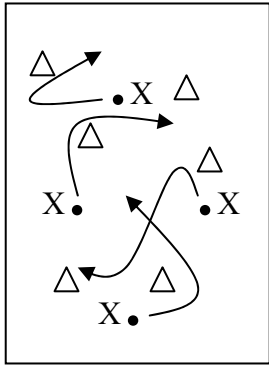
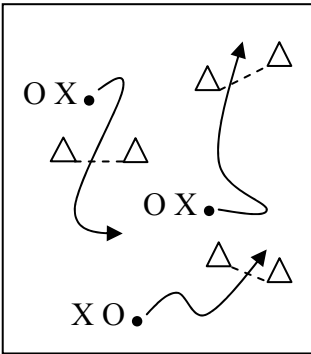
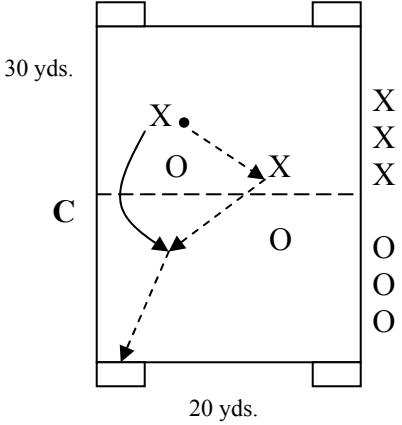
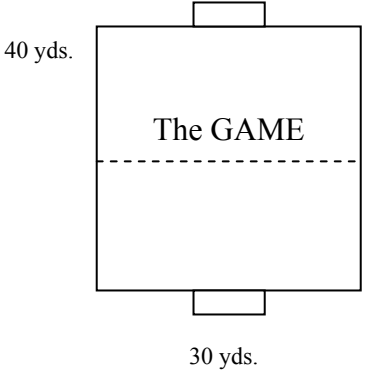


Topic: **Youth Module Session II**

Organization	Variations	Diagram	Coaching Points
Game I			
Full team – each player with a ball (20 x 30 area or as needed). Spread 20 disc cones evenly throughout the area. Stretch.	- Players begin by dribbling around the area (notice how the players naturally avoid the cones). - Dribble at a cone, stop and then turn and dribble. How many can they do in a minute? Alternate feet and repeat. - Dribble at a cone and complete a 360 degree turn around the cone and dribble. How many can they do in a minute? Alternate feet and repeat. - Right foot only, left foot, outside of right and left, inside of the feet, etc.	30 yds.  20 yds.	✓ Ball control and mastery ✓ Change of direction and speed ✓ Keep your head up while maintaining vision of the ball, players and field ✓ Intrinsic motivation and competition
Game II			
1 v 1 (30 x 40 area or as needed). Add 3-4 small goals (cones or corner flags) inside the area.	- Phase I: shadow play, one ball between two. Player with the ball shadows the front player anywhere they go. Rotate. - Phase II: 1 v 1. Player with the ball scores by dribbling through any of the open goals. If the defender wins the ball, they become the attacker. - Phase III: 2 v 2. Same as above. - Play to a determined number of goals or allotted time. Rotate partners and/or teams.	40 yds.  30 yds.	✓ Role of the 1st attacker ✓ Dribbling for speed versus dribbling to possess (shielding) ✓ Deception and disguise ✓ Setting up the defender ✓ Protecting the ball

Topic: **Youth Module Session II**

Game III			
2 v 2 to four small goals placed at the corners (20 x 30 area or as needed). Coach is the “Boss of the Balls” and stands at midfield with all of the balls to begin.	- Two players from each team enter the field and play. If a ball is scored or goes out of bounds, two new players enter the field and play. - Award 2 points to dribble through and 1 to pass through the goal to score. - Implement if they score, they stay. - Serve balls in the air (toss them) and players must then adapt to controlling and receiving the ball before playing. - Vary the numbers – 1 v 1, 2 v 2, 3 v 3, 4 v 4 and sometimes 5 v 5.		✓ Problem solving between players ✓ Quick thinking and anticipation ✓ Passing accuracy and decision making ✓ Teamwork and communication ✓ Small sided attacking and defending tactics
Game IV			
5 v 5 directional game to two small goals (30 x 40 area or as needed). No goalkeepers.	- Define direction for each team. - No restrictions.		✓ Keep it FUN! ✓ All of the above
Cool Down			
Players jog (dynamic movements).	- Reduce Heart Rate. - Static Stretching.		✓ Review Session