

# TRAINING SESSION 1



## Technical Warm-Up: Red Light Green Light

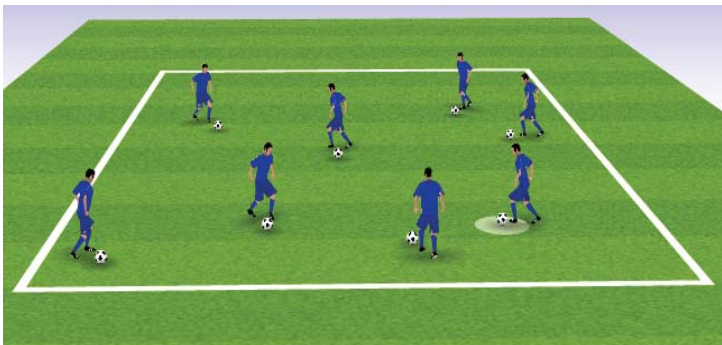
Players dribble randomly in a 20x20 grid.

Coach Shouts

“Green Light” – Players speed up their dribble.

“Red Light” – Players stop dribbling and put their foot on top of ball.

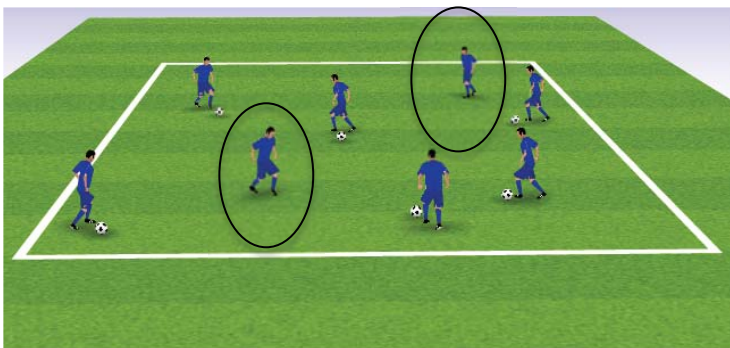
“Yellow Light” – Players will change direction and change speed.



## Activity 1: 500 Touches

Each player with a ball. Coach will show each of the following skills. Foundations, Toe Taps, Drags w/left foot, Drags w/right foot, Pullbacks w/both feet.

Note: Coach should introduce skills one at a time. Introduce a skill, then have the kids practice it, then challenge them, see how many they can do in 60 seconds. Add any other skills you see fit.



## Activity 2: Sharks and Minnows

2 sharks do not have a ball, the rest are minnows with a ball. The sharks try and knock the ball away from the minnows and out of the defined area. If they do, the minnow becomes a shark. The last minnow with a ball is the winner. Encourage them to use the skills they learned in the previous activity.

Repeat game starting w/2 different players as minnows.



## Activity 3: Two Goal Game

Break group into 2 teams.

Play without restriction, without positions.

Everyone plays, even if you have an odd number of players.