

TRAINING SESSION 3



Technical Warm-Up: Math Dribble

Players dribble randomly in a 20x20 grid. Players look to avoid contact with each other.
Coach yells out a simple math problem, "3 + 1". The players, with the soccer balls, form a chain of the answer to that math problem.

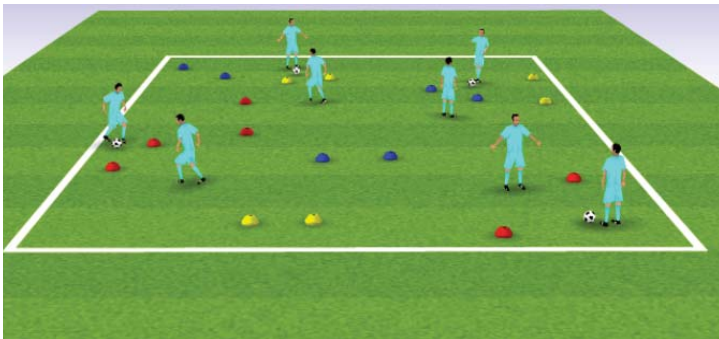
Note: If there are extra players that are not able to form a chain, have them dribble around any existing chain.



Activity 1: Ball Retrieval in Pairs

Players will pair up with 1 soccer ball. One of the players hands the ball to the coach who yells out a number 2-10. The pair must go retrieve the ball and make the number of passes in exactly the number that the coach yelled.

Note: The coach should start in the middle and move around the grid. Players need to be aware of where they are going.



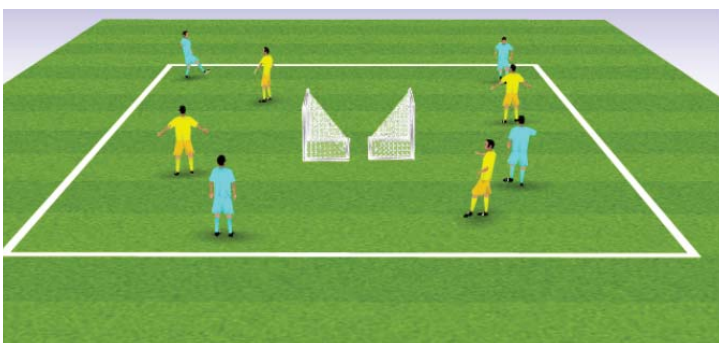
Activity 2: Gate Passing

Coach sets up 10-12 gates using cones. Players will attempt to complete as many passes through the gates in 60 seconds.

Note: More gates than players.

Note: Players cannot pass through the same gate in consecutive passes.

Note: Vary the length of the gates.



Activity 3: Back to Back Goal Game

Break group into 2 teams.

Goals are back to back as shown.

Play without restriction, without positions.

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