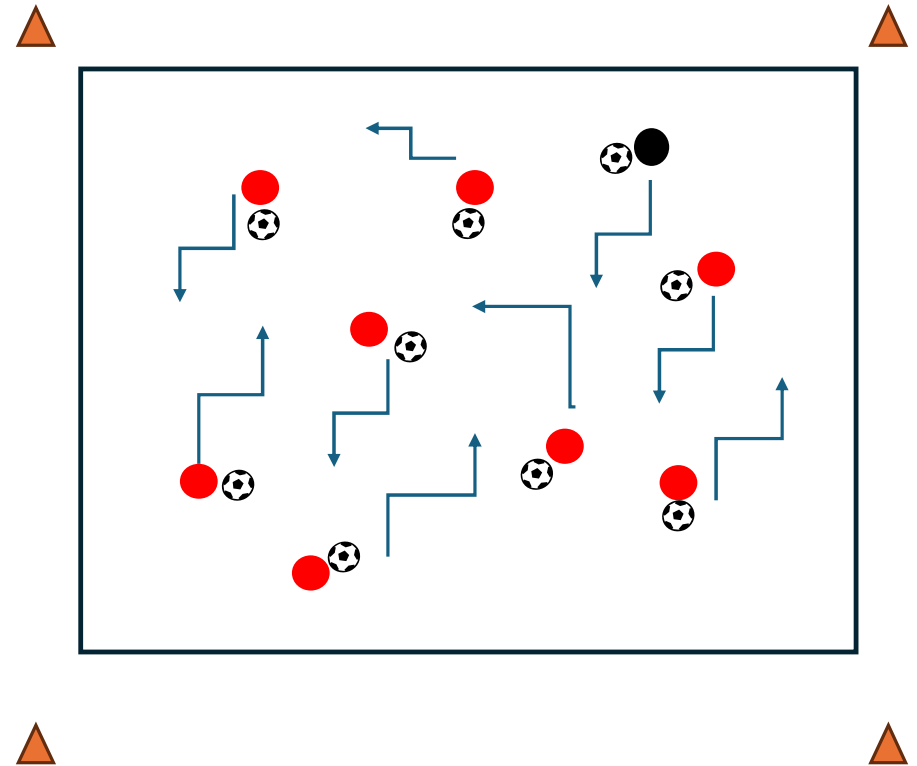
| Time | 10 mins |
|-------------|---|
| Setup | Create 1 or 2 small rectangles with cones. Use cones for goals and pennies for teams. |
| Description | As players arrive, have them join the game. Rotate teams/players after 5mins |
| Technical | Light Coaching, keep the game going |



DA Wk4 PRACTICE: Knockout



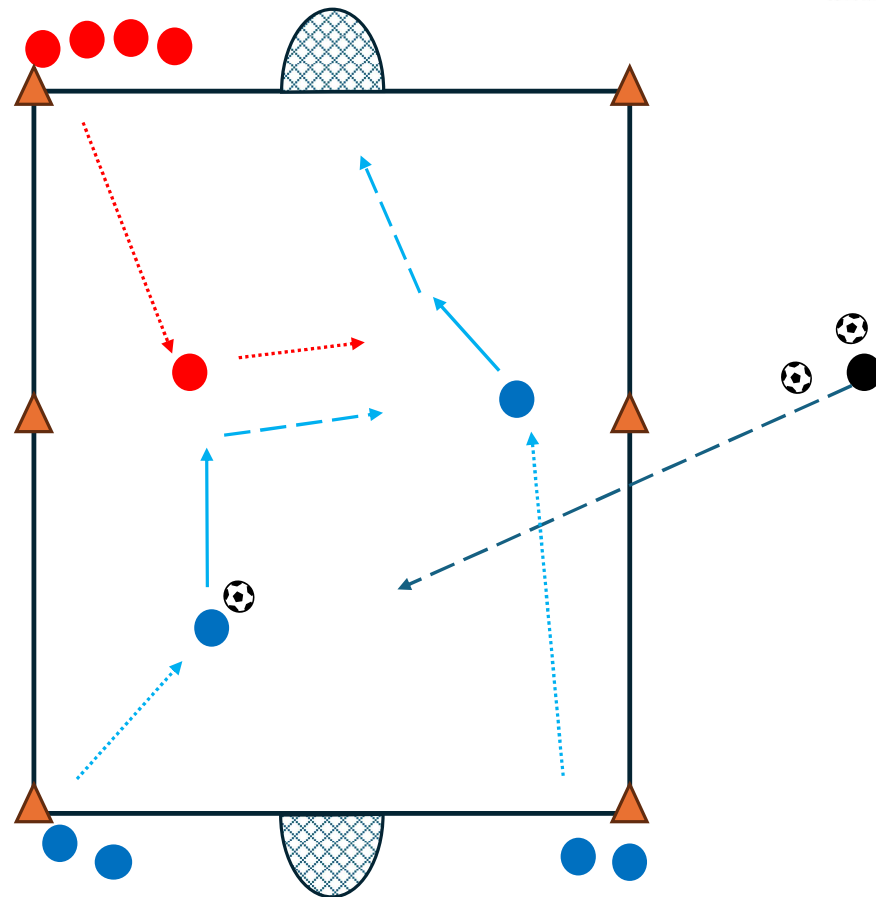
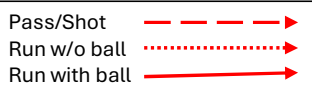
| Time | 10 mins |
|-------------|--|
| Setup | Every player needs a ball, create large square with cones |
| Description | Players dribble around the square, player attempt to knock other players' ball out . If player's ball exits the square, they are out. Player can get back in after they do Toe Taps/Foundations/Juggling |
| Technical | Shielding (body between opponent and ball), Control the ball, dribbling with the ball close, changing direction, increasing speed past the opponent. |



DA Wk4 PRACTICE: 2v1 to Goal



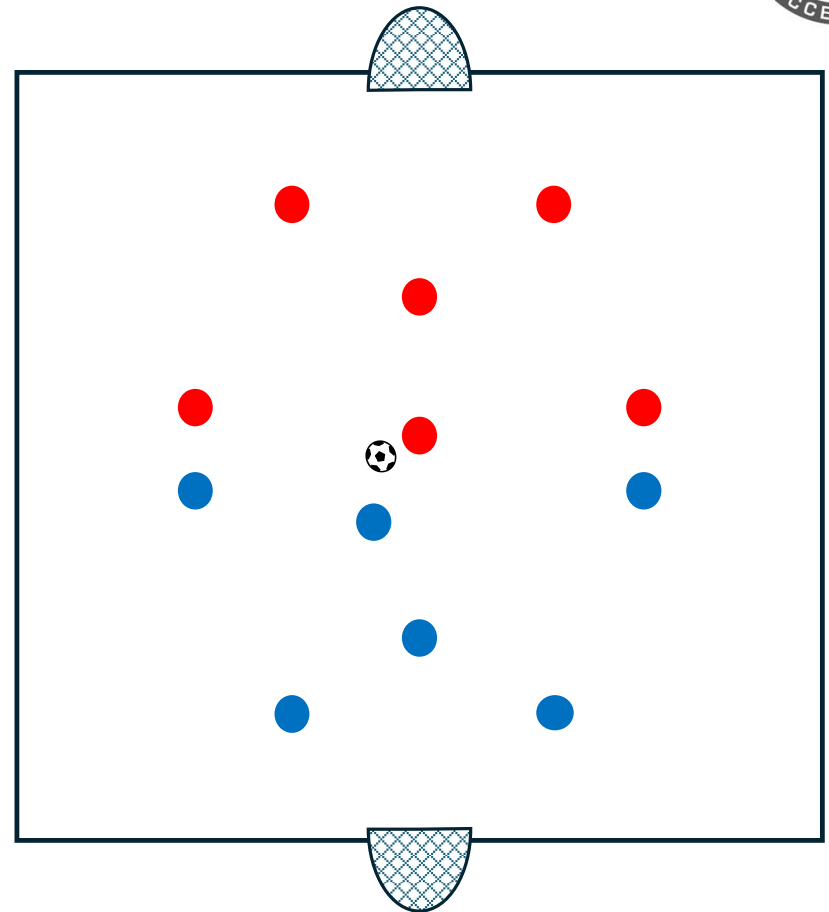
| Time | 15-20 mins |
|----------------|---|
| Setup | Use a 30x25 grid and put gates/Pugs at each end. Split the kids into two teams (or three groups) and have each team on opposite ends of the field. |
| Description | The game is initiated by coach or defensive team passing the ball into the second team. The team receiving the ball will send two players and the defending team will only send one player. At this point the three kids on the field will play 2v1. They can pass or dribble to score. Be sure to ROTATE sides so that both teams get a chance to attack and defend. |
| Technical | Control the ball, dribbling with the ball close, pass before pressure arrives, changing direction, increasing speed past the defender |
| Talking Points | <p>“Can we use this in our game?”</p> <p>“If the ball is far away, can the defense take it?”</p> <p>“Do you want to run into the defender?”</p> <p>“When do pass the ball?”</p> |



DA Wk4 PLAY: Scrimmage






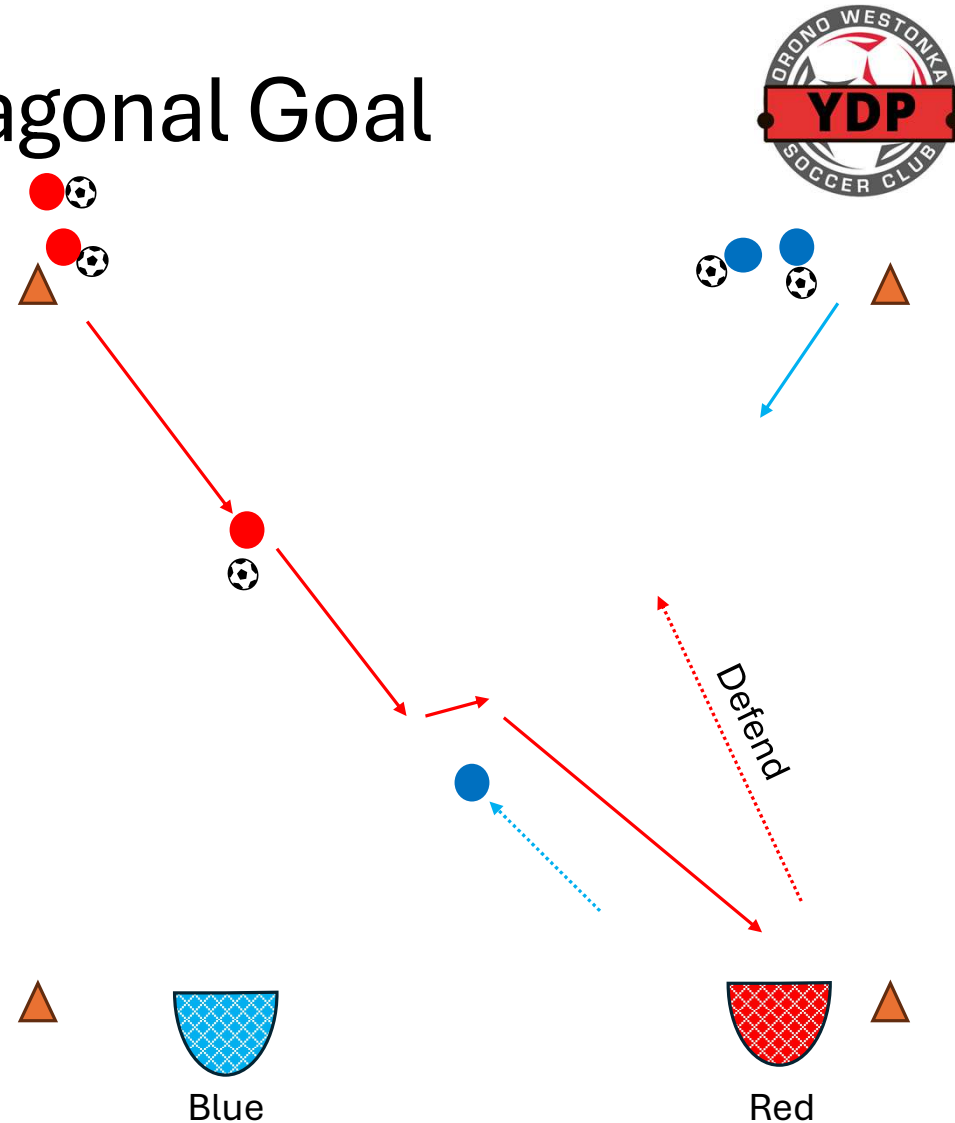
| Time | 15 mins |
|-------------|---|
| Setup | USE PUGG NETS. Half-field scrimmage against the team on the opposing half of the field you share. |
| Description | Play official rules – kickoffs, goal kicks, corners, throw ins, etc. Split teams so games are 3v3, 4v4 or 5v5. The goal is to involve ALL players. |
| Technical | Light instruction, keep the game moving. Coaching/guiding throw ins, goal kicks, etc. |



DA Wk3&4 Optional: 1v1 Diagonal Goal

| Time | 15 mins |
|----------------|---|
| Setup | Every player needs a ball, create large square with cones, 2 PUGG nets. One defender |
| Description | Attacker starts with the ball dribbling diagonal across the square. Attacker make 1v1 move or avoids defender to score. After a goal or the ball goes out, attacker becomes defender. Play is continuous. <u>Attack-Defend-Take ball & back in line</u> |
| Technical | Control the ball, dribbling with the ball close, attempting a 1v1 move, changing direction, increasing speed past the defender. Change players order for fair 1v1 match-ups |
| Talking Points | <p>“Can we use this in our game?”</p> <p>“If the ball is far away, can the defense take it?”</p> <p>“Do you want to run into the defender?”</p> |

| | |
|---------------|---|
| Pass |  |
| Run w/o ball |  |
| Run with ball |  |



DA Wk3&4 Optional: Fox and Chicken



| Time | |
|-------------|---|
| Setup | Every player needs a ball, 1-2 pennies |
| Description | Start with Coach as the first chicken Tuck the penny in the back of the shorts. Players chase the chicken until one removes the tail. Player that removes the tail is the next Chicken. Add more chickens or require the chicken to also have a ball to give the Foxes a chance to remove the tail. |
| Technical | Control the ball, dribbling with the ball close, changing direction, increasing speed past the defender. |

