







U5 TSC TRAINING GUIDE WEEK 3

| Activity 1 | Activity Description | Coaching Considerations |
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|  | <p>Ball Tag: All players are dribbling a soccer ball in a 20x25 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p> | <ul style="list-style-type: none"> • Dribbling technique • Passing technique • Weight of the pass • Accuracy of the pass <p style="text-align: right;">Time: 6 minutes</p> |
| Activity 2 | Activity Description | Coaching Considerations |
|  | <p>Team Tag: Split the players into two teams (Dribblers and Taggers). The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determined time, the teams switch roles.</p> <p>Coach: Can help taggers add their points.</p> <p>Version 2: Taggers can only tag the dribblers' ball.</p> | <ul style="list-style-type: none"> • Dribbling technique • Passing and receiving technique • Weight of the pass • Accuracy of the pass • Protecting the ball <p style="text-align: right;">Time: 8 minutes</p> |
| Activity 3 | Activity Description | Coaching Considerations |
|  | <p>Cops and Robbers: The coach sets up 8-10 stand up (tall) cones in a 20x25 yard grid. Robbers will strike the ball and try to knock the cone (the bank) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p> <p>Variation 2: If you do not have tall cones, divide the group into half cops and half robbers, and place the cops' balls on top of discs.</p> | <ul style="list-style-type: none"> • Passing and receiving technique • Weight of the pass • Accuracy of the pass • Dribbling Technique <p style="text-align: right;">Time: 8 minutes</p> |
| Activity 4 | Activity Description | Coaching Considerations |
|  | <p>3v3 to Small Goals: Divide the 20x25 yard grid into to equal grids of 12x20 yards. Place a 3yard goal with cones on each end line. Players will score by dribbling or passing through the goal they are attacking.</p> <p>Coach: If you have extra players, make sure you sub them in.</p> | <ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
| Scrimmage | Activity Description | Time |
| 4v4 - Dual Field Scrimmage | Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing. | 30 minutes |