
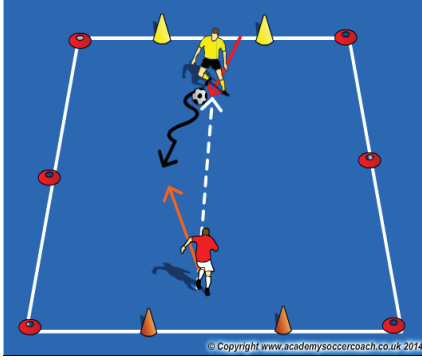



Season: Winter 2015/16 Program: TDC 6, 7 & 8 Week: 1

Topic: 1v1's and 2v2's

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p>Pattern Dribble (20 Touches):</p> <ul style="list-style-type: none"> Each player with a soccer ball. All patterns will be completed with both feet. <ol style="list-style-type: none"> Touch the ball with the outside of the foot then the inside of the foot (favorite foot first.) Push the ball twice with the laces then draw a circle around the ball with the big toe. Inside left to inside right then roll the ball from the left to the right (with the bottom of the foot or toe roll.) Inside right to inside left then roll the ball from the right to the left (with the bottom of the foot or toe roll.) 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. Now repeat with left foot. 		<ul style="list-style-type: none"> Technique: dribbling Principles of play <ul style="list-style-type: none"> Improvisation
Activity 1	<p>1v1 Tournament:</p> <ul style="list-style-type: none"> Coach will set up multiple fields for 1v1 games. Fields should be close to 15Wx25L yards with a small goal at each end. Players will score by dribbling through the goal Each field will have a 1v1 game with 4 players on deck. Games will last for 90 seconds. After everyone plays 1 game, they must play a new opponent on their field. Players will keep track of their own score and record. Any player who performs a FAKE TAKE or a CIRCLE TAKE move prior to scoring will receive bonus points 		<ul style="list-style-type: none"> Technique: dribbling Principles of play <ul style="list-style-type: none"> Penetration Improvisation
Activity 2	<p>2v2 to Small Goal:</p> <ul style="list-style-type: none"> In a 15Wx25L or bigger grid play 2v2 to score a goal by dribbling through the goal 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 Give bonus points for a team scoring after performing the FAKE TAKE or CIRCLE TAKE 		<ul style="list-style-type: none"> Technique: dribbling, passing and receiving Principles of play <ul style="list-style-type: none"> Penetration Support Mobility Width Improvisation
Conditioned Game	<p>3v3, 4v4 or 5v5 to Goal:</p> <ul style="list-style-type: none"> In a 20WX25L yard field (coach may need to adjust field sizes based on gym size and number of participants), play the game Coach will determine if goal keepers will be used. 		<ul style="list-style-type: none"> Technique: dribbling, passing, receiving and shooting Principles of play <ul style="list-style-type: none"> Penetration Support Mobility Width Improvisation

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