



Recreational Session - Week 10
Core Activity: Small Sided Games

Time	Type	Diagram	Activity	Coaching Points
10 Mins	Warm Up		<p>3 Goals Game: If not having small goals, cones are totally fine to use. This game is to encourage more goals, more shooting. If using cones, make sure the shot has to be done on the ground.</p> <p>Gates dribbling game: Any team can score and any gate. Make sure the players are properly dribbling and not just kicking through the gates.</p>	<p>Notes:</p> <p>Free play, let the kids make decisions on their own. Keep the game going.</p> <p>Adjust accordingly to how many players you have on the day.</p> <p>Examples: 8 Players in total = 2 fields of 2v2s</p> <p>12 Players in total = 2 fields of 3v3s</p> <p>16 players in total = 2 fields of 4v4s</p>
10 Mins	1 st Activity		<p>Ball Mastery & Turns: Mix ball mastery exercises with tag games, with ball, with no ball. Encourage using all parts of the foot.</p> <p>Move of the day: Maradona How To Do the Maradona Spin Tutorial Cruyff Turn The Cruyff Turn Tutorial</p> <p>Ball Mastery and creativity Challenge players to remember all the moves learnt</p>	<p>Awareness: At this point the players should be familiar with the coaching points, but keep reminding them to keep the head up and to keep the ball close when dribbling.</p> <p>Challenge: Those two moves are sometimes hard for a few kids to understand. You can use this time to focus only on those two. If the group gets it easier, feel free to change and move on to tag games or something that keeps them engaged.</p>



			throughout the season.	
10 Mins	2 nd Activity		2v2: Not too long, the goal of the day is to get the kids playing as much as they can. Short 2v2s with lots of rest in between.	Notes: Encourage players to dribble, but make sure to tell them when to pass, when to dribble, depending on the situation they are in at the moment. Have players switch lines and play against and with different partners as they go.



30 Mins	Final Game		5v5 Scrimmage / World cup Make two fields. Split the teams in 4, each team is a country now and they will represent in the games. If the numbers are too big, split em 5, one team rests and we keep the rotation quick. 4-5 minute games.	Remind players of the skills taught throughout the season. Let them compete and have fun. Remind them to spread out and work together as a team. Communicating and creating space.
---------	------------	--	---	--