

Warm-Up Rondo (10 mins)

Setup:

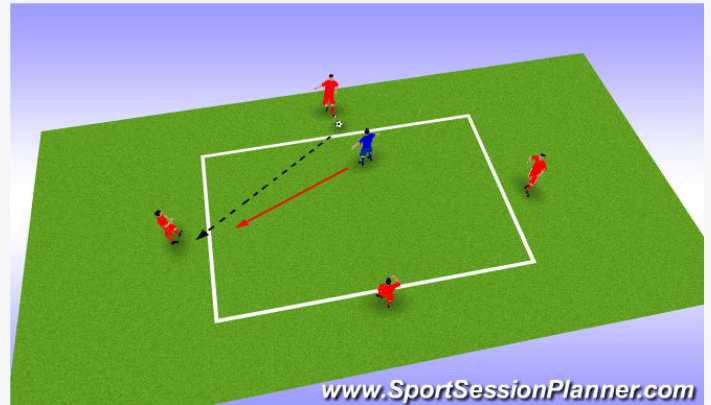
This picture is not to scale (I can't resize the square). Setup a 5x5 yard area (or 10x10) for younger kdis. Ideally, 1 kid on each side and 1 in the middle. For this, do not add a second to the middle, add extras to the outside.

Activity:

4v1 Rondo. Red players keep the ball away from the blue player. Progress the activity in 1 minute intervals.

- No restriction
- 2 touch
- 1 touch
- 1.5 touch (meaning the players alternate between 1 and 2 touch, so player a passes to player b with one touch, then player b is allowed 2 touches, they play to player c, player c may only use 1 touch). This is cognitively difficult and may be too hard for younger kids.
- After each pass, passing player must shuffle to corner and touch a cone. Remind them that in a rondo, players should be on a side, not a corner.
- MUST take 3 touches. (forces a lot of quick, tiny touches)

Coaching: Receive the ball across the body, be deceptive, play on sides of the square, move to make yourself open on good angles.



2v2 (20 mins)

Setup:

I've shown how I would set this up for 16 players. You want roughly 15x15 yard boxes. Divide players into teams of 2. Get players together who will play next to each other on the field regularly. DO NOT share borders between field areas.

Activity:

Play 3 minute intervals of possession soccer. The two players try to keep the ball from the other two with no directionality. After 3 minutes, take a 1 minute break and change who the teams play. As shown here, I'd get 4 intervals. If it is working for kids, do some more, but this can be difficult. It is very physically demanding. Keep the intervals short.

Coaching:

Keep the energy up. Be encouraging. Keep a set of balls in the center of the area so you can easily distribute balls to areas that lose theirs. Celebrate successes and creativity.



4v4 (30 mins)

Setup:

While players get water, reconfigure cones. Keep players pinned the way they were, but combine likes with likes. So 2 teams of 2 become 1 team of 4. Play the same 4 minute intervals. Notice the mini goals are backed from the area. They will be used for the next piece.

Activity:

Play 3 games so each team plays each team. After you finish, add the mini goals and play another 3 games, but now with directionality.



Chaos Theory (30 mins)

Setup:

I'm assuming the same 16 people, feel free to reconfigure teams. You'll need 4 teams of 4 still. Embrace the chaos.

Activity:

Setup an area normal for 4v4, then enlarge it a little. Red will play green and blue will play yellow but IN THE SAME AREA, 4 teams, 2 balls. After 5 minutes, take a 2 minute break and rotate who the teams are playing.

Coaching:

Admit the difficult of the situation. Players have to play heads up and scan.

