

Session 5 - Small Sided Games & Teamwork

Equipment: Soccer Balls, Cones & Pinnies

Team Building: Charades Relay Headband Edition (10 minutes)

- Split participants into groups and create piles for the charade cards
- One participant from each group runs to a pile and picks a card without looking at it, they run back to their group then hold the card on their forehead while their teammates act it out, the participant holding the card guesses what they are doing.

Warm-Up (5 minutes)

- Start with a dynamic warm up including jogging, high knees, and butt kicks

Activity 1: Soccer Relay (10 minutes)

- Split participants up into teams and conduct a fun relay race incorporating dribbling, passing, and shooting

Activity 2: Small Sided Games (10 minutes)

- Divide participants into small teams and play short games (3 v 3 or 4 v 4) on smaller playing surfaces using cones for the boundaries
- Emphasize teamwork, passing and using the skills learned in previous sessions

Activity 3: Teamwork Drills (10 minutes)

- Play a game where each team must complete a certain number of passes before they can shoot on goal
- Discuss the importance of communication and working together

Play a Game (15 minutes)

- Split the group into teams and play soccer

Cool Down (5 minutes)

- Have students jog and perform stretches to cool their body down
- Ask each student to tell you their favourite part of the session or something they learned about soccer