	Skill Level	Date	Age Groups
	Beginner	**Title:** Races Galore	U10 U12 U13+

Skill Focus:
Ball Control Fitness
Dribbling
Passing

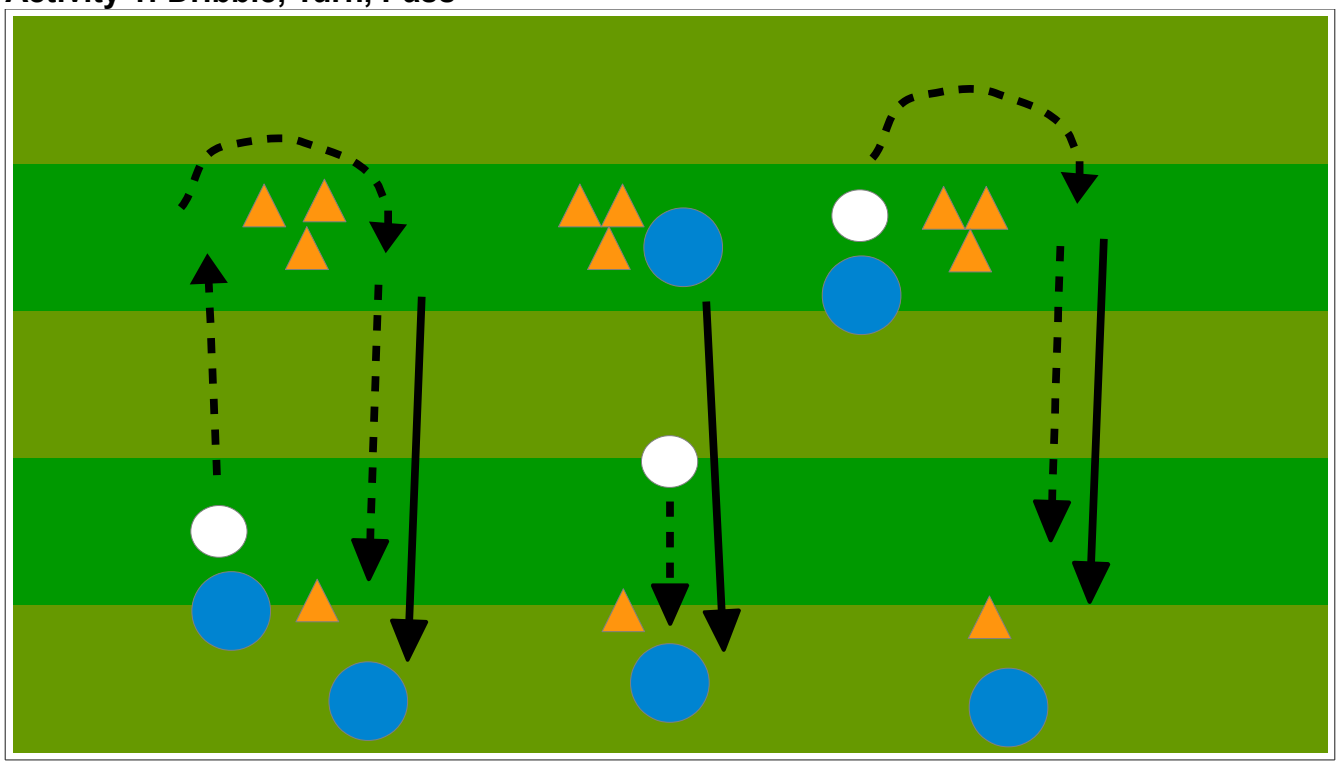
Session Description:
This session will combine soccer skills with fitness.

Warm up:
3 touch warm up, tick tocks, toe taps, roles

Scrimmage:
3v3 style scrimmage

Notes:
Activity 1 has 3 turns so give it a little more time, also activities 2 and 3 are for fitness

Activity 1: Dribble, Turn, Pass



Setup: Set up a 3 cone “defender” with a starting cone 15 yd away. Create as many of these stations as you need.

Time: 25 minutes

Equipment: Cones/agility poles and balls

Description:
This activity has 3 different turns in it so take some extra time with it.

- Pair the players up, at the starting cone (no more than 3 players at a station).
- The first play dribbles towards the cone a performs the turn
- Then passes to the second player and returns to the starting cone
- The second player then does the same as the first.

Turns:

1. The player will use the inside of one foot to go around the outside of the defender.
2. The player will use the outside of one foot to go around the outside of the defender.
3. The player will use a chop turn in front of the defenders

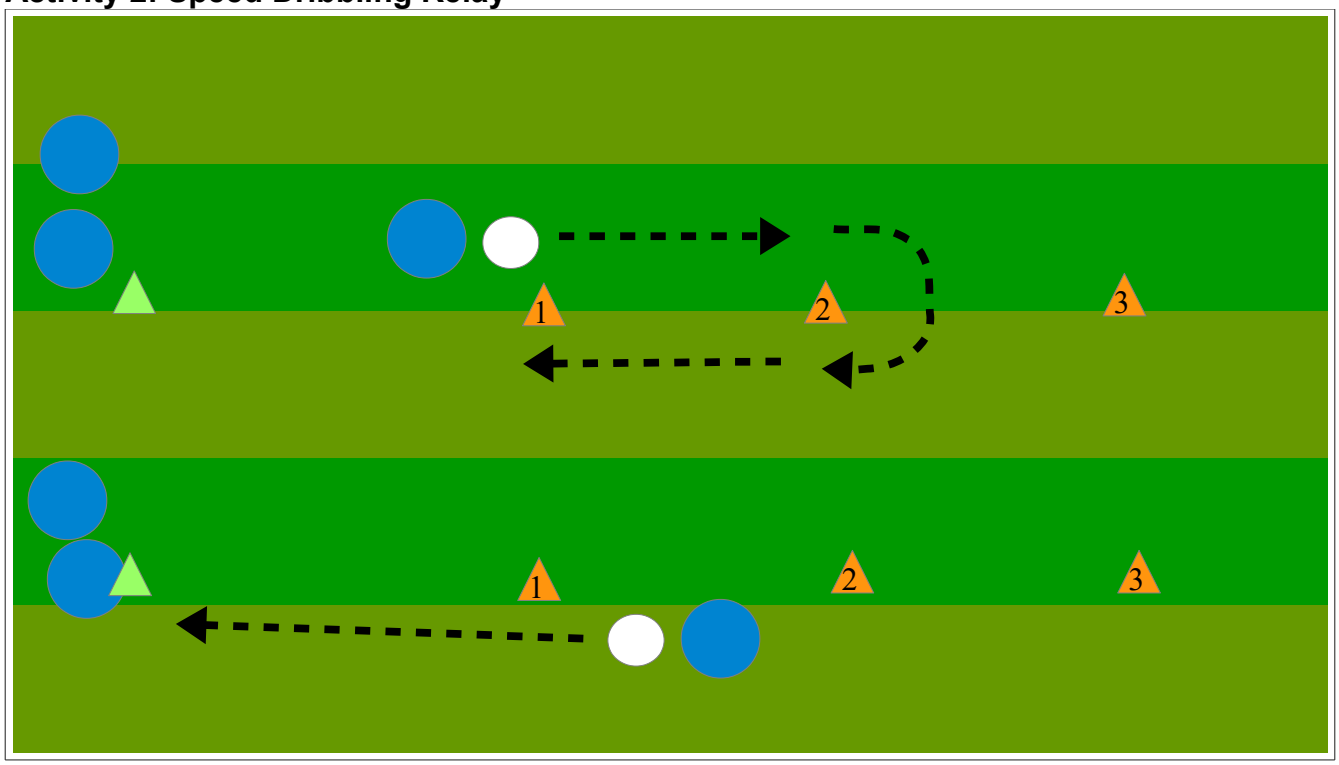
Coaching Points:

- Be sure to use the right and left foot while making the turns
- Strong pass, you should not be able to beat your pass back.

Progressions:

1. Make it a race.

Activity 2: Speed Dribbling Relay



Setup: Place starter cones down for each group. 15 yd away from the first cone put down 3 cones 3 yd apart. Create as many stations as you need.

Time: 10 minutes

Equipment: cones and balls

Description:
Split the players up into even teams, 3 -4 players. The pattern is, up 2, back 1, up 2, back 1.

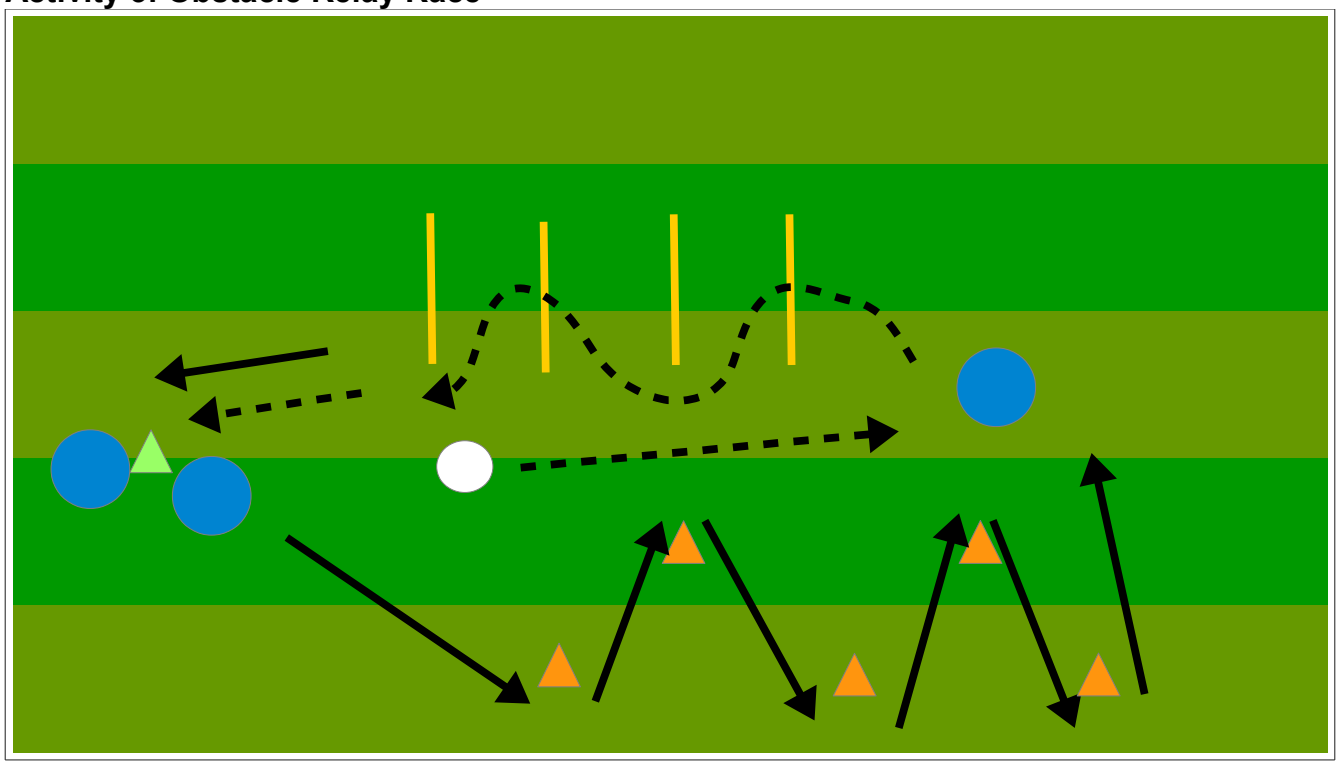
The first 2 rounds are done without the ball.
When the coach gives the signal the first player will run up to cone 2, then run backwards to cone 1, then run up to cone 3, backwards to cone 2, up to cone 3, turn around and come back. The the first player gets all the way back the second player goes.

The next few rounds are done with a ball.
When the coach gives the signal the first player will dribble the ball up to cone 2, then pull the ball backwards to cone 1, then run up to cone 3, backwards to cone 2, up to cone 3, turn around and come back. The the first player gets to the first cone, they pass the ball to the next player.

Coaching Points:
- Pull the ball back with the toe of your foot.
- Hope on your plant leg

Progressions:
See which team wins

Activity 3: Obstacle Relay Race



Setup: Place a start cone for each group. To the right of the starter cone place 5 cones in a zigzag pattern approximately 2 yd apart. Put agility poles or more cones down in a straight line 1-2 yd apart. There should be a 2-3 yd gap between the slalom and the zigzag.

Time: 10 minutes

Equipment: cones, agility poles (if available) balls

Description:
Divide the players up into 2-3 teams, if possible keep the maximum number of players to 4 in each team.

When the coach gives the signal, the first player runs zigzag through the cones, be sure to go around the outside of the cones. Once they come around the last cone the second player passes them the ball. The first player then dribbles through the slalom, when they reach the end they pass the ball to the last person in line.

Coaching Points:
- Stay low around the cones
- Use light touches to go through the slalom.

Progressions:
1. It's a race, see which team finishes first.