



## SESSION 1 - INDIVIDUAL SKILLS

### ACTIVITIES

#### WARM-UP (8-10 Minutes)

- A. Juggling – Players pick ball up. Use laces practicing right foot then left foot, catching after each touch.
- B.

#### Technical Emphasis (Individual Skill)

- A. Run players through an obstacle course that emphasizes individual skill. The following is just one example to use your imagination.

In half field:

1. Dribble through six cones that are spread wide apart to force change of direction.
2. Using three small hurdles pass the ball under and jump over each one. Dribble around a corner flag to the middle of the field.
3. Set up three jumping cords not more than eight inches off the ground. Players jump two footed side to side and forward and back over the cord (10 times each).
4. Sprint-dribble back and forth between two lines 10 yards apart. Emphasize turning the ball with the inside, outside and bottom of the foot.
5. Dribble on through six tight markers in a straight line.
6. Dribble around the corner flag, back to the middle of the field, and shoot on goal.

Rest and then repeat an appropriate number of times. Alternate directions around the course to stress development of both sides.

#### Small-Sided Games

- A. Set up as many small playing areas as needed for all to play 2 v 2. Goals can be two small cones or even a single cone. Play for two minutes, change opponents and play again. Repeat five to eight times.

#### Group Activity

- A. Divide into two teams and play in a restricted area. Instruct players to use only their weak foot. Play the game for 5-10 minutes and then allow them to play normal, unrestricted soccer for the balance of the training session.

### COACHING POINTS

- A. Feet juggling - leg swing with toe slightly up  
Contact ball below knee height.

#### Small-Sided Games

- A. Play and learn.

#### Group Activity

- A. Non-dominant side development.