

Name: LeeJay Templeton

Team: U8 B/G



Date: 8 Apr 2

Week: 1

Day: 1

**TRAINING OBJECTIVE(S):**

1. Basic ball handling and movements.
2. Taking directions and establishing what's going to happen at each training session.
3. Fun!

|   |  |      |    |    |   |   |
|---|--|------|----|----|---|---|
| <p>1. Toe taps<br/>                 2. Shuffles<br/>                 3. Step overs<br/>                 4. Dribble (Half to Goal Line)<br/>                 a. Pinky toe<br/>                 b. Fast as possible<br/>                 5. Game of soccer<br/>                 Knock out</p> | <p><b>I. WARM-UP</b> Intensity: <table border="1"><tr><td>Low</td></tr></table> Activity Time: <table border="1"><tr><td>10</td></tr></table><br/>                 Duration: <table border="1"><tr><td>10</td></tr></table> Intervals: <table border="1"><tr><td>1</td></tr></table> Recovery Time: <table border="1"><tr><td>1</td></tr></table><br/> <b>ORGANIZATION (Physical Environment / Equipment / Players)</b><br/>                 Each player has a ball and does a number of individual warm ups and dribbling movements.<br/> <b>COACHING POINTS / KEY CONCEPTS</b><br/>                 1. Use all surfaces of the foot to do the warmups.</p>   | Low  | 10 | 10 | 1 | 1 |
| Low   |  |      |    |    |   |   |
| 10  |  |      |    |    |   |   |
| 10  |  |      |    |    |   |   |
| 1   |  |      |    |    |   |   |
| 1   |  |      |    |    |   |   |
|   | <p><b>II. SMALL-SIDED ACTIVITY</b> Intensity: <table border="1"><tr><td>Med</td></tr></table> Activity Time: <table border="1"><tr><td>10</td></tr></table><br/>                 Duration: <table border="1"><tr><td>10</td></tr></table> Intervals: <table border="1"><tr><td>1</td></tr></table> Recovery Time: <table border="1"><tr><td>0</td></tr></table><br/> <b>ORGANIZATION (Physical Environment / Equipment / Players)</b><br/>                 Each player has a ball and 12 cones.<br/> <b>COACHING POINTS / KEY CONCEPTS</b><br/>                 1. Run slalom through the cones. 2. Dribble with any part of the foot through the cones. 3. Use only the inside part of the foot. 4. Use only the outside part of the foot.</p>  | Med  | 10 | 10 | 1 | 0 |
| Med   |  |      |    |    |   |   |
| 10  |  |      |    |    |   |   |
| 10  |  |      |    |    |   |   |
| 1   |  |      |    |    |   |   |
| 0   |  |      |    |    |   |   |
|   | <p><b>III. EXPANDED ACTIVITY</b> Intensity: <table border="1"><tr><td>Med</td></tr></table> Activity Time: <table border="1"><tr><td>5</td></tr></table><br/>                 Duration: <table border="1"><tr><td>10</td></tr></table> Intervals: <table border="1"><tr><td>3</td></tr></table> Recovery Time: <table border="1"><tr><td>0</td></tr></table><br/> <b>ORGANIZATION (Physical Environment / Equipment / Players)</b><br/>                 Each player has a ball and 9 cones.<br/> <b>COACHING POINTS / KEY CONCEPTS</b><br/>                 1. Have the players run through the course to learn it first.<br/>                 2. First time through with the ball have them use the outside part of the foot.<br/>                 3. Second time try and have the player fake before changing direction.</p> | Med  | 5  | 10 | 3 | 0 |
| Med   |  |      |    |    |   |   |
| 5   |  |      |    |    |   |   |
| 10  |  |      |    |    |   |   |
| 3   |  |      |    |    |   |   |
| 0   |  |      |    |    |   |   |
| <p>Have fun!<br/>                 Scrammage!</p>  | <p><b>IV. GAME</b> Intensity: <table border="1"><tr><td>High</td></tr></table> Activity Time: <table border="1"><tr><td>20</td></tr></table><br/>                 Duration: <table border="1"><tr><td>40</td></tr></table> Intervals: <table border="1"><tr><td>2</td></tr></table> Recovery Time: <table border="1"><tr><td>5</td></tr></table><br/> <b>ORGANIZATION (Physical Environment / Equipment / Players)</b><br/>                 U10 sized field and one ball.<br/> <b>COACHING POINTS / KEY CONCEPTS</b><br/>                 1. Emphasize modified rules of the game.</p>   | High | 20 | 40 | 2 | 5 |
| High  |  |      |    |    |   |   |
| 20  |  |      |    |    |   |   |
| 40  |  |      |    |    |   |   |
| 2   |  |      |    |    |   |   |
| 5   |  |      |    |    |   |   |