



Boerne Soccer Youth Development  
Dribbling - Direction and Speed Basic Moves  
Week 4 Small Sided Games

Set Up

- Supply of Cones
- Flags for Goals
- Supply of balls
- Field 20x25 yds
- 1 Ball for each player
- Grids 20x20 yards

Coaching Points

Finish with small sided games 3v3 or 4 v4 (U7/8). The practice should conclude with a small sided game reinforcing points from your games.

- Divide the players into teams of three or fours, no goalkeepers
- Each field should be approximately 20 yardsx 25yards.

During the Training Session Make sure that

- Players are having fun playing, but making progress toward their training objective at the same time
- There are plenty of small sided games.