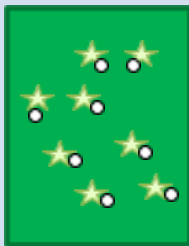
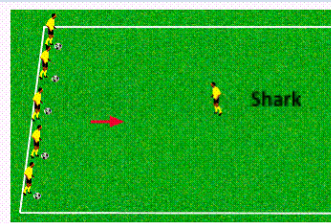
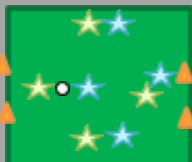


Week 1: Meet, Greet and Play ☺		Cutters Community Soccer	
Dribbling Coaching Points			
Dribbling with head up		Use all surfaces of your foot	Keep the ball close
6 - 6:10 p.m.			
1. Cutters Intros	Coaches and trainers should Introduce themselves to the players and parents. 1. Review the Rules of Cutters 2. Teach the players the following moves: <ul style="list-style-type: none">● Pendulum (tapping ball between feet)● Pull turn	Four rules for Cutters Soccer: 1. Give Your Best Effort 2. Be a Good Listener 3. Be Good Sports 4. Have fun!	Dribbling warm-up activity led by coach and trainer. Focus on coaching points (above)
6:10-6:25 p.m.	ACTIVITY	DIAGRAM	COACHING POINTS
2. Getting to know your teammates	<ul style="list-style-type: none">● Each player has a ball.● Players dribble within a defined area.● On coach's signal, players quickly must make groups according to the coach's direction. <p>For example, make groups with</p> <ul style="list-style-type: none">● Same color socks (can also use shorts or t-shirt color)● Birthdays by season of the year● Birth day on 1st – 15th or 16th to 31st <p>Try to make the group criteria easy to understand for the age group.</p> <p>Each time a group is made, the players should introduce themselves to each other. Have them share a favorite something: cereal, sports team, superhero, etc. Then, the coach will tell them to start dribbling again.</p>	 <p>Coach can make up other categories as well, being careful not to single out anyone.</p> <p>Keep it fun ☺</p>	Emphasize these soccer coaching points: <ul style="list-style-type: none">● When dribbling, the players should use all surfaces of the foot: Sole/inside/outside● Players should keep their heads up, be aware of the players around them.● Move quickly on the coach's signal.
6:25-6:40 p.m.			
3. Sharks & Minnows	<p>Play across the width of the field. Designate one or two "sharks"</p> <p>All other players (minnows) start on one side.</p> <p>The Minnows must try to dribble past the sharks and cross the opposite line without losing possession of their ball.</p> <p>The Sharks defend by trying to kick the Minnows' balls out of the defined area.</p>	 <p>Give sharks time to get together each round to make a strategy and to learn each other's names.</p>	Minnows that successfully dribble across the Sharks' line go back for round two. Each Minnow who loses their ball joins the Sharks. The last Minnow left in is the winner. Play multiple rounds. Coaching points: <ul style="list-style-type: none">● Players practice moves. Use all surfaces of the foot, keep ball close.● Keep head up – know where the sharks swim ☺● Players position their bodies to protect the ball
6:40-7 p.m.			
4. Scrimmage – spend a lot of time scrimmaging tonight	<p>Divide your team into even teams (no subs) and play on the width of each field.</p> <p>To get to know your team better, scrimmage against your own team this week.</p> <p>** Please use this time to talk about what to do in a game. **</p>	<p>Your team will play 4 vs. 4 on Saturdays. Show them a diamond formation during the scrimmage. We want to avoid crowding.</p> 	<ul style="list-style-type: none">● Reinforce lessons from training during the scrimmage.● In 4 v 4, everyone plays offense and everyone plays defense – no standing around ☺● Teach the players what to do in the game situation – out-of-bounds, kick-ins, goal

			kicks, corner kicks, tussles, what to do after a goal, etc.
Homework:	Be prepared to show the coaches and trainers your favorite soccer move at the next practice!		