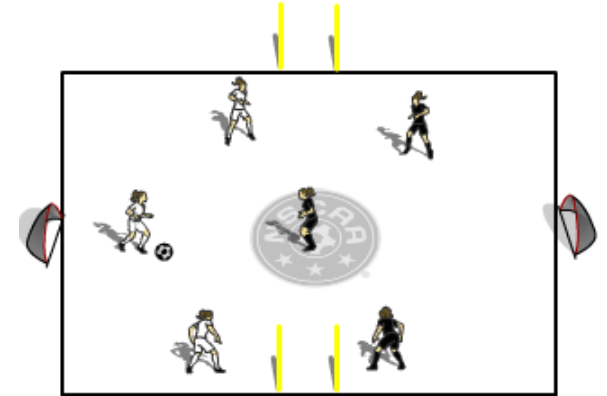




Lakeville Soccer Club
U9-U12 Travel & In-House
Session #5
60-70 minutes

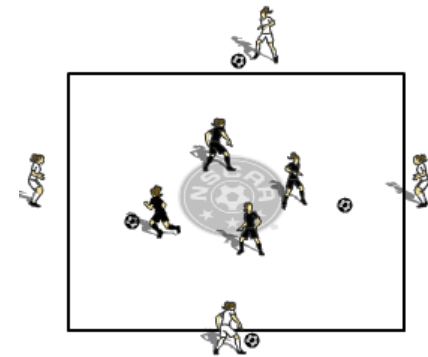
Scrimmage (10 minutes)

- 35 yard x 25 yard field with small goals located on each edge
- Teams attack two goals and defend two goals
- As players arrive, they organize their own scrimmage
- No coaching points – allow for free-play



Activity #1 – Windows (10-15 minutes)

- 25 yard x 25 yard grid
- Half players on edge of grid (with a ball); half players inside the grid
- Players inside of grid receive a ball from player on the edge of grid. Options include:
 - a) pass the ball back
 - b) turn and dribble away; then return the ball back
 - c) receive balls out-of-the-air
- Coaching points
 - ✓ Technique of passing and receiving (ankle turned, toes up, etc.)
 - ✓ Technique of dribbling (big touch v small touch; surface; fake/feint)
 - ✓ Ensure players are using both feet; all surfaces



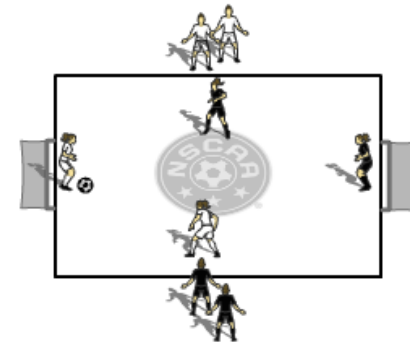
Activity #2 – 2v2 to Full-Sized Goals (10-15 minutes)

- 25 yard x 15 yard grid; full-sized goals located on each endline
- Each team has one GK and one field player
- Teams attack one goal and defend one goal
- Once ball leaves grid (goal or out-of-play) a GK starts by distributing to new player on the sideline
- Rotate GKs so all players have opportunity
- Coaching Points
 - ✓ Technique of passing and receiving (ankle turned, toes up, etc.)
 - ✓ Technique of dribbling (big touch v small touch; surface; fake/feint; turns)
 - ✓ Technique of shooting (shape of striking foot, plant foot, follow-through, etc.)
 - ✓ Decision when to shoot, pass or dribble
 - ✓ Supporting distance and angle; “do not hide”



Activity #3 – 3v3 to Full-Sized Goals (10-15 minutes)

- 25 yard x 15 yard grid; full-sized goals located on each endline
- Each team has one GK and two field player
- Teams attack one goal and defend one goal
- Once ball leaves grid (goal or out-of-play) a GK starts by distributing to new player on the sideline
- Rotate GKs so all players have opportunity
- Coaching Points
 - ✓ Technique of passing and receiving (ankle turned, toes up, etc.)
 - ✓ Technique of dribbling (big touch v small touch; surface; fake/feint; turns)
 - ✓ Technique of shooting (shape of striking foot, plant foot, follow-through, etc.)
 - ✓ Decision when to shoot, pass or dribble
 - ✓ 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

