

EMPHASIS/THEME

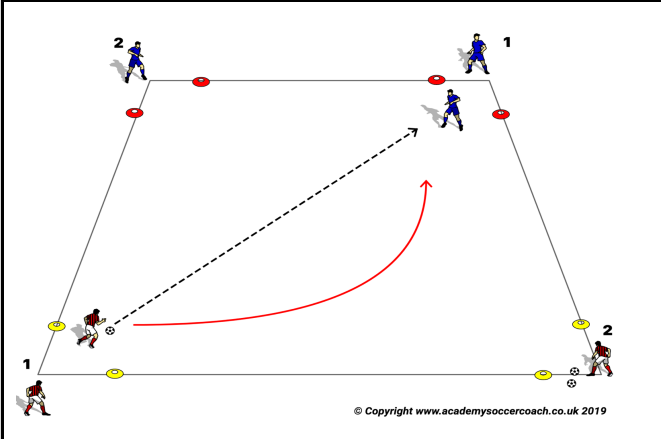
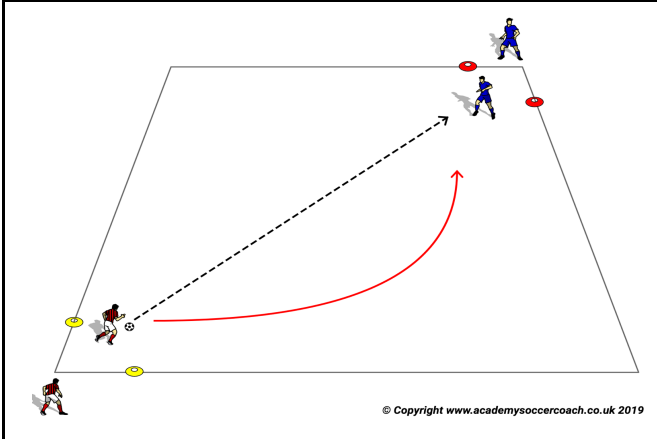
Small-sided games and rondos with various sizes

TIME	DESCRIPTION
0:00-0:05	Arrival game - small-sided mini goals
0:05-0:10	Warmup - touch activity, go thru change of direction moves
0:10-0:20	1v1 diagonal goals
0:20-0:30	1v1+2 corner goals
0:30-0:32	Break
0:32-0:45	3v3 back to back goals
0:45-1:00	4v4 T goals
Scrimmage	Scrimmage 5v5+2 (goals must include neutrals)

TEAM	DATE	SESSION TIME
7v7 teams	Week of Nov 11 - 2	
TOTAL SPACE	LOAD	SESSION DURATION
1/2 field	Moderate	90 mins

ACTIVITY 1		1v1 diagonal goals		
SPACE	DURATION	EXPLANATION		
15 yds	TOTAL	1v1 with goals in the diagonal corners (mark out the side lines)		
	SETS/REPS			10 min
	WORK			
	REST			
COACHING POINTS				
Attacking player should attempt to use exactly 1 feint/move to beat the defender				
Defender should use the wide portions of the field to shepherd and cut off angles				
PROGRESSION				
Allow attacker to play passes off of next player in line (back pass)				

ACTIVITY 2		1v1+2 corner goals		
SPACE	DURATION	EXPLANATION		
15 yds	TOTAL	1v1 with 2 neutral players Group 1 goes 1v1, then rotates with group 2		
	SETS/REPS			10 min
	WORK			
	REST			
COACHING POINTS				
1v1+2 - attacking player should look to use corner neutrals for wall passes and to maintain possession				
Progress to 2v2 - both blue players vs both red players				
PROGRESSION				
Require 2 touches				



ACTIVITY 3		3v3 back-to-back goals		
SPACE	DURATION	EXPLANATION		
20x20 yds (per age group)	TOTAL	3v3 with goals facing opposite directions - mark out central space as a "no fly zone" - goals only count if all players are past their goal		
	SETS/REPS			13 min
	WORK			
	REST			
COACHING POINTS				
Look for quick transition play, all players must be ready to move forward and attack on winning the ball				
If goal is defended, look to possess the ball, draw out the defenders to create shooting windows				
PROGRESSION				

ACTIVITY 4		4v4 T goals		
SPACE	DURATION	EXPLANATION		
40x40 yds (per age group)	TOTAL	Field is arranged with 4 goals in a T Teams score on the goals on each side line (see diagram)		
	SETS/REPS			15 min
	WORK			
	REST			
COACHING POINTS				
If one goal is blocked, quickly change direction and attack the other goal				
Look to possess the ball in corners of the grids, encourage runs to create space				
PROGRESSION				
Limit touch count				
Require everyone to touch ball				

