

Name: LeeJay Templeton

Team: U8 B/G

Date: 25 Apr 19

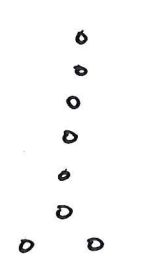
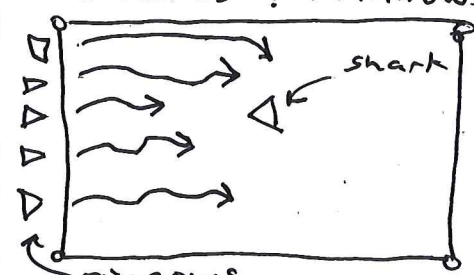
Week: 1

Day: 2



TRAINING OBJECTIVE(S):

1. Basic ball handling and movements.
2. Sharks and Minnows Game.
3. Remember you only have 1 hour of training.
3. Fun!

<p>1. Toe Taps 2. Shuffles 3. Pull overs 4. Dribbling (Half to Goal line) a. Pinky Toe b. As Fast as You can. 5. Soccer Knockout.</p>	<p>I. WARM-UP Intensity: Low Activity Time: 10 Duration: 10 Intervals: 1 Recovery Time: 0</p> <p>ORGANIZATION (Physical Environment / Equipment / Players)</p> <p>Each player has a ball and does a number of individual warm ups and dribbling movements.</p> <p>COACHING POINTS / KEY CONCEPTS</p> <ol style="list-style-type: none"> 1. Use all surfaces of the foot to do the warmups. 2. Practice Throw-ins. (Feet stay on ground, ball over head, behind the touchline)
<p>Ball Handling Act.</p> 	<p>II. SMALL-SIDED ACTIVITY Intensity: Med Activity Time: 10 Duration: 10 Intervals: 1 Recovery Time: 0</p> <p>ORGANIZATION (Physical Environment / Equipment / Players)</p> <p>Each player has a size 3 ball, 12 cones per line.</p> <p>COACHING POINTS / KEY CONCEPTS</p> <ol style="list-style-type: none"> 1. Dribble with any part of the foot through the cones. 2. Use only the inside part of the foot. 3. Use only the outside part of the foot.
<p>Sharks & Minnows</p> 	<p>III. EXPANDED ACTIVITY Intensity: Med Activity Time: 2-3 Duration: 10 Intervals: 3 Recovery Time: 0</p> <p>ORGANIZATION (Physical Environment / Equipment / Players)</p> <p>Each player has a size 3 ball. Shark - Kick ball out of bounds. Minnow becomes Shark.</p> <p>COACHING POINTS / KEY CONCEPTS</p> <ol style="list-style-type: none"> 1. Keep the ball close when dribbling. 2. Eyes up to find the sharks. 3. Change direction using outside of foot.
<p>Scrimmage!</p> <p>Have Fun!</p>	<p>IV. GAME Intensity: High Activity Time: 20 Duration: 14 Intervals: 2 Recovery Time: 2</p> <p>ORGANIZATION (Physical Environment / Equipment / Players)</p> <p>U10 sized field and one size 3 ball. Break teams into 4 or 5 per team. 2 halves with a short halftime to for feedback. Be finish after 60 minutes of training.</p> <p>COACHING POINTS / KEY CONCEPTS</p> <ol style="list-style-type: none"> 1. Emphasize modified rules of the game. 2. Changing Direction. 3. Dribbling over booting the ball down the field.