



Lakeville Soccer Club
U9-U12 Travel & In-House
Session #4
60-70 minutes

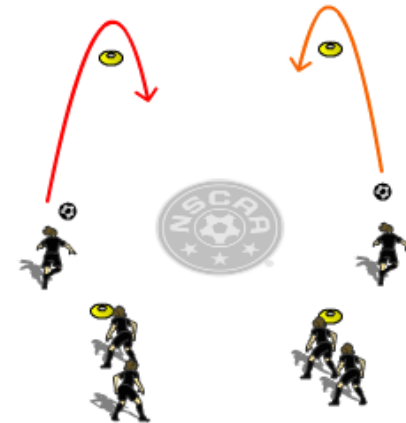
Scrimmage (10 minutes)

- 35 yard x 25 yard field with small goals located in middle of field
- 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 Warmup (10-15 minutes)

- Place cones 8 yards apart
- Players get into pairs and compete in relay races against other teams; ask each player to complete a task 5 times per round; here are a couple samples:
 - Dribble around opposite cone and dribble ball back to partner using step-over turn
 - Dribble around opposite cone and pass ball back to partner using left foot only
- Coaching points
 - ✓ Technique of dribbling (big touch v small touch; turning)
 - ✓ Technique of passing and receiving (ankle turned, toes up, etc.)



Activity #2 – 4v1 Possession (10-15 minutes)

- 15 yard x 15 yard grid
- Objective of the team of 4 is to connect passes
- Objective of team of 1 is to dribble ball out of grid
- Play 60-second games and switch defender
- Coaching Points:
 - ✓ Technique of passing and receiving (ankle turned, toes up, etc.)
 - ✓ Take first-touch toward teammate/into space/away from pressure
 - ✓ Supporting distance and angle; “do not hide”



Activity #3 – 2v2 to Targets (10-15 minutes)

- 25 yard x 20 yard grid with 2-yard endzones
- Four players in the grid playing 2v2; additional players serve as targets (target players cannot defend one another)
- Objective is to pass ball to a target
- After a successful pass to a target, the passer and target players switch spots; team in possession then attempts to pass the ball to the opposite target
- Coaching Points:
 - ✓ Technique of passing and receiving (ankle turned, toes up, etc.)
 - ✓ Take first-touch toward teammate/into space/away from pressure
 - ✓ 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

