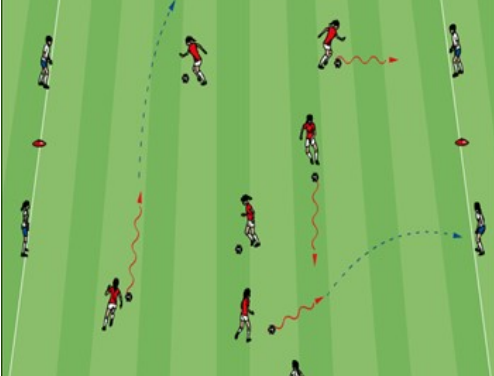
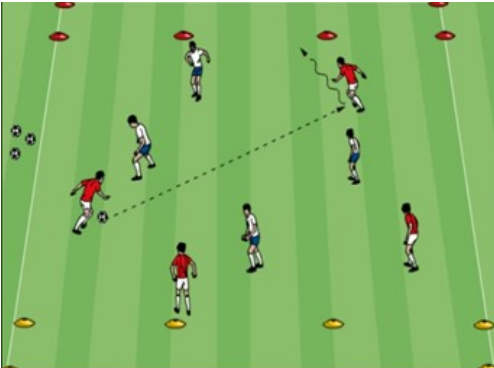
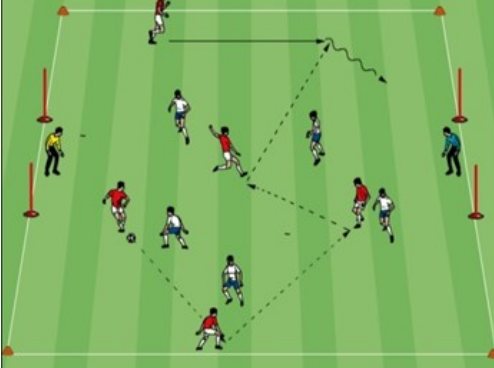



SKILL	Matthews Inside/outside	TOPIC 1st Touch	
8-10 mins	Play- as players arrive have them join in a small sided game	Set up multiple fields if needed (20yrds X 20yrds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only	Let them play
	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
#1 15 mins	<u>Inside and Outside:</u> In a 30x30 yard grid, the coach separates the players into 2 groups. The Outsiders without soccer balls, spread out around the perimeter of the grid. The Insiders are the group with soccer balls. The Insiders players dribble around and look for an outside player to pass their soccer ball to receive it back and find another outside player to pass it to. Change after a few mins.		<ul style="list-style-type: none"> • Take 1st touch towards passing option • Communicate • One touch or two touch restrictions. • Ball in the air from the outsiders
#2 15 mins	<u>4V0 vs 4V0</u> Two teams try to score by dribbling or passing the ball to a teammate running into the opponent's end zone (created with discs). The player can score by dribbling into the end zone or receiving by timing his/her run into the end zone. Coach: Stress recognizing opportunities and timing of passes and receiving the ball into space		<ul style="list-style-type: none"> • View the entire field • Team shape • Look for options • Increase speed of play
#3 15 mins	<u>4V4 To Small Goals</u> In a 50x60 yard area with goals, two teams of 5 or 6 players with goalkeepers will try to keep the integrity of their attacking shape by creating good angles and effective angles of support, staying wide and making penetrating runs while in possession of the soccer ball.		<ul style="list-style-type: none"> • Team shape • Move into space • Communicate with teammates
<u>PLAY</u> 20 mins	<u>Small Sided Games</u> 8V8 scrimmage with GK		Let them play