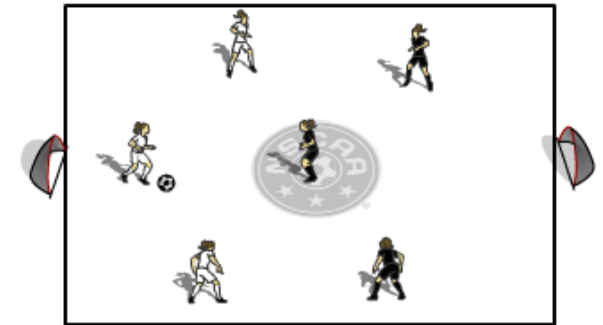




**Lakeville Soccer Club**  
**U9-U12 Travel & In-House**  
**Session #1**  
**60-70 minutes**

**Scrimmage (10 minutes)**

- 35 yard x 25 yard field with small goals at each end
- Teams attack one goal and defend one goal
- As players arrive, they organize their own scrimmage
- No coaching points – allow for free-play
- If some players are not engaged (sitting deep in own half) then place a midfield line on the field and require players to all be in the attacking half of the field prior to scoring



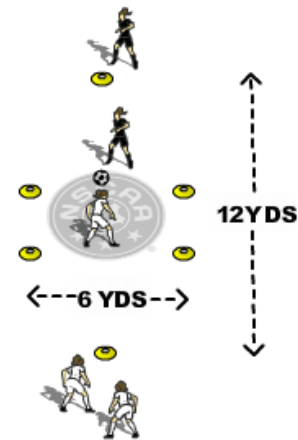
**Activity #1 –Fast Footwork/Ball Touches (10-15 minutes)**

- Each player has a ball and completes a variety of fast footwork such as:
  - Toe taps on top of the ball (while turning around the ball)
  - Move ball side-to-side between feet using inside of feet (bell)
  - Outside right-inside right-outside left-inside left; ball moves side to side
  - Drag ball back toward body (hop) and touch it forward with laces
- Coaching points
  - ✓ Ensure players use both feet
  - ✓ Once they understand the movement, encourage them to do it quicker



### Activity #2 – 1v1 to Two Side-Goals (10-15 minutes)

- Players positioned 12 yards across from one another (use two grids to maximize reps)
- Player passes ball across the space to start the activity
- 1v1 Battle with each player attempting to dribble through either side-goals (6 yards apart)
- Coaching Points:
  - ✓ Technique of passing and receiving (ankle turned, toes up, etc.)
  - ✓ Technique of dribbling (big touch v small touch; surface; fake/feint)
  - ✓ Take first-touch toward a goal/away from pressure



### Activity #3 – “Get Outta Here” 2v2 to End-lines (10-15 minutes)

- 20 yard x 15 yard grid
- Two players from each team enter the grid
- Coach passes a ball into the area (Boss of the Balls)
- Each team attacks one endline and defends one endline
- If a team dribbles over the endline, that team stays on the field (against a new team)
- If ball leaves the area, coach says “Get Outta Here” and two new pairs enter the field
- Coaching Points:
  - ✓ Technique of passing and receiving (ankle turned, toes up, etc.)
  - ✓ Technique of dribbling (big touch v small touch; fake/feint)
  - ✓ Decision of when to pass and when to dribble (identify 1v1 situations)
  - ✓ Supporting distance and angle; “do not hide”



### Scrimmage (10 minutes)

- 35 yard x 25 yard field with small goals at each end
- Teams attack one goal and defend one goal
- Limit your coaching points – allow for free-play
- If some players are not engaged (sitting deep in own half) then place a midfield line on the field and require players to all be in the attacking half of the field prior to scoring

