

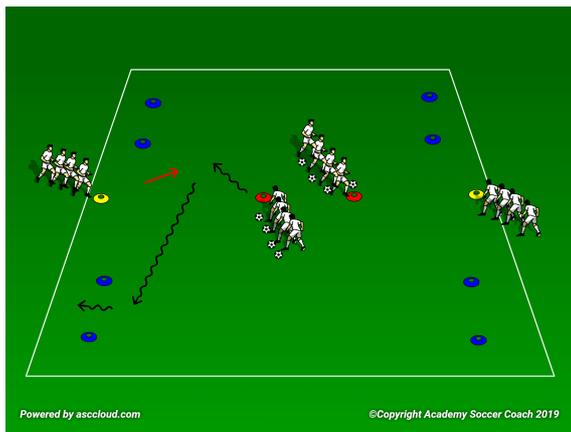
Select team ▼

30 September 2019

Coach

Monday Funday Session #4 Decision Making

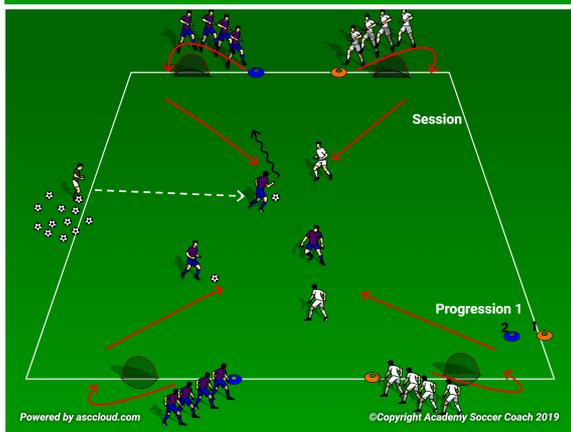
5:00-7:00 PM



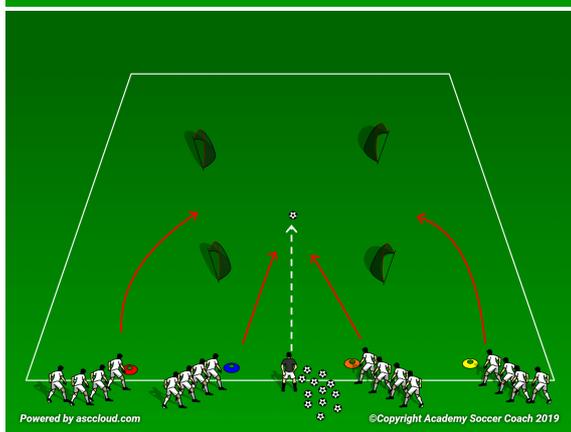
2 Gate Decision Making: Choose gate to run/dribble through based on defender
 Layout: 2 gates, 2 lines facing each other (balls for first progression)
 Session (2 running at once): Without balls red cone will run towards blue gate of choice and work to not be tagged by yellow cone player as they get creative in their decisions/cuts to run through blue gate blue gate that is most open. Switch each time.
 Progression #1: Add balls same session
 Can players improvise based on defenders positioning?



Technical Development: (15 Minutes)
 Each week will require technical development (how to touch the ball) The first week is a bit tedious as most kids won't know the different types of touches but it is important to set a base for how they start to progress so it is the most important part of the session.
 Layout: Orange cones in a square set up boundaries; blue cones used as command targets
 Activity: Players will dribble around trying different commands. Week 1 introduce fake and take (hard body fake 1 way, take with outside of foot opposite way), scissors (draw circle around inside and move to outside of ball) and fake drag back (Pull push with laces w/ acceleration). On command, all players will dribble with speed around a blue cone or an orange cone. WEEK 2 NEW MOVE: Stepover (foot starts outside of ball and draws circle over top followed by an outside of foot turn) WEEK 3 Roll-Cut (Roll ball across body with quick outside foot cut into space) WEEK 4: Back/Behind (Drag ball back and push behind other foot to change directions/ L behind foot)
 Topics: Proper technique of touch, confidence on ball, speed into space, vision on the ball.



1 vs. 1 Turn to Goals
 Layout: 4 goals on ends with teams next to them. Coach on side with balls
 Session: Players are numbered. On coaches command, the number directed will go around pugg goal and try to win passed in ball to turn back towards goals. Decisions will be made based on defender coming in grid. 2 mirroring games happening at once.
 Progression #1: Players are not numbered but send out as many players as directed. First number is how many blue players. Second is how many orange cone players. Diagram illustrates coach saying "2, 1" (2 from blue cone, 1 from orange cone). Coach can mix up how many players are sent from each cone on each command.



4 Goals Decision Making: Multiple decisions are made based on what all players off the ball do to try to stop player on the ball.
 Layout: 4 goals facing outside. 4 lines of players/4 different teams. Balls with coach in center of lines
 Session: Coach plays ball into middle of goals and players try to score on any of the goals, always changing direction based on what the defender(s) are showing. Coach can call 2,3,4 lines at a time (by number or color) depending on group size/ skills set
 Progression #1: 2 players per line work together to score
 Progression # 2: Red and Blue Cones can only score on goals on opposite side (orange/yellow side) Same goes for orange and yellow