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DA Wk1 PLAY: 3v3 Small Sided Games

YDP
DRAGON WEST COAST
FOOTBALL CLUB

Time	10 mins
Setup	Create 1 or 2 small rectangles with cones. Use cones for goals and pennies for teams.
Description	As players arrive, have them join the game. Rotate teams/players after 5mins
Technical	Light Coaching keep the game going

2

DA Wk1 PRACTICE: Simon Says/ Juggling

Ball Mastery/ Juggling

YDP
DRAGON WEST COAST
FOOTBALL CLUB

Time	15mins
Setup	Spread out, every player needs a ball
Description	Players "free move" and listen to instructions from the coach, but only when the coach says "Simon Says". Use commands like - "Freeze", "Fast", "Foot on the Ball"
Technical	Listen to Coach, Improving coordination, Keeping the ball Close and Under Control, using inside and outside of the foot

"Coach Says" / "Simon Says" Commands:

- Run/Dribble Fast like a Cheetah / Slow like a Turtle
- Put your Knee/Elbow/Head/Belly on the ball
- Right/Left Foot Roll
- Right/Left Foot Flamingo
- "Inside-Inside" (Foundations/Tic Tock) = tap ball back and forth between the insides of both feet
- "Toe Taps" (Step ons) = tap top of ball with bottom of foot, alternating feet
- "Outside/Inside" = tap the ball back and forth with one foot using the outside of the foot, then the inside of the same foot
- "Drag/Push Laces" (Dragon Laces) = drag it back with the sole and then kick with the laces, toe pointed straight down of the same foot
- "Outside/Outside Stop" = lightly kick the ball twice using the outside three toes of your foot and then put your foot on top of the ball to stop it - hop over and repeat
- "Juggle" = start with balls in hands - use laces: Foot - Catch; Foot - Foot - Catch; Thigh - Catch; Thigh - Foot - Catch
- 1v1 Move - "Messi feint" big step to the side of the ball, with the other foot push the ball using the outside of the foot "Scissors" step over the ball, with the other foot push the ball using the outside of the foot
- Video of skills moves: [Basic Ball Mastery for Kids!](#)

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DA Wk1 PRACTICE: 1v1 Endline

YDP
DRAGON WEST COAST
FOOTBALL CLUB

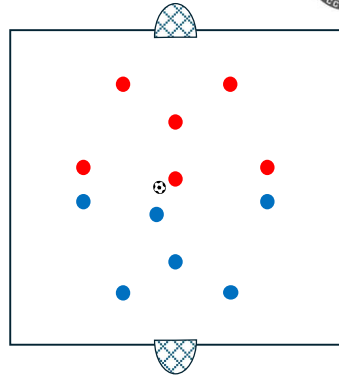
Time	15 mins
Setup	Create 1 or 2 large rectangles. Use pennies to split teams. Coach has all the balls. Players on opposite ends of the rectangle
Description	The coach starts by passing the ball to one player. The objective is to make a move or avoid the defender and make it to the opposite endline. Offensive player must DRIBBLE the ball across the endline to 'score'. If the ball goes out a new pair starts.
Technical	Control the ball, dribbling with the ball close, attempting a 1v1 move, changing direction, increasing speed past the defender
Talking Points	"Can we use this in our game?" "If the ball is far away, can the defense take it?" "Do you want to run into the defender?"

Pass: - - - - ->
 Run w/o ball:>
 Run with ball: ———>

4

DA Wk1 PLAY: Scrimmage

Time	15mins
Setup	USE PUG NETS. Half-field scrimmage against the team on the opposing half of the field you share.
Description	Play official rules – kickoffs, goal kicks, corners, throw ins, etc. Split teams so games are 3v3, 4v4 or 5v5. The goal is to involve ALL players.
Technical	Light instruction, keep the game moving. Coaching/guiding throw ins, goal kicks, etc.



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Development Academy

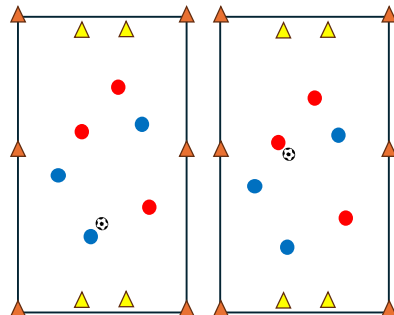
Week 2

Ball Mastery
Play/Practice/Play

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DA Wk2 PLAY: 3v3 Small Sided Games

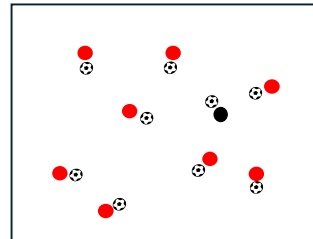
Time	10 mins
Setup	Create 1 or 2 small rectangles with cones. Use cones for goals and pennies for teams.
Description	As players arrive, have them join the game. Rotate teams/players after 5mins
Technical	Light Coaching, keep the game going



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DA Wk2 PRACTICE: Simon Says/ Ball Mastery/ Juggling

Time	15 mins
Setup	Spread out, every player needs a ball
Description	Players "free move" and listen to instructions from the coach, but only when the coach says "Simon Says". Use commands like – "Freeze", "Fast", "Foot on the Ball"
Technical	Listen to Coach, Improving coordination, Keeping the ball Close and Under Control, using inside and outside of the foot



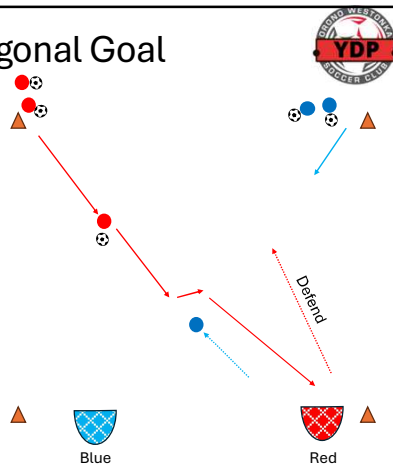
- "Coach Says" / "Simon Says" Commands:
- Run/Dribble Fast like a Cheetah / Slow like a Turtle
 - Put your Knee/Elbow/Head/Belly on the ball
 - Right/Left Foot Roll
 - Right/Left Foot Flamingo
 - "Inside-Inside" (Foundations/Tic Tock) = tap ball back and forth between the insides of both feet
 - "Toe Taps" (Step ons) = tap top of ball with bottom of foot, alternating feet
 - "Outside/Inside" = tap the ball back and forth with one foot using the outside of the foot, then the inside of the same foot
 - "Drag/Push Laces" (Dragon Laces) = drag it back with the sole and then kick with the laces, toe pointed straight down of the same foot
 - "Outside/Outside Stop" = lightly kick the ball twice using the outside three toes of your foot and then put your foot on top of the ball to stop it – hop over and repeat
 - "Juggle" = start with balls in hands - use laces: Foot – Catch; Foot – Foot – Catch; Thigh – Catch; Thigh – Foot – Catch
 - 1v1 Move – "Messi feint" = big step to the side of the ball, with the other foot push the ball using the outside of the foot "Scissors" = step over the ball, with the other foot push the ball using the outside of the foot
 - Video of skills moves: [Basic Ball Mastery for Kids!](#)

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DA Wk2 PRACTICE: 1v1 Diagonal Goal

Time	15 mins
Setup	Every player needs a ball, create large square with cones, 2 PUGG nets. One defender
Description	Attacker starts with the ball dribbling diagonal across the square. Attacker make 1v1 move or avoids defender to score. After a goal or the ball goes out, attacker becomes defender. Play is continuous. Attack-Defend-Take ball & back in line
Technical	Control the ball, dribbling with the ball close, attempting a 1v1 move, changing direction, increasing speed past the defender. Change players order for fair 1v1 match-ups
Talking Points	"Can we use this in our game?" "If the ball is far away, can the defense take it?" "Do you want to run into the defender?"

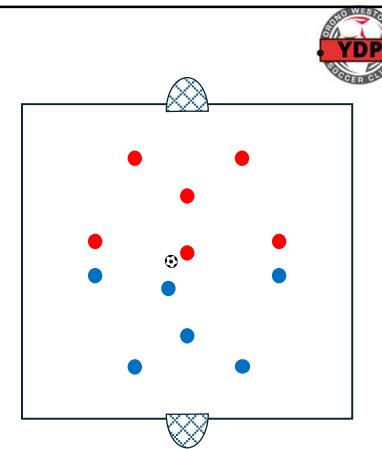
Pass	
Run w/o ball	
Run with ball	



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DA Wk2 PLAY: Scrimmage

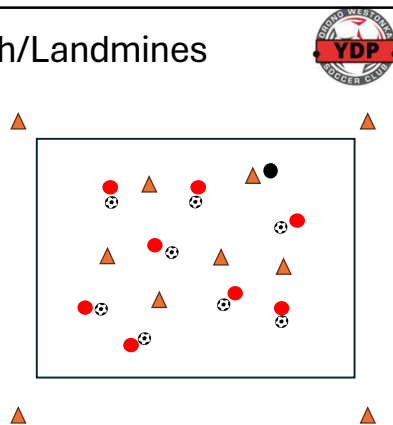
Time	15 mins
Setup	USE PUGG NETS. Half-field scrimmage against the team on the opposing half of the field you share.
Description	Play official rules – kickoffs, goal kicks, corners, throw ins, etc. Split teams so games are 3v3, 4v4 or 5v5. The goal is to involve ALL players.
Technical	Light instruction, keep the game moving. Coaching/guiding throw ins, goal kicks, etc.



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DA Wk1&2 Optional: Jellyfish/Landmines

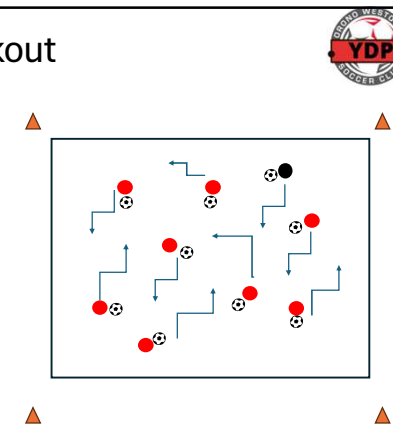
Time	15 mins
Setup	Every player needs a ball, create large square with cones, extra cones to toss
Description	Players dribble around the square "ocean", coach tosses cones in front of players. If player's ball or foot touch the "Jellyfish" they are out. Player can get back in after they "dry off" by doing Toe Taps/Foundations/Juggling
Technical	Control the ball, dribbling with the ball close, changing direction, increasing speed past the defender.



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DA Wk1&2 Optional: Knockout

Time	15 mins
Setup	Every player needs a ball, create large square with cones
Description	Players dribble around the square, player attempt to knock other players' ball out. If player's ball exits the square, they are out. Player can get back in after they do Toe Taps/Foundations/Juggling
Technical	Shielding (body between opponent and ball), Control the ball, dribbling with the ball close, changing direction, increasing speed past the opponent.



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