

## Practice Session Lil Strikers 2016

Warm-up All ages dynamic movement, stretching 5 min

Sessions U4-5:

Body Parts: 15mins

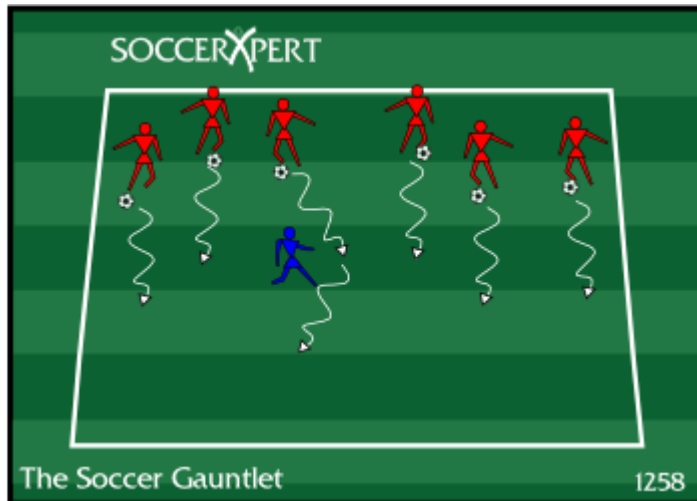


This soccer game is about getting the kids to use different parts of their body to balance on the soccer ball. On your command the young kids will dribble their ball around the area. Once you shout out a part of the body (e.g. foot) the kids have to stop dribbling and put that part of their body on the ball.

When you call "carry on dribbling" the kids will do just that and await the next body part. Try using parts of the body which may be difficult for them to balance on e.g. their knee, elbows, head, back.

Waterbreak

## Shark 15mins



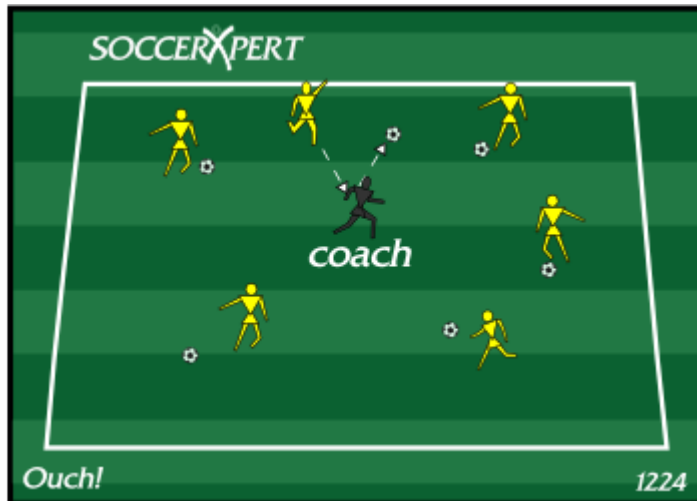
On the coaches command, all of the attacking players dribble at speed to the other side line avoiding the defender. If the defender wins the ball and kicks the ball out of the grid, that attacker becomes an additional defender (without a ball) on the next series. The last player to make it through the gauntlet wins the game.

Drill Coaching Points:

- Keep the ball close to the dribbler
- Stay in control of your body and ball
- Keep your eyes up to avoid pressure
- Dribble into space avoiding pressure
- Dribble with speed when in open space

## Waterbreak

## Make the ball kiss 15mins



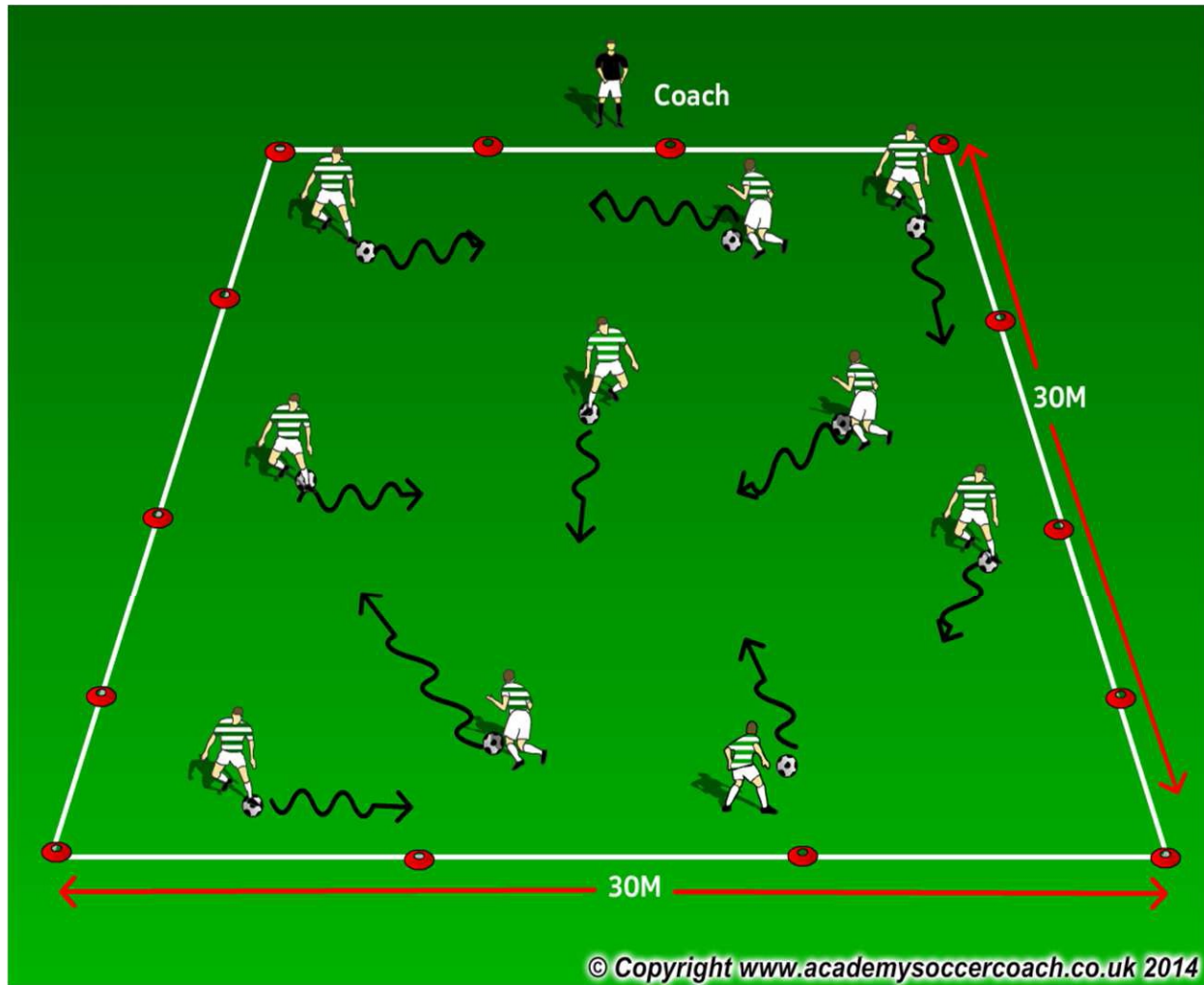
Every player has a ball near the boundary of the field, (substituting balls for the coach in illustration) place 3 or more ball in the centre of group. Trainers can use pylon's to create boundary around balls. Players are to kick their ball and hit(kiss) the balls in the centre. The player's runs and gets their ball and try again. Players who get the most kisses wins.

## Waterbreak

## Scrimage

## SessionU6-8

### Ball mastery 10 mins



**Organisation.** Players dribble freely inside 30mx30m area.

**Procedure.** Players are asked to express them self's and be creative by attacking space and showing different moves. On coaches command players will perform different touches on the ball, for example Toe Taps.

BALL MASTERY, INSIDE OUTSIDE CUTS, STOPS-STARTS, INSIDE OUTSIDE FOOT TURNS, SOLE TOUCH.

waterbreak

### 1v1 attacking and shoot 15mins



On the coach's command, the first player from each team should sprint around the cone in front of their line. As the players approach the cone the coach should play a 50/50 ball in the middle of each cone. The two players should battle for possession and quickly attack the goal.

The players should battle each other for the ball and either player can score a goal once possession is won. As a goal is scored the team scoring the goal is awarded a point.

Waterbreak

Can add shark game at this point if running early or do Keep Ups 5 mins

**Players try to keep ball in air using their feet. They can bounce the ball between touches or try to keep ball up continuously.**

Scrimmage

