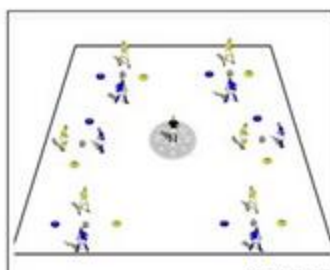


LEE JOHNSON

TECHNICAL DEVELOPMENT, ACADEMY SOCCER COACH

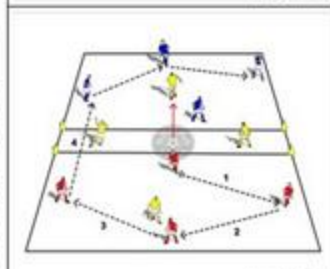
FIELD SESSION: SMALL SIDED GAMES (TRANSITION)



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WARM-UP

Organization	Key Coaching Points
SNATCH Players in pairs standing either side of the gate with a ball in the middle. On the coach's instruction the players must react, for example. If the coach says SNATCH, they must take the ball. If the coach says yellow, they must touch the yellow cone. The first player to react gets a point.	Players must show the following: 1. Awareness 2. Reactions 3. Speed 4. Agility Encourage competition

ACTIVITY 1

Organization	Key Coaching Points
POSSESSION - BREAK OUT The players must make two complete passes before 2 players from each team break into an end zone. Players either drive into the zone or make a pass. In the orange zone they must complete two passes before breaking out and attacking the other end. In the yellow zone one complete pass before scoring in the mini either mini goal.	Players must show the following: 1. Weight and direction of pass 2. Speed of play 3. Change direction with good awareness 4. Timing of runs Progression - A through ball into the end-zone, the players must time the run "Allow for mistakes this is how players will learn".

ACTIVITY 2

Organization	Key Coaching Points
POSSESSION - FORWARD PASSES The red and blue team go into one half each. The yellow team start on the center line. The team start and must keep possession against one yellow defenders. The aim is to complete three passes and transfer the ball across to the blue team. The yellow players stay on the center line and must move and try to block the forward passes.	Players must show the following: 1. Quality and direction of pass 2. Speed of play 3. Visual awareness 4. Movement on and off the ball 5. Positive when in possession Progression - add one more defender "Players must be allowed to problem solve, rather than be dictated too".

GAME

Organization	Key Coaching Points
THE ULTIMATE MULTI-GAME Game 1 - Possession Game Game 2 - End-Zone Game Game 3 - Two Goal Game Game 4 - Four Goal Game Players must react quickly to different situations on the pitch, forcing them to be more aware and make better decisions.	Players must show the following: 1. Players must react quickly 2. Show good communication skills 3. Creativity on the ball 4. Good use of space and change of direction 5. The 'when and where's' dribble, pass, shoot etc Change game every 1-2 minutes "Allow for players to express themselves and play with creativity and freedom".

SATURDAY

