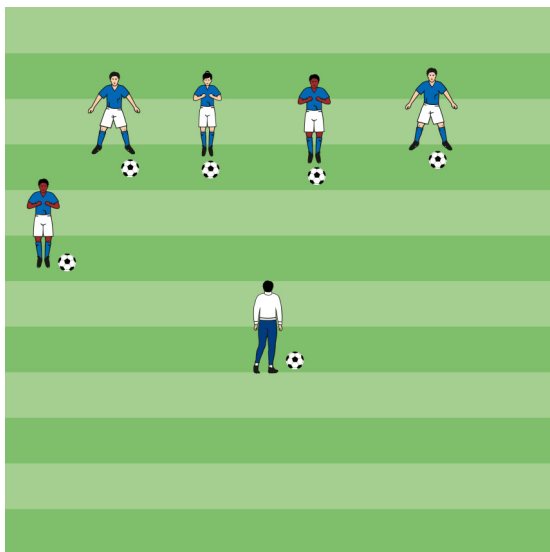


## TRAINING SESSION

### I Can, Can you?



U5 to Senior



to Players



Intensity:



10:00 min

( x 00:00 min, 00:00 min rest)

#### Objective

Get players activated by playing a game similar to "Simon Says" but make it inclusive.

#### Description

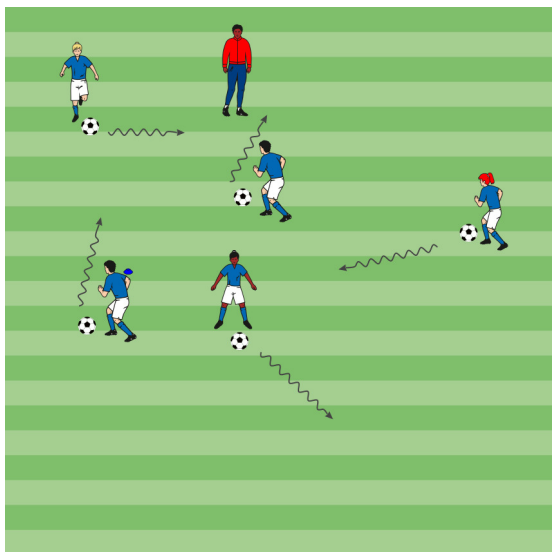
in 20 X 20 grid, have 1 player with 1 ball (preferably with a "buddy" with a ball). Coach leads the group through simple warm-up exercises by showing different dynamic and static movements. Both the coach and "buddy" will demonstrate each movement and ask the participants to "show me."

#### Key Points

Allow players to experiment with both dynamic and static movements. Ask players to come up with one on their own.

## TRAINING SESSION

### Walk the Dog



U5 to Senior



to Players



Intensity:



10:00 min

( x 00:00 min, 00:00 min rest)

#### Objective

Teach players ball control where the learning is hidden inside of the activity. Pretend that the soccer ball is your pet (or dog).

#### Description

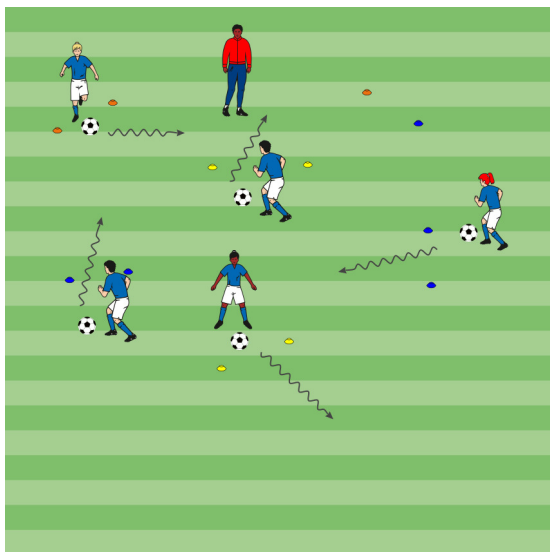
One player/one ball. The TOPS Buddy stays close to the player and helps repeat instructions/demo if necessary.

#### Key Points

1)Walk the dog-dribble the soccer ball and walk 2)run with the dog-dribbling the soccer ball by running with it 3)pet the dogs head-tap on the top of the ball with the bottom of your foot (change feet) 4) rub the dogs ears (box or pass the ball back and forth with the inside of both feet GDQ- "What do you need to do to keep your dog 'on the leash?" Answer- take smaller touches.

## TRAINING SESSION

### Gates Game



	<b>Attacking Principles</b> <b>Attacking Principles</b>
	<b>U5 to Senior</b>
	<b>to Players</b>
	<b>cones to make gates</b>
	<b>Intensity:</b>
	<b>15:00 min</b> (15 x 00:30 min, 00:30 min rest)

### Objective

Maze Play game with players navigating through gates and around each other both with and without the ball.

### Description

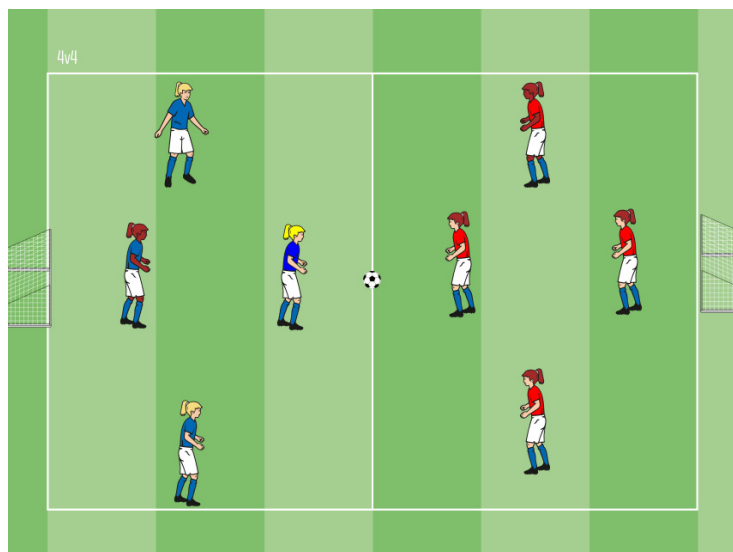
Set out "gates" with two cones. Vary the color of the gates (2 blue gates, 2 yellow gates). Ask players to find gates with different colors. Start with simply running through cones. Step 2- have players dribble through the cone. Step 3- have players pass with their Buddy through the cones. Use the SLANTY LINE to have players compete against their individual previous score. Engage with questions/demonstrations on how to get through more gates by using the coaching points below.

### Key Points

1) Head Up to see the field 2) stay low to change directions 3) keep ball close with small touches. For passing, use both verbal and non-verbal communication for the player to direct the BUDDY on where to go next. GDQ- "How do you know which gate to go to next?", "What can you say to get your buddy to go to a new gate?"

## TRAINING SESSION

### Small Sided Game



U5 to Senior



to Players



2 sets of bibs, 2 small goals,  
cones to mark field



Intensity:



15:00 min

( x 00:00 min, 00:00 min rest)

### Objective

LET THE KIDS PLAY! Some will want to scrimmage, others may want to play 1v1 or other small activities.

### Description

Small Sided Scrimmage to let the kids play.

### Key Points

Keep players safe. Teach the rules of soccer. GDQ- "how do you know if the ball is out bounds?" Answer- the whole ball passes over the line. GDQ2 "which color touched the ball last? Who's ball is it now?"