
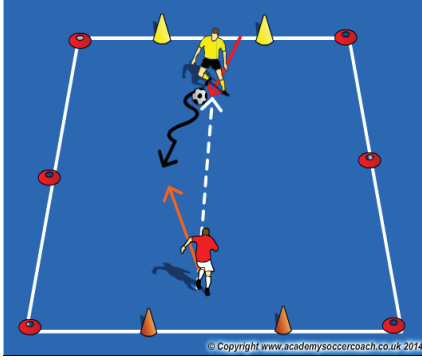



Season: Winter 2015/16 Program: TDC 3, 4 & 5 Week: 1

Topic: Circle Take and Fake and Take

Stage	Activity Description	Diagram	Coaching Points
<b>Technical Warm-up</b>	<p>Pattern Dribble (20 Touches):</p> <ul style="list-style-type: none"> <li>Each player with a soccer ball.</li> <li>All patterns will be completed with both feet.</li> </ul> <ol style="list-style-type: none"> <li>Touch the ball with the outside of the foot then the inside of the foot (favorite foot first.)</li> <li>Push the ball twice with the laces then draw a circle around the ball with the big toe.</li> <li>Inside left to inside right then roll the ball from the left to the right (with the bottom of the foot or toe roll.)</li> <li>Inside right to inside left then roll the ball from the right to the left (with the bottom of the foot or toe roll.)</li> <li>Drag the ball with the bottom of the right foot, touch it behind the left foot with the inside of the right and then (forward with the left foot) stop it with the left.</li> <li>Now repeat with left foot.</li> </ol>		<ul style="list-style-type: none"> <li>Technique: dribbling</li> <li>Principles of play               <ul style="list-style-type: none"> <li>o Improvisation</li> </ul> </li> </ul>
<b>Activity 1</b>	<p>1v1 to Small Goal:</p> <ul style="list-style-type: none"> <li>In a 15Wx25L yard grid play 1v1 to score in the opponent's goal by dribbling through the goal</li> <li>The defending team has all the balls. The defender passes to the attacker(s) to start the game. If defender gets ball, he/she can score</li> <li>Give bonus points for a team scoring after performing the FAKE TAKE or CIRCLE TAKE</li> </ul>		<ul style="list-style-type: none"> <li>Technique: dribbling</li> <li>Principles of play               <ul style="list-style-type: none"> <li>o Penetration</li> <li>o Improvisation</li> </ul> </li> </ul>
<b>Activity 2</b>	<p>2v2 to Small Goal:</p> <ul style="list-style-type: none"> <li>In a 15Wx25L yard grid play 2v2 to score in the opponent's goals by dribbling through the goal.</li> <li>The defending team has all the balls. The defender passes to the attacker(s) to start the game. If defender gets ball, he/she can score</li> <li>Give bonus points for a team scoring after performing the FAKE TAKE or CIRCLE TAKE</li> <li>Attackers have 3 balls to score.</li> </ul>		<ul style="list-style-type: none"> <li>Technique: dribbling, passing and receiving</li> <li>Principles of play               <ul style="list-style-type: none"> <li>o Penetration</li> <li>o Support</li> <li>o Mobility</li> <li>o Width</li> <li>o Improvisation</li> </ul> </li> </ul>
<b>Conditioned Game</b>	<p>3v3, 4v4 or 5v5 to Goal:</p> <ul style="list-style-type: none"> <li>In a 20WX25L yard field (coach may need to adjust field sizes based on gym size and number of participants), play the game</li> <li>Coach will determine if goal keepers will be used.</li> </ul>	<ul style="list-style-type: none"> <li>Technique: dribbling, passing and receiving</li> <li>Principles of play               <ul style="list-style-type: none"> <li>o Penetration</li> <li>o Support</li> <li>o Mobility</li> <li>o Width</li> <li>o Improvisation</li> </ul> </li> </ul>	

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