







# U5 TSC TRAINING GUIDE WEEK 7

Activity 1	Activity Description	Coaching Considerations
	<p><b>Shadow Dribble:</b> Two players (<b>Leader and Shadow</b>) each with a ball. They will dribble all over a 20x25 yard grid. The leader will determine where they are going, while the shadow will try to keep up with the leader.</p> <p><b>Coach:</b> Call the change from leader to shadow</p> <p><b>Version 2:</b> Use only favorite foot or other foot. <b>Version 3:</b> Leader must make a move.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing directions</li> <li>• Dribbling using different surfaces of the foot</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
	<p><b>Knock Out:</b> All players are dribbling in a 20x25 yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game.</p> <p><b>Coach:</b> Have your players perform a skill task before re-entering the grid. i.e.: juggling 3-5 times, ball taps.</p>	<ul style="list-style-type: none"> <li>• Protecting the ball</li> <li>• Dribbling with different surfaces of the foot</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>1v1 to Cross Goals:</b> In a 10x15yd grid, set up a two yard goal (two red and blue goals) in each side of the grid. Divide the team into two groups. The attacker starts with a soccer ball trying to score by dribbling through any of the two further goals. The defender is trying to defend the goals closest to him/her. If the defender gets the ball, he/she tries to score in the opponent's goal. The game ends when one player scores or the ball rolls out. Two new players go.</p>	<ul style="list-style-type: none"> <li>• Keep soccer ball close to feet</li> <li>• Sudden change of direction</li> <li>• Burst of speed</li> <li>• Defending – tackling</li> <li>• Shielding</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>2v2 to Cross Goals:</b> In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. The attackers start with a soccer ball, trying to score by dribbling or passing through any of the two further goals. The defenders are trying to defend the goals closest to them. If a defender gets the ball, he/she tries to score in the opponent's goal.</p>	<ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Scrimmage</b></p>	<p style="text-align: center;"><b>Activity Description</b></p>	<p style="text-align: center;"><b>Time</b></p>
<p><b>4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;"><b>30 minutes</b></p>