### 20 x 10 2v2

**TIME** 10 minutes

**SETUP**
» Make two fields at 20x10 yards. Place 2 yd goals on each endline
» Players play 2v2 on field
» If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice)
» After goal is scored, play is restarted with a goalkick

**COACHING POINTS**
None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.

### Color Gates in Pairs

**TIME** 10 minutes

**SETUP**
» Put your players in pairs with one ball per group.
» Create a series of gates (two cones, 1yd apart) for the players to pass through
» Make half the ‘gates’ a different color of cone (example: 3 red gates, and 3 blue gates).
» If you don’t have different color cones, make half the gates out of pennies.
» Players have to pass through the gates to their partner on the other side. Once a gate has been passed through, the pair has to pass through a different gate for another point.
» Play for 45 seconds. Ask players their score and repeat the game challenging each pair to beat their own score.

**PROGRESSION:**
» Groups have to alternate color of goal they go to, or can only go to one color etc. Be creative!

**COACHING POINTS**
» Players need to try and take their first touch with the ball when receiving in the direction they want to go next.
» Encourage players to open their body to the field so they can see more of it!

### Goals, Goals, Goals

**TIME** 10 minutes

**SETUP**
» Spread a series of “goals” around the grid, which are two cones 2yds apart. Can use gates from game before.
» Split your group into two teams.
» Teams try to score as many goals as they can by passing or dribbling through a goal. Once a goal is scored, they go to another one. Teams can score on any goal.
» If the other team wins the ball, they start attacking goals. If ball goes out of bounds, is a kick in to the other team. Keep score.

**COACHING POINTS**
» Encourage players to open their body when receiving the ball so they can see more of the field.
» Players need to try and look over their shoulder before receiving a ball to they know what is behind them.
» Ask players to take their first touch towards to next goal they want to go to. Don’t stop the ball, but use its momentum when receiving to redirect.
» Can teammates spread out to help person with the ball find space?
**PRACTICE PLAN**

**RECEIVING AND OPENING BODY TO FIELD**

**4 GOAL GAME WITH GOALKEEPERS**

**TIME**
15 minutes

**SETUP**
- Make field and place two 4 yard goals at each corner. Each goal will have a goalkeeper.
- Play 5v5, with two goalkeepers from each team in the goals. 3v3 on field.
- Each goal counts as 1pt.
- Normal soccer rules, except no corners. Use goalkicks instead of corners.
- Can use the goalkeepers on own team to play backwards and help keep possession.

**COACHING POINTS**
- Encourage players to be aware of their surroundings. If one goal is crowded with defenders, can they look to go towards the other goal?
- Take a look over your shoulder before receiving
- Open body to field
- Encourage players off the ball to get wide on field to offer better passing options.
- Communication!

**35 X 25 5 VS 5 SCRIMMAGE**

**TIME**
15 minutes

**SETUP**
- Play 5v5. If your numbers are short, decrease size of field to 30x20 and play 4v4.
- Cones for goals are 5yds wide and use goalkeepers.

**COACHING POINTS**
- None! Just sit back and let them play. Help remind them of ASA's rules for their age group: offside, throw-ins, goalkicks and corners. Place a few cones down to divide the field into thirds to mark the 'Build-out Line,' and show them what they need to do when the GK has the ball.

**END OF PRACTICE QUESTIONS:**

- What is the role of the pressuring defender? (the slow down the attack so teammate can get back to help).
- Use open ended questions to guide discovery:
- When we receive a pass, where should we try and take our first touch (towards the direction we want to go next).
- How can you see space better? (by looking over your shoulder before receiving ball, and opening body to field).
- How can your teammates off the ball help you out when you have the ball? (by getting wide on the field and being loud!)
- Have a team cheer, and see everyone on game day!