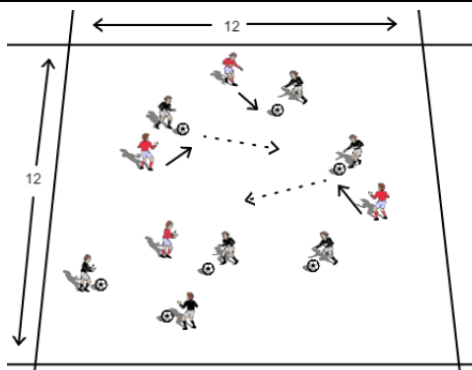




ARKANSAS
RISING

5v5 / Under 8 / K, 1st, 2nd Practice #2.1 Deception



Get Your Own Ball (Technique) 12x12yd grid

- Every player needs to have a ball, except for four players.
- The players without a ball are trying to steal a ball from someone who has one. If a player loses their ball, they have to steal someone else's.
- If someone is trying to steal a ball, but kicks it out. The person they were trying to take it from still keeps the ball.
- Play for 45 seconds and stop. The four players who don't have a ball at that point lose. Play again!

Coaching Points:

- Players need to keep the ball close using small touches so they can change direction quickly.
- If someone is trying to steal your ball, try to use your body to deceive them and get away. Ask your players what are the different body parts they can use to deceive someone (hips, legs, eyes, shoulders). Encourage players to sell their deception! If the defenders think you're going to go one way, but go the other, they will have a harder time tackling you! (10 mins)



Island Dribble (Technique) Unlimited Space

- Spread out a series of islands (3 cones forming a 2x2x2yd triangles).
- Every player has a ball and attempts to dribble through as many islands as possible while keeping score.

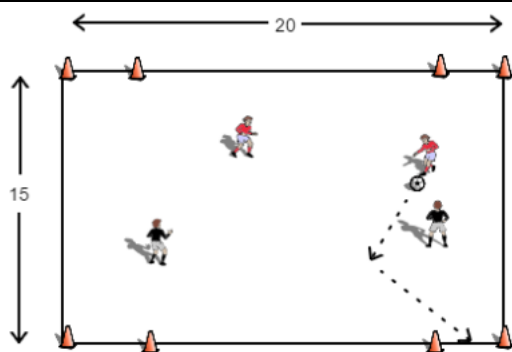
Progression:

- Have players perform a dribbling move in each island before they can move to the next one. Continue to keep score and challenge player to beat their score from last time.

Coaching Points:

- Players need to keep the ball close using small touches so they can change direction quickly, and move to the net island.
- Be creative with the moves they need to perform in each island! Use a variety of moves to change direction and beat an opponent. Make sure to demonstrate each movement before asking the players to do them.

Encourage players to sell their move! Always add deception into your movements! (10 mins)



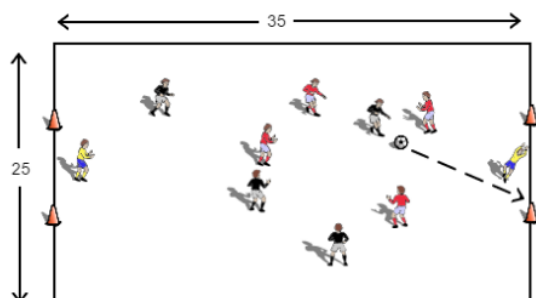
Four Goal Game (Technique/Tactics) 20x15yd grid

- Setup field with four 2yd goals, one at each corner as shown. Setup multiple fields
- Teams are in twos and play 2v2.
- Can only score by dribbling through one of the two goals on the side your team is attacking
- If a goal is scored, or ball goes out of bounds. Restart with a kick-in or dribble-in.
- Game is quick! Encourage quick restarts.

Coaching Points:

- Length of touches. Keep the ball close as you're approaching the opponent, but lengthen your touches to build up speed as you get around them.
- Deception. Sell the move! Stay light on your toes!
- Use different body motions and parts of the feet to get around defender.
- The goals are on the outside of the field to encourage 1v1 play on the flanks. When your players are in a 1v1, with space behind the defender, encourage them to take the risk and attack!

-(15 mins)



Scrimmage (Holistic) Expand your grid to 35x25yds

- Play 5v5. If your numbers are short, decrease size of field to 30x20 and play 4v4.
- Cones for goals are 5yds wide and use goalkeepers.

Coaching Points:

- None! Just sit back and let them play. Help remind them of ASA's rules for their age group: offside, thrown-ins, goalkicks and corners. Place a few cones down to divide the field into thirds to mark the 'Build-out Line,' and show them what they need to do when the GK has the ball.

(20 mins)

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Practice Conclusion: Bring your players in for the last five minutes of practice and recap your session using open-ended questions. How can deception help us get around a defender? What are some body parts we can use to deceive an opponent? (legs, hips, hand, eyes). What should I do with the length of my touches when approaching a defender? (little touches). What about when I'm trying to get away? (larger touches). Have some players demonstrate the different dribbling move you introduced. Have a team cheer, and ask your players to practice their dribbling moves at home!