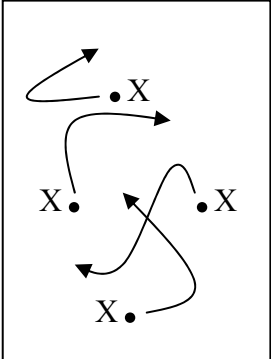
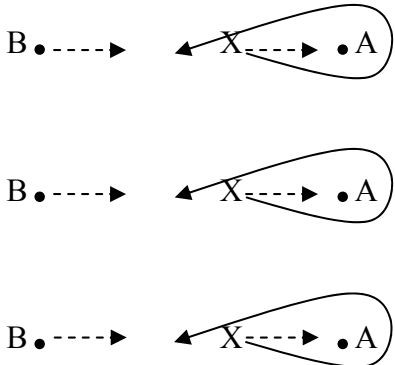
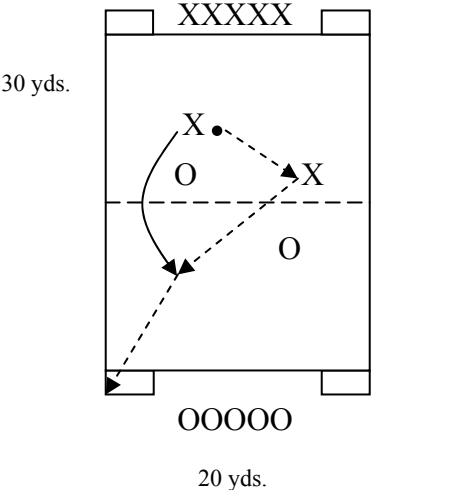
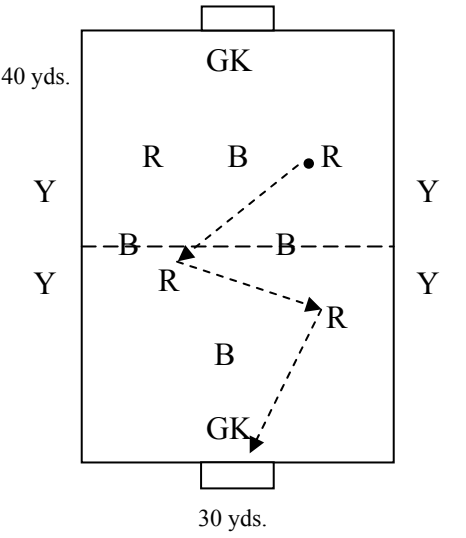


Topic: **Fitness Session for Soccer**

Organization	Variations	Diagram	Coaching Points
<b>Warm Up</b>			
<p>Technical ball mastery and skill exercises. Each player with a ball (20 x 30 or as needed).</p> <p>Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Keep it innovative, realistic and fun.</li> <li>▪ Foundation, toe taps, scissors, step-overs, Cruyff, ball drag, etc.</li> <li>▪ Implement right foot only, left foot only, turning, Coerver moves, etc.</li> <li>▪ Add disc cones to the area. Count [individually] how many they can do in a minute. Alternate feet and repeat.                             <ul style="list-style-type: none"> <li>➢ Dribble at a cone and turn</li> <li>➢ 360 degree turns around cones</li> <li>➢ Figure eights around 2 cones</li> </ul> </li> </ul>	<p>30 yds.</p>  <p>20 yds.</p>	<ul style="list-style-type: none"> <li>✓ Ball mastery, control and skill</li> <li>✓ Contact surfaces of the foot (inside, outside, sole, heel, etc.)</li> <li>✓ Develop change of speed and direction</li> <li>✓ Body shape, mobility and balance</li> <li>✓ Fitness</li> </ul>
<b>Phase I</b>			
<p>Technical receiving exercise. Divide team into groups of three. Player "A" and "B" begin 20 yards apart, each with a ball. The working "X" player begins in the middle of players "A" and "B" as diagramed.</p>	<ul style="list-style-type: none"> <li>▪ "A" begins by passing to "X," "X" passes the ball back to "A" and then runs around "A" and then receives a ball from "B." 6-8 repetitions per player then rotate.</li> <li>▪ Progressions:                             <ol style="list-style-type: none"> <li>1. 2 touch</li> <li>2. 1 touch</li> <li>3. Volley w/ 5 sit-ups in the middle between repetitions</li> <li>4. Chest trap w/ 5 push-ups in the middle between repetitions</li> <li>5. Header w/ 5 tuck-jumps in the middle between repetitions</li> </ol> </li> </ul>		<ul style="list-style-type: none"> <li>✓ Body mechanics, balance and technique</li> <li>✓ Body position in line of flight of the ball</li> <li>✓ Select, present and relax controlling surface</li> <li>✓ Strength and power</li> <li>✓ Fitness</li> </ul>

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<b>Phase II</b>			
<p>Changes on the fly game. 2 v 2 to 4 small goals (20 x 30 area or as needed). Divide into two equal teams. Define direction.</p>	<ul style="list-style-type: none"> <li>▪ Game begins 2 v 2 in the middle – the coach is the master of the balls.</li> <li>▪ If a ball is scored, or goes out of bounds, another ball is quickly added and new players enter the field.</li> <li>▪ Progress by adding if they score, they stay on the field. Continuous.</li> <li>▪ Vary the service (i.e., balls played in the air) – players must adapt to controlling and receiving the ball before playing.</li> <li>▪ Vary the numbers – 2 v 2, 3 v 3 or more. Add more than one ball to create a “game within a game.”</li> </ul>		<ul style="list-style-type: none"> <li>✓ Decision making and creativity</li> <li>✓ Passing accuracy and decision making</li> <li>✓ Teamwork and communication</li> <li>✓ Small sided attacking and defending tactics</li> <li>✓ Fitness</li> </ul>
<b>Phase III</b>			
<p>Transition game. 4 v 4 to two goals with goalkeepers (30 x 40 area or as needed). Divide into three equal teams – red, blue and yellow. Define direction.</p>	<ul style="list-style-type: none"> <li>▪ Game begins 4 v 4 in the middle.</li> <li>▪ Regular rules of soccer apply.</li> <li>▪ The team on the outside actively watches the run of play and is ready to transition immediately into the game.</li> <li>▪ If a team finishes with a shot on goal that is saved or missed, that team immediately transitions off of the field and is replaced by the team on the outside.</li> <li>▪ If a team finishes with a shot and scores, they transition to the opposite side, and the team scored-upon, transitions off of the field and is replaced by the team on the outside. Continuous.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Quick transition (counter attacks) and confidence to attack</li> <li>✓ Quality and efficiency of finishing</li> <li>✓ Find the most effective way to score</li> <li>✓ Fitness</li> <li>✓ All of the above</li> </ul>



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<b>Cool Down</b>			
Dynamic movements and static stretching.	<ul style="list-style-type: none"><li>▪ Focus on major muscle groups.</li><li>▪ Reduce heart rate.</li></ul>		✓ Review Session