**Soccer Training Sessions - Juniors**

**⭐ Session 1: Dribbling and Ball Control**

**Objective:** Improve ball control and dribbling skills  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Dynamic Movement Drills* – Light jogging, high knees, leg swings, and side shuffles to get the players moving and limber.
* **Skill Activity (15 mins):** *Dribbling through Cones* – Set up a course with cones. Players dribble the ball through the cones using the inside, outside, and sole of their foot. Emphasize close control and quick direction changes.
* **Game-Based Activity (20 mins):** *1v1 Dribbling Challenge* – Players pair up and dribble through cones to a finish line while the other player tries to steal the ball.
* **Mini-Game (10 mins):** *Dribble and Shoot* – Players dribble toward the goal and take a shot on goal. Coaches focus on technique and making sure players are dribbling at speed with control.
* **Cool Down (5 mins):** Stretching and quick reflection on the dribbling techniques used.  
  🗨 "What was the most challenging part of maintaining control when dribbling through the cones?"

**⭐ Session 2: Passing and Receiving**

**Objective:** Develop accurate passing and receiving techniques  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Passing in Pairs* – Players pass the ball back and forth with their partner, gradually increasing the distance between them.
* **Skill Activity (15 mins):** *Passing to a Moving Target* – Players work in pairs, passing to a moving target. The target must adjust their positioning to meet the ball at the right time.
* **Game-Based Activity (20 mins):** *Passing Under Pressure* – In a small grid, players must pass the ball to teammates while being pressured by defenders. Emphasize quick passing and receiving under pressure.
* **Mini-Game (10 mins):** *Keep Away* – A small-sided game where one team tries to maintain possession by passing quickly, and the defending team tries to intercept.
* **Cool Down (5 mins):** Stretching and feedback on passing techniques.  
  🗨 “How do you decide whether to pass to a teammate or take the ball yourself?”

**⭐ Session 3: Shooting and Finishing**

**Objective:** Enhance shooting technique and accuracy  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Footwork and Ball Control* – Players pass, control, and dribble the ball to warm up, focusing on moving with the ball at speed.
* **Skill Activity (15 mins):** *Shooting Technique* – Players practice shooting with both feet, aiming for specific areas of the goal (top corners, bottom corners).
* **Game-Based Activity (20 mins):** *Shooting Under Pressure* – Players take shots at goal while being lightly defended. The focus is on shooting quickly and accurately.
* **Mini-Game (10 mins):** *Shooting Challenge* – Set up a shooting challenge where players have to score from different positions on the field (e.g., outside the box, from a cross).
* **Cool Down (5 mins):** Stretching and discussion on improving shooting accuracy.  
  🗨 “What helps you to stay calm and focused when you’re about to shoot?”

**⭐ Session 4: Dribbling Under Pressure**

**Objective:** Improve dribbling while under pressure from defenders  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Cone Weaving and Quick Feet* – Dribble through cones and increase speed as players get comfortable with changing direction.
* **Skill Activity (15 mins):** *1v1 Dribbling with Defenders* – Players dribble the ball while being pressured by a defender. Focus on using feints, body fakes, and quick changes of direction.
* **Game-Based Activity (20 mins):** *1v1 Attacking and Defending* – Set up small grids where one player tries to dribble past the defender to score. Switch roles after each round.
* **Mini-Game (10 mins):** *Defender vs Attacker Scrimmage* – Small-sided game where one player is always defending and another is always attacking, emphasizing quick thinking and dribbling under pressure.
* **Cool Down (5 mins):** Stretching and reflection on dribbling strategies.  
  🗨 “How do you use your body to protect the ball when under pressure?”

**⭐ Session 5: Defending and Positioning**

**Objective:** Improve defensive positioning and tackling skills  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Lateral Movements and Agility Drills* – Focus on lateral movements, shuffling, and quick turns to simulate defensive movements.
* **Skill Activity (15 mins):** *Defensive Positioning* – Teach players how to stay between the attacker and the goal, how to close down space, and how to use the correct defensive stance.
* **Game-Based Activity (20 mins):** *1v1 Defending Drill* – Players work in pairs, where one is attacking and the other is defending. Focus on timing tackles and staying goal-side of the attacker.
* **Mini-Game (10 mins):** *Defensive Scrimmage* – Play a small-sided game with a defensive focus. Defenders aim to block passes and prevent attackers from getting close to goal.
* **Cool Down (5 mins):** Stretching and discussion on defensive strategies.  
  🗨 “What helps you stay in a strong defensive position when an attacker is running at you?”

**⭐ Session 6: Passing Under Pressure and Movement**

**Objective:** Enhance passing accuracy and moving into space after passing  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Passing and Moving Drills* – Players pass the ball to each other and then move to a different spot to receive a return pass.
* **Skill Activity (15 mins):** *Pass and Move* – Players pass the ball and immediately move to space, either laterally or forward, to receive the next pass.
* **Game-Based Activity (20 mins):** *4v4 Possession Game* – In a small grid, teams try to keep possession, with players needing to pass and move quickly to open space. Defenders try to intercept or force mistakes.
* **Mini-Game (10 mins):** *Pass and Move Scrimmage* – A small-sided game where players emphasize quick passing and movement to open space.
* **Cool Down (5 mins):** Stretching and feedback on passing and movement.  
  🗨 “How do you create space for yourself when moving after passing the ball?”

**⭐ Session 7: Game Situations and Decision Making**

**Objective:** Improve decision-making in real-game situations  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Passing and Shooting Drills* – Light passing and shooting warm-up to get players focused.
* **Skill Activity (15 mins):** *Decision-Making Drill* – Set up different game situations where players need to make quick decisions (e.g., pass or shoot, go forward or hold possession).
* **Game-Based Activity (20 mins):** *Scenario-Based Game* – Play a small-sided game where coaches call out situations (e.g., "Your team is 1-0 down, and you have 2 minutes left to score.") and players must adapt to these challenges.
* **Mini-Game (10 mins):** *5v5 Match Simulation* – Play a match with specific tactical goals (e.g., encourage quick counter-attacks, focus on passing under pressure).
* **Cool Down (5 mins):** Stretching and feedback on decision-making during the game.  
  🗨 “How do you decide whether to pass, shoot, or dribble in a game situation?”

**⭐ Session 8: Small-Sided Game and Teamwork**

**Objective:** Develop teamwork and apply skills in match play  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Team Passing Drills* – Teams of 2–3 players work on passing, controlling, and moving the ball quickly.
* **Skill Activity (15 mins):** *Team Movement and Communication* – Players practice moving as a team, communicating where the ball is going, and providing support to teammates.
* **Game-Based Activity (20 mins):** *3v3 Team Possession Game* – A small-sided game focusing on maintaining possession, working together, and supporting each other in defense and attack.
* **Mini-Game (10 mins):** *Small-Sided Match* – A 5v5 or 6v6 match where players practice everything from passing to teamwork and defending as a unit.
* **Cool Down (5 mins):** Stretching and team discussion on teamwork and communication.  
  🗨 “How do you communicate with your teammates during the game to help them make better decisions?”