


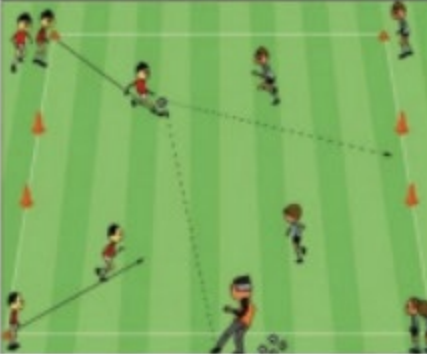




U5 TSC TRAINING GUIDE WEEK 8

Activity 1	Activity Description	Coaching Considerations
	<p>Paired Tag: In a 20x25 yard grid, pair players up (Tagger and Dribbler) each with soccer balls. The Dribblers are given a 2 second start to get away from the taggers. The tagger dribbling his/her soccer ball tries to tag the dribbler. Once the dribbler is tagged, the roles reverse and the chase starts again.</p>	<ul style="list-style-type: none"> • Keep ball close • Changing directions • Dribbling using different surfaces of the foot <p style="text-align: right;">Time: 6 minutes</p>
	<p>Paint the Field- Passing: In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.</p> <p>Version 2: Tell the players to use their other foot</p>	<ul style="list-style-type: none"> • Passing and receiving technique • Weight of the pass • Ability to pass through traffic • Communication and mobility of the players <p style="text-align: right;">Time: 8 minutes</p>
	<p>Cops and Robbers: The coach sets up 8-10 stand up (tall) cones in a 20x25 yard grid. Robbers will strike the ball and try to knock the cone (the bank) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p> <p>Variation 2: If you do not have tall cones, divide the group into half cops and half robbers, and place the cops' balls on top of discs.</p>	<ul style="list-style-type: none"> • Passing and receiving technique • Weight of the pass • Accuracy of the pass • Dribbling Technique <p style="text-align: right;">Time: 8 minutes</p>
	<p>4 Corner Shooting Without Goalkeepers: In 20x25 yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores or the ball goes out of bounds. Players need to get out of the field quickly and get back in line.</p> <p>Version 2: Add Goalkeepers</p>	<ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p>4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">30 minutes</p>