

Activity	Description	Diagram	Coaching Points
<b>1.</b>			
<b>Warm up (10mins)</b>  <b>Foot skill</b>	Setup a small area and have players work on a progression of foot skills: Use a variety of the following: Dibble Step ups Scissors Scissors in motion Inside to outside Outside to inside Cruyf f Maradona Step overs		Focus on technique Head up Staying active
<b>2.</b>			
<b>1v1 (15 mins)</b>  <b>Attacking Space with dribble</b>	5 players per set. Set up four grids of 10X10 in a row. Place 1 player in each grid. Players in grid defend their grid only. The fourth player will try to dribble through the grids and make it to the end of the final grid. Player rotate end to front after each players attempt.		Head up See space Attack space that is given Once around defender, move quickly into the space!
<b>3.</b>			
<b>2v1 (15 mins)</b>  <b>Attacking Space w/o ball</b>	6 players per set. Set up four grids of 20X20 in a row. Place 1 player in each grid. Players in grid defend their grid only. The player sets will		See space Attack space that is given w/o ball Pull defender then pass Move quickly after pass

	try to dribble through the grids and make it to the end of the final grid. Players rotate end to front after each players attempt.		
<b>4.</b>			
<b>2v2 (15 mins)</b> <b>Attacking Space</b>	10 players per set. Set up four grids of 20X20 in a row. Place 2 players in each grid. Players in grid defend their grid only. The fourth set of players will try to dribble through the grids and make it to the end of the final grid. Players rotate end to front after each players attempt.		See space Attack space w/ dribble Attack space that is given w/o ball Pull defender then pass Move quickly after pass
<b>5.</b>			
<b>Match (20 mins)</b>	4v4-6v6 play goal to goal.		Focus on attacking space
<b>Cool Down</b> <b>Juggling</b>	Give recognition or rewards for 5-20 juggles		<b>Point of Improvement</b>