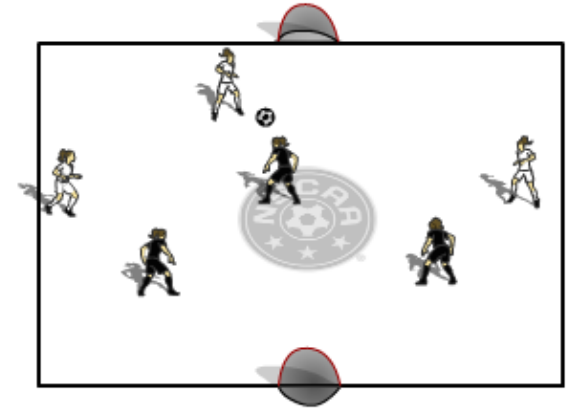




Lakeville Soccer Club
U9-U12 Travel & In-House
Session #2
60-70 minutes

Scrimmage (10 minutes)

- 35 yard x 25 yard field with small goals on the long edges
- 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



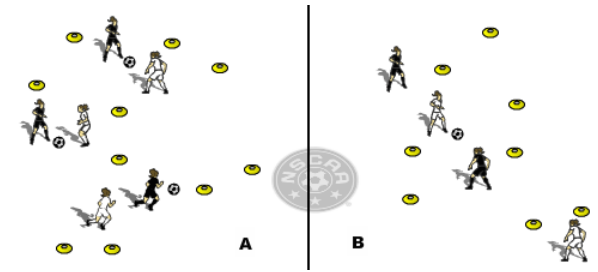
Activity #1 – Dribbling/Passing Gates (10-15 minutes)

- Two-yard gates scattered around the area
- Each player has a ball and dribbles the ball through the gates for 30-40 second reps
 - Sample variation: Dribble through gate, turn and dribble back through the same gate
- Players get into pairs with one ball – pass ball through the gates for 30-40 second reps
- Make the activity competitive
- Coaching points
 - ✓ Ask players to use both feet
 - ✓ Help players understand when to take small touches or big touches
 - ✓ Technique of passing and receiving (ankle turned, toes up, etc.)



Activity #2 – 1v1 to 2v2 to Small Gates (10-15 minutes)

- Two-yard gates scattered around the area
 - a) Players match up and play 1v1
 - b) Player pair up and play 2v2 (separate areas for each)
- Objective is to dribble/pass ball through a gate
- Coaching Points:
 - ✓ Technique of passing and receiving (ankle turned, toes up, etc.)
 - ✓ Technique of dribbling (big touch v small touch; surface; fake/feint)
 - ✓ Supporting distance and angle; “do not hide”



Activity #3 – 4v4 to Small Gates (10-15 minutes)

- Two-yard gates scattered around the area
- Coaching Points:
 - ✓ Technique of passing and receiving (ankle turned, toes up, etc.)
 - ✓ Technique of dribbling (big touch v small touch; surface; fake/feint)
 - ✓ 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

