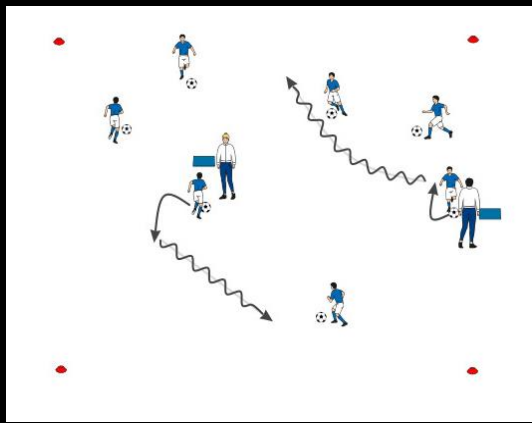


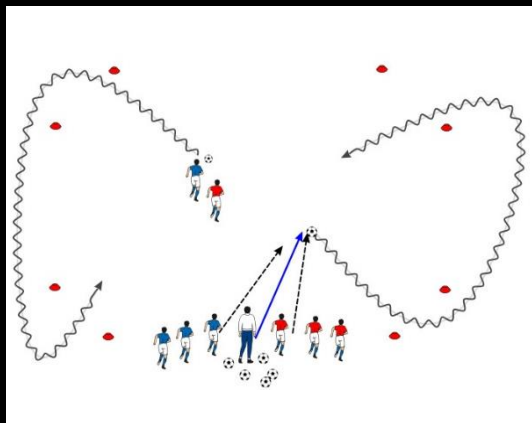


Purpose of this session is to develop players' ability to *turn out of pressure to play into the space*. Very similar to Week 2 and Week 6 Session 1, these activities should be familiar and easy to run so we can focus more heavily on coaching *soccer*, not *the activity*.

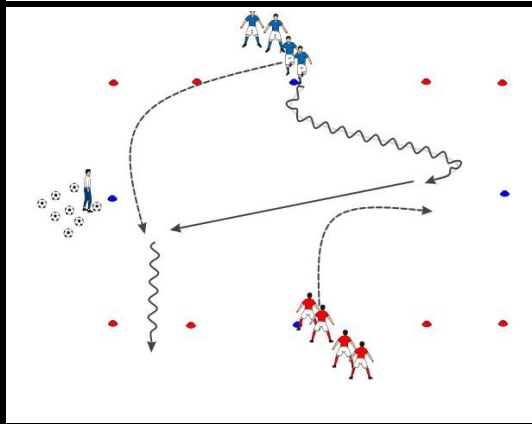
Main coaching points should be *executing moves to turn* into the space (inside, outside chops or a Cruyff turn) and *creating width and depth* to have space to attack.



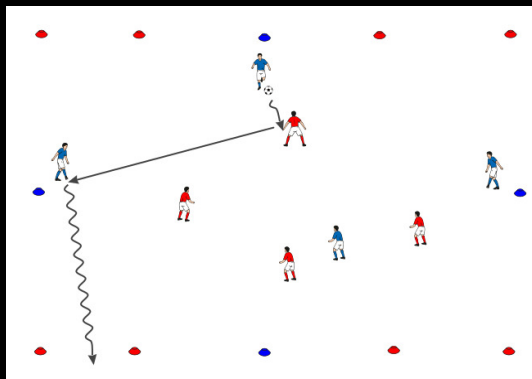
I. WARM-UP Move: Cruyff Game: Slime 25 minutes
EYSA Technical Warm-Up: Start every practice with ~8 minutes juggling, then ~8 minutes ball mastery touches (inside/outside) and 1v1 core moves (Review inside and outside chops, Focus on Cruyff). Finish with "Slime"
What: ~15x15yd grid. 1 ball/player. 2 coaches with bibs in hand
How: 2 Coaches(can use 1 player) are "Slime Monsters", using bibs as slime, throw at players, who should turn with the ball and block with "slime shield" on their back. If slime hits player in the front or their ball, must shower off.
Why/Coaching Points: Head up to find slime monster. Change of speed after turn to get away from pressure. Turn quickly and dribble, don't kick away.



II. SMALL-SIDED ACTIVITY Game: 1v1 15 minutes
What: ~15x15 box. 4 Goals set up diagonally, about 3 yds from each corner or randomly, like "Gates". Two teams in lines next to coach.
How: Players score as many points as possible by dribbling into any goal. Play ends after one player scores ~3 goals, time or if ball goes out of play. DONT LET KIDS STAND TOO LONG! Play with multiple balls in play if long line.
Why/Coaching Points: Moves to turn away from defender. Keep ball on surface away from defender. Change of direction and speed
Note: Variation: Players match up and play short, 30-second rounds of 1v1 with all players playing at the same time(make more goals and a bigger box). Switch partners after every round, see who has the most wins



III. EXPANDED ACTIVITY Game: 2v1 15 minutes
What: Slightly wide rectangle. 2 teams with lines on each end. Wide goals
How: Coach feeds. Start 1v1, each team has 2 goals to score (dribble only) Eventually progress to 2v1, if team is ready. 1st player traps, 2nd player in line enters field. Score by dribbling into either wide goal.
Why/Coaching Points: Decision to dribble or pass to attack. Width from 2nd player. Depth from the 2nd player(drop back to allow the pass in front)
Note: Start your 2v1s with the defender restricted to their end-line, then progress to their half. This will cause the receiving player to separate from the defender, dropping back to allow an unpressured pass in front to attack.



IV. GAME Game: Wide goals 20 minutes
What: Even teams. Wide field + goals to encourage Width and turn away from pressure. Adjust field size to age/level, creating success
How: 4-goal: Free play, score into 2 wide goals each side. Variation: Players can drop behind their end line to receive a free pass, undefended.
Why/Coaching Points: Incorporate topic and points of training session into final game. Find opportunities to turn out of pressure and go to new goal
Note: When you're in free play, ask yourself: Are the concepts we worked on coming out in the game? If not, what needs to change?