



Creative Play

Appropriate for players ages 7-11

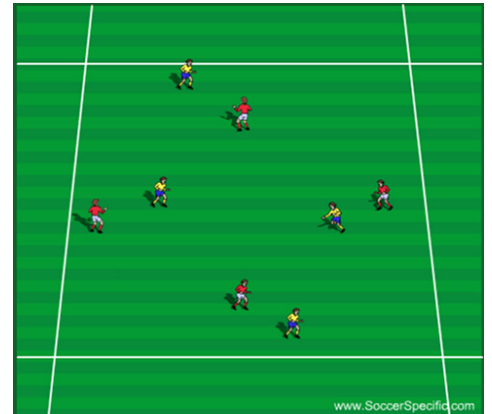
Session Aims: To introduce ball control using correct techniques and demonstrate close control, possession and awareness of other participants.

Warm Up: Quickness & Reaction

Players are split into pairs and play tag with their partner. Winner is the player that is not the catcher after 30 seconds.

Progression (s):

1. Reduce size of playing area.
2. Introduce use of a soccer ball (1v1 keep ball).
3. Introduce defender to tackle players in possession.

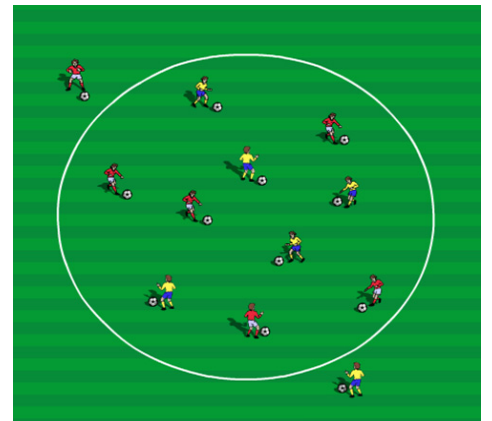


Fundamental/Individual: Creative Play

Players with a ball each dribble freely inside the defined area. On coaches command, players attempt to tackle and kick the ball of an opponent out of the area, whilst also maintaining possession of their own ball. Players that lose possession must perform a certain number of foot skills in order to re-enter the play.

Progression (s):

1. Reduce size of playing area.
2. Restrict players to specific foot (e.g. preferred, non-preferred).
3. Introduce defender to tackle players in possession.

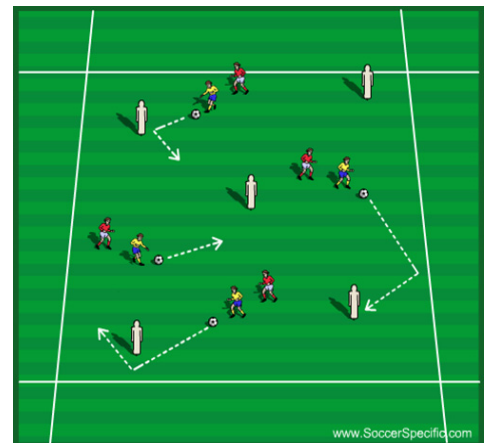


Game Related/Group (Incrementally adding pressure): Creative Player

Players have ball between two and rotate every 60 seconds. The players are encouraged to practice various skills, tricks and moves to beat an opponent and/or change speed and direction.

Principle Focus:

Creative imagination and freedom of self-expression through free play.



Game Condition (Small-sided/Conditioned)

Small-sided conditioned game (5v5 maximum). Practice concluded with dynamic cool down.