



Kickers FC Academy Sessions - Games

Category: Small-Sided Games

Difficulty: Moderate

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Description

Schedule

Arrival Games = As players arrive - 10:15

Ball Mastery / Tag = 10:15-10:30

- There two activities can be done together

Activity #1 / Relay Race = 10:30-11:00

- Each component 15 minutes
- Can be done in any order based on rotation

Match Play = 11:00-11:15

**These times include explaining the component and water breaks

Arrival Games (5 mins)

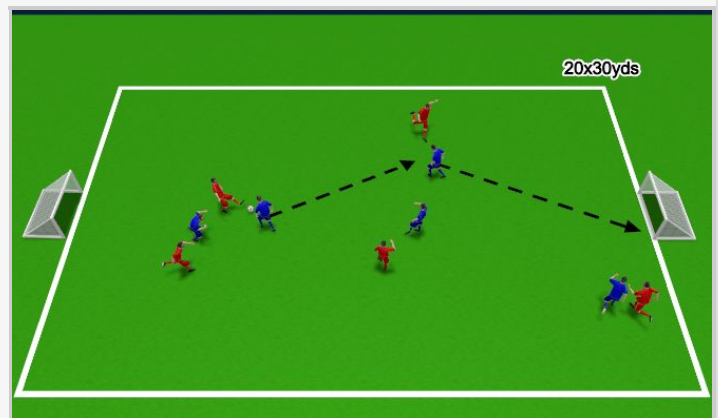
Organization:

Players participate in small sided games when they arrive to the field.

Increase players on the field as players arrive.

Begin at 1V1 and progress to 5V5. If a field is maxed out start to fill a new field.

Aim to keep similar aged players together.



Ball Mastery (5 mins)

Organization:

Players perform techniques / movements commanded by the coach.

Each player has a ball. Tries to complete what is called out by the coach.

Toe-taps, tic-tacks, inside / outside, heel to toe.

Progression:

Player move without a ball and complete different movements.

Hop, skip, jump, two foot jump, balance on one foot, somersault, cart wheel, roll, run backwards.



Knockout Game (5 mins)

Knock Out Game

Organization

Each player dribbles a ball.

If a player's ball leaves the space they are out of the game.

Players must defend / protect their ball while also going to knock / kick of player's ball out of the space.

Regression

If no one is being knocked out, send in the coach(s) to knock out people's soccer balls.



Activity #1 (15 mins)

Turn & Burn

Organization

Players work in pairs (keep partners of similar level).

Players start opposite of one another. One player has a ball.

On coaches' command the player with the ball dribbles toward their partner.

On the second command both partners race back to where the dribbling player started. Players switch roles each turn.

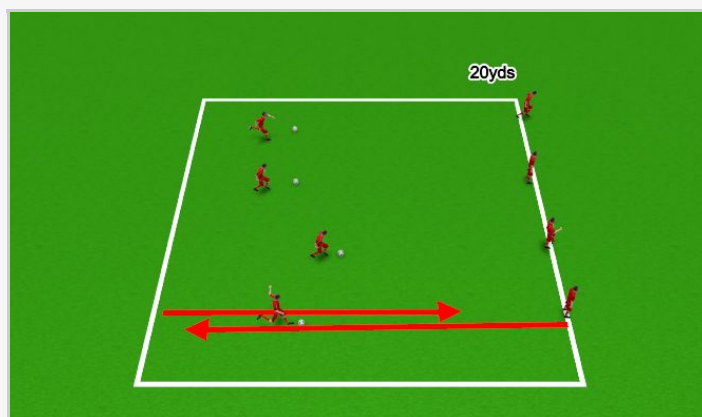
Progression

The player without the ball can try to steal the ball from the dribbler.

Change how the player without the ball starts, back-tuned, on one knee, eyes closed.

Regression

Start with no soccer ball and make it a race.



Relay Race (15 mins)

Organization

Divide the groups into even teams.

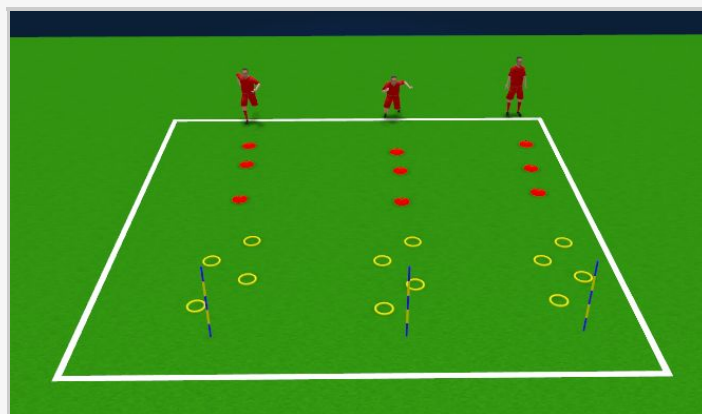
Teams work to complete the relay race.

Create / think ahead of different ways to complete the relay race.

Add in different movements.

Progression

Include a soccer ball to make more difficult / soccer specific.



Match Play (15 mins)

Organization:

Even teams Game Play 5v5

