

PATH 2 PROGRESS

THURSDAY: STRIKERS

ARRIVAL & CHECK-IN: Players check-in at main tent then head to you.

BALL FAMILIARIZATION: Set-up a series of target traffic cones at increasing distance from a start line. Ask players to try and hit each cone using inside of foot and then laces.

WELCOME & INTRO: Intro.

WARM-UP: *Hit the coach* - repeat game from Monday but challenge players to use laces only and then weak-foot only to shoot. Move on by reversing the roles. Coach tries to hit the player's balls. Every player they hit also becomes a shooter - winner is the last player to get hit.

TECHNIQUE BASED GAME: *15x30 yard corridor* - choose two players to start, they share a ball and face each other on opposite sides of the corridor - the rest of the players have a ball each and start at one end of the corridor. Their objective is to run through the corridor without being hit by the players on the side. If a player gets hit then they join the players on the side and try to hit the rest - last player to be hit wins. Make sure players are stepping next to the ball, striking with their laces and following-through. We should also have them give the ball a small touch before the big shot

TACTICAL APPLICATION: *20x20 yard grid with a goal* - coach can play GK unless a player asks to. One player in the center - the rest get a ball and spread out around the edge of the area. The player in the middle calls for a ball and must try to score. They get one point if they use two+ touches, they get three points if they can score with their first touch. Talk to players about their body position and opening up to goal - make sure they are taking small steps as they prepare to shoot the ball.

SMALL-SIDED GAME: Same game as above but this time we will add in a defender - 1v1 in the center - the receiver must create space and call for a ball - same scoring system as above. You can progress further by making it a 2v1 or 2v2 in the middle.

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COACHES CORNER:

Deliver content from CC document - this is an extended break so players should fill out that day's scores on their evaluation as well as eating their snack.

CONDITIONED SCRIMMAGE:

Small-sided games based on numbers. Play for 10-15 minutes with players under instructions that force them to use today's skills. For example; double points for scoring with first touch, adding in a second goal or having multiple neutral (all-time offensive) players to ensure lots of attacking play.

FREE-PLAY:

Regular soccer - max 5v5 - give them positions and rotate as needed - we suggest small goals and no goalkeepers. Remember that this is still coaching time so try to find opportunities to repeat your coaching points.

RECAP:

All players return to welcome area and camp leader discusses that day's learning outcomes. Players stay seated and are initialed out by a parent. Full-day campers may have lunch. REMIND PLAYERS TO WEAR JERSEYS TOMORROW.