



Schedule and Curriculum

Monday – June - Ball master (Dribbling)

9:00 – 10:00 (U5/6)

5 stations – 12 minutes per station

10:30 – 11:45 (U7/8)

5 stations – 12 minutes per station

12:30 – 1:45 (U9/10)

5 stations – 25 minutes per station

2:30 – 4:00 (U11/12)

5 stations – 25 minutes per station

Tuesday – June - Ball master (Passing and Receiving)

9:00 – 10:00 (U5/6)

5 stations – 12 minutes per station

10:30 – 11:45 (U7/8)

5 stations – 12 minutes per station

12:30 – 1:45 (U9/10)

5 stations – 25 minutes per station

2:30 – 4:00 (U11/12)

5 stations – 25 minutes per station

Wednesday – June - Ball master (Fast Footwork/Possession)

9:00 – 10:00 (U5/6)

5 stations – 12 minutes per station

10:30 – 11:45 (U7/8)

5 stations – 12 minutes per station

12:30 – 1:45 (U9/10)

5 stations – 25 minutes per station

2:30 – 4:00 (U11/12)

5 stations – 25 minutes per station

Thursday – June

All age groups - Games (3v3 and 4v4)

Pine Glen Week 3 U6-U8 ODP 7:00-8:00am (15 mins)

Instructions:

Randomly place cones close to each other

Warm up:

Players dribble through the cones in various directions while avoiding the cones.

Focus Points:

- Ball control to the body
- Inside and outside touches
- Soft touches
- Low centre of gravity
- Using both feet
- Small steps



Ball Mastery/Dribbling (15 mins)

Organization:

- see diagram for set-up and equipment
- area approx. - full gymnasium
- players dribble in and out of different gates using a variety of ball mastery and 1v1 moves

Possible variations/progressions:

- different ball mastery (toe-taps, insides, ball boxing, sole rolls) and moves (CoD, fakes/feints, stops/starts)
- different coloured gates required specific moves
- make it a timed race
- create 1v1s

Coaching Points:

- close control and moves
- accelerate/rwb into open spaces
- get head up to scan for space, gates, players
- use of both feet and all surfaces of feet



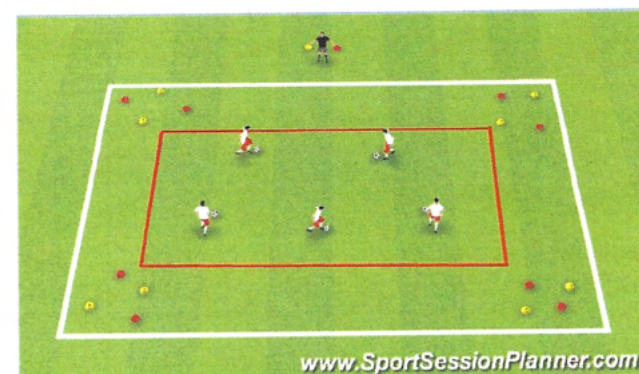
Dribbling (5 mins)

Players dribble inside an area and react into different signals

1. Visual: Coach raises his/her hand with a cone, players dribble to touch one cone of that color without losing control of the ball
2. Vocal: Coach says a color, players dribble to touch a cone of that color

Progression:

- Players need to touch two cones, in different corners
- Signals can be visual or vocal



Body Part Dribbling

Movement and Coordination Introduction: Body Part Dribbling (Field Size: 15x15 yards)

Players dribble throughout the grid. The coach will call out "Stop!" and players use any body part they want to stop the ball. The next time the coach gives the signal, players must use something different to stop the ball. Progress to coach calling out specific parts of the body and players stop their ball with that part of the body as quickly as possible. Begin to stress an immediate restart – as soon as the player stops the ball, back to dribbling. Challenge the players to do it faster than the coach.

Coaching Ideas:

- How far away should the ball be when dribbling? (Out from under the body but close enough to stop quickly)
- What surface of the foot gives the dribbler the most control and speed? (Outside of laces)



Dribbling Last One Out (15 mins)

Last One Out

All players in centre shaded area with a ball and dribble inside shaded zone. On command "Shoot" Players must dribble out of the shaded area through cones (without knocking them down) and score in any of the goals. If a player knocks a cone down they must re-enter shaded area and exit out of a different zone.

Coaching Point

Close ball control to be able to attack goal on command

Head up to avoid collisions

Correct placement of non-kicking foot next to ball

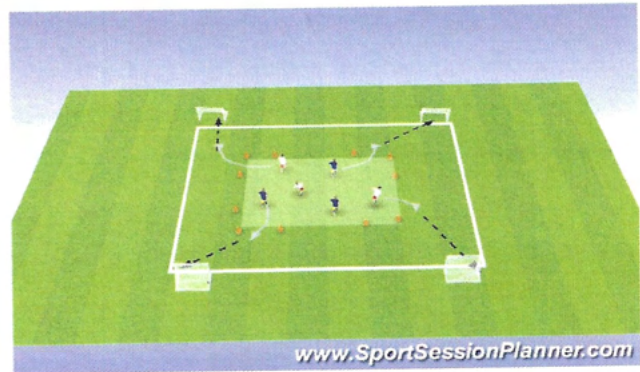
Arms out for balance

Strike ball with lace/instep

Progression

More cones

Add a defender at one of goals



Conditioned Game I: 2v2 or 3v3 to Gates (10 mins)

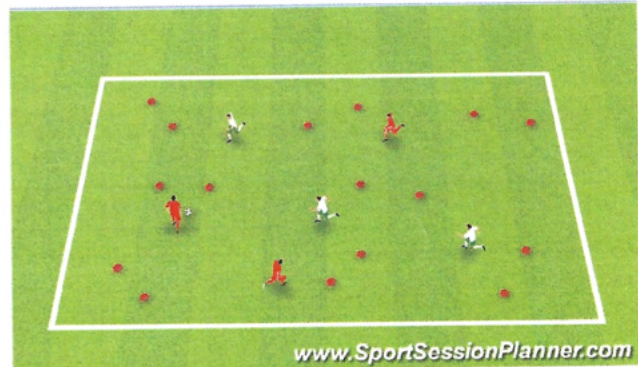
Field Size: 12Wx18L with various gates scattered throughout the grid

Objective: Players apply the new turns they have used to find success in the game.

Gates (goals) should be randomly spread around area and various sizes to change requirements for players as they dribble. Teams try to score by dribbling through gates as many times as possible and can score by dribbling through in any direction. Progression: Players may not dribble through the same gate two times in a row.

Coaching Ideas:

- Where is the best place to score? How can you use turns to get there?
- Are you the best person to score? Who can help?
- Player without the ball on the team in possession: Where can you move to help create a pathway to a goal?



Technical Isolation Game II: Ball Tag (15 mins)

Field Size: Same as others

Objective: Players apply turns they have learned in an environment with constrained pressure.

- Divide players into pairs, each player with a ball
- Have players play rock-paper-scissors in pairs
- The loser should pick their ball up while the winner keeps their ball at their feet.
- The player holding the soccer ball is the tagger
- The tagger should try to hit the dribbler's ball with his/her own ball
- As soon as contact is made, the tagger gets to dribble and the other player must pick his/her ball up and try to tag the new dribbler's ball.
- Play one-minute games. Players left with the ball in their hands at the end of one-minute do a special activity (ie. star jumps, sing a silly song - **NO PHYSICAL PUNISHMENTS**).
- Be sure to mix up partners so players compete against new players.

Coaching Ideas:

- How can you be sure to keep your ball away from the opponent? (Position body in between the opponent and your ball; raise arm to hold off opponent and feel for where they are; low center of gravity)
- How do you get away from the opponent? (Change of direction, change of speed – encourage the use of turns!)



Technical Isolation: Simon Says (15 mins)

Field Size: 12Wx18L

Objective: Introduce specific turns for players to use to dribble the ball into open space and keep possession in tight space; encourage changes of speed as well as changes of direction

Have players dribble in the grid while you call out instructions starting with the phrase "Simon Says..." The instructions can be as simple as turn right or left, stop the ball, dribble fast, or dribble slowly. Introduce the three turns here and encourage advanced players to do moves fast: <http://bit.ly/1hKcP9o>

Coaching Ideas:

- "Find a way to go the OTHER way!" (Repeat this and encourage players to 1) try new turns and 2) come up with their own.
- How can you keep from running in to other players? (Keep eyes slightly up so you can see your ball and the field ahead of you; have a look over your shoulder before you turn)
- Be sure when you change direction to change speed, too!



Solar-System Trip (15 mins)

Field Size: 15x20 with a circle of orange cones in the middle and blue pinnies around the outside.

Objectives: Players dribble and experiment with different surfaces of the foot to move around the area.

Players start by freely dribbling in space. If they do go out of the zone they have to do 10 toe taps to get back in. When coach says 'Orbit' the players must orbit, (dribble around) as many planets (pinnies) as possible.

Coaching Points:

- 1) Quick touches in tight spaces
- 2) Using multiple parts of foot to get around the cones
- 3) Big touches in open spaces, dribble with the pinky toe.

Progression 1: Players must get back to the center, and go through the sun each time before going to orbit another "planet".



Rocket Battery Race (15 mins)

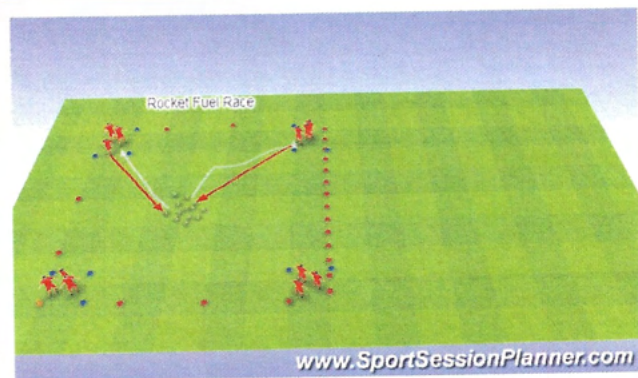
Field Size: 15x20 yards with 4 - 5x5 boxes, one in each corner; all soccer balls in the middle of the grid

Objective: Players learn to navigate through varied space with and without the ball. Players learn ways to change speed with and without the ball.

Its the year 2050 and humans have colonized space. With our newly invented technology we can fly almost as fast as the speed of light. Each team is a space colony at one of the four corners of the galaxy. In the middle are the space ship batteries (soccerballs) Each group sends one astronaut out at a time to the middle of the galaxy to get a battery. When that astronaut gets back the next one goes. When all the soccer balls (spacebatteries) in the middle are gone, astronauts can go to the other galaxies to get batteries. The first space colony to get 4 spaceship batteries wins. (Coaches - if your players are struggling to get four soccer balls, play with a time limit and the team(s) with the most soccer balls wins.)

Coaching Points:

- 1) Positive first touch out of the feet
- 2) Play with the laces of the foot closest to the ball
- 3) Fewest number of touches to cover the distance quickly
- 4) Run in a straight line
- 5) Smaller touches as the space becomes less



Pirate Ship

Purpose: Dribbling with direction, with targets, and listening

Set up: 20x20 field, 6x6 square, 4 goals anywhere on side-lines, 1 ball per player

Sit players down in the middle of the field. Have them reach up high in the air and grab their pirate hats. Put on the pirate hats and scream "AAARRR". Explain to players that we are going to pretend that the field is a pirate ship, and as good pirates we have to take care of our ship. Have players begin to dribble around the field while listening to your commands. Explain a few commands before you begin the game, and explain the other commands you choose to use while the game is going on. *Make sure to always use Shark Attack, but feel free to pick and choose the other commands or make up new ones.*

Pirate Comands

Swab the deck: Have players place their foot on the ball and roll it back and forth. Have players switch feet so both feet get used to touch of the ball

Hoist the Sails: Have players stop the ball with the bottom of their foot, and then do toe taps

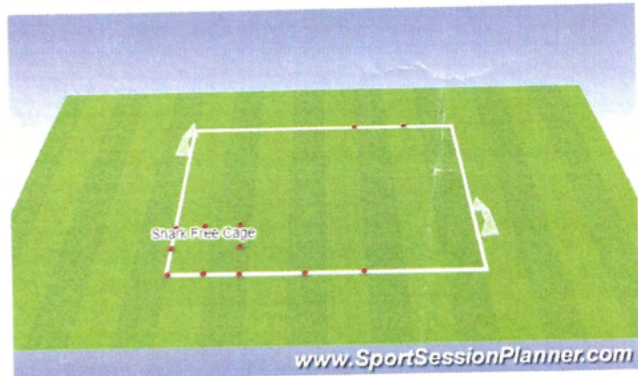
Fire in the hole: Have players find one of the four goals, and strike the ball through the goal. Once players have retrieve their ball, and then return to dribbling.

Avast! Have players stop the ball as quick as they can, and then return to dribbling

Turbo Speed: Have players sprint while still in control of the ball

Turn this ship around: Have players stop the ball with the bottom of their foot, and then pull the ball behind them (do a pull-back).

Shark Attack: Coach becomes the shark and chases the players into the Shark Free Cage. Players must maintain possession of their ball while going into the cage. *This is usually the players favorite command, so try to shoot this command the most throughout the game*



International Space Station (red light/green light)- (20 mins)

Field Size: 15x20 with 2 - 5 x 5 areas within main area, one made with each made of different colored cones/pennies (here we've made a green area and a yellow area)

Objective: Help players acclimate their dribbling skills to different sized areas. Teach players to dribble with possession.

The players are pilots and their soccer balls are the space ships. They are flying around the space zone. Coach says red-light to stop and green light to go. As the players move in the area they have to keep moving or the space alien (the coach will get them--10 toe taps) Players also have to make crazy space sounds as they are flying.

The third command is "Land in Green" or "Land in Yellow." All players must find their way into the green or yellow docking zone, they have to dribble in that zone until the coach says "back to space."

Coaching Points:

- 1) Positive first touch out of the feet
- 2) Play with the laces of the foot closet to the ball
- 3) Fewest number of touches to cover the distance quickly
- 4) Run in a straight line
- 5) Keep head up to see in front
- 6) In tight spaces, keep the ball close

Progressions: For less experienced players, start this activity without the soccer ball so that they understand the rules of the game. Add in the soccer ball once players understand the rules.



Monsters vs Aliens (15 mins)

Field Size: 15x20 yards

Objective: Players learn to navigate through varied space with and without the ball

Divide players into two groups and have one group in blue pinnies. The team in blue pinnies are aliens, The team without pinnies are monsters. Players start lined up on one of the sidelines.

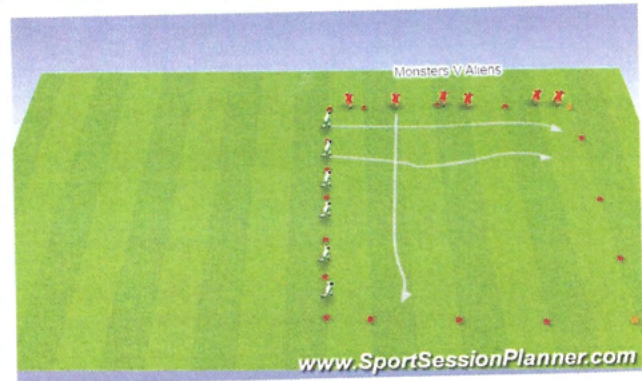
The object is to get to the other side with out running into another players. On the coaches command players "charge" (race) from their side to the other side. If they run into some one they have to go back to the other side and start again. After a few practice runs we will play for points the first to get to the other side wins.

Progression 1: Every player has a soccer ball and must keep possession without running into anyone while they dribble across the field.

Progression 2: Spread extra cones/pinnies (Space Gems) on the ground throughout the inside of the grid. (Players will pick up the space gems as they move across the field. The team that gets the most gems the fastest wins.

Coaching Points:

- 1) Positive first touch out of the feet
- 2) Play with the laces of the foot closet to the ball
- 3) Fewest number of touches to cover the distance quickly
- 4) "Find a pathway" through chaos that keeps you from running in to anyone
- 5) Smaller touches as the space becomes less
- 6) Head up to avoid collisions



Galaxy-Quest (15 mins)

Field Size: 15x20 yards with 4 - 5x5 boxes, one in each corner

Objective: Players learn to navigate through varied space with and without the ball. Players learn ways to change speed with and without the ball.

Players start by dribbling their spaceships (soccerballs) in their Solar system (Their own square) then when coach yells 'warp speed forward' players dribble clockwise from their solar sytem to the next. The first team to get all of their astronauts and spaceships to the next solar system wins a point first to 5 wins. ('Warp speed backwards' is the same only counter clockwise)

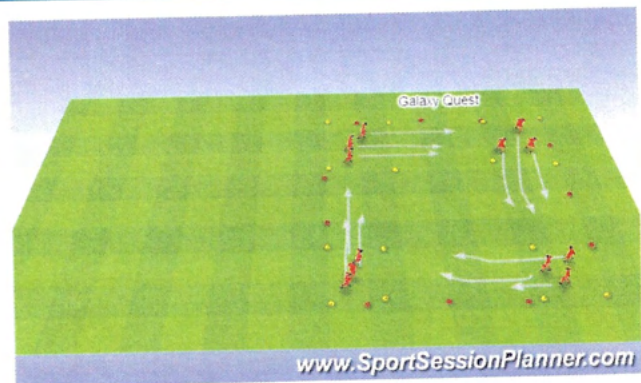
Coaching Points:

- Positive first touch out of the feet
- Play with the laces of the foot closet to the ball
- Fewest number of touches to cover the distance quickly
- Run in a straight line
- Smaller touches as the space becomes less

Progression: Players can start this game without the ball to become accustomed to the rules then add the ball after playing a few rounds.

Progression 2: Warp speed diagonal - Players go across grid on an angle

Progression 3: Coach holds up a pinnie that the players have to indentify as theyre commuting between solar systems (meaning they have to call out the color)



Triangle Tag (10 mins)

Organization:

Area set up as shown
Small triangles throughout grid
Blue players are taggers

Instructions:

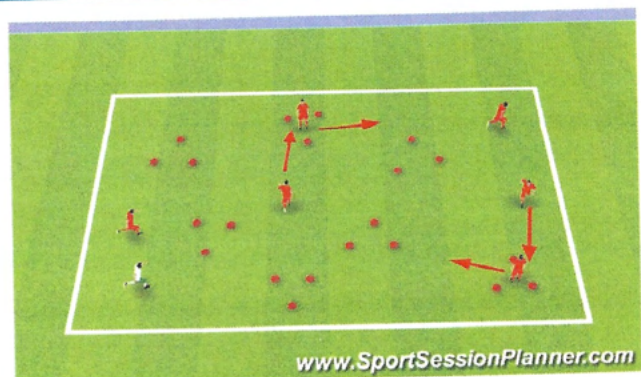
Players in white try to avoid being tagged by defenders in Blue
Triangles represent "safe zones"
One white player can run in and high five a white teammate in a triangle, who then must leave the safe zone and find a new triangle
If a white player is tagged by a blue defender, they swap roles
Play for set period of time

Coaching Points:

Head up to find nearest safe zone/spot defender
Change of direction and speed to avoid defense

Progressions:

- Add balls - use hands and toss
- More defenders
- Less safe zones



Technical Work: Turning (15 mins)

Technical work: Turning (Use the previous area)

- Divide area into three subareas and players to three groups
- Players operate from line to line performing a turn on each line

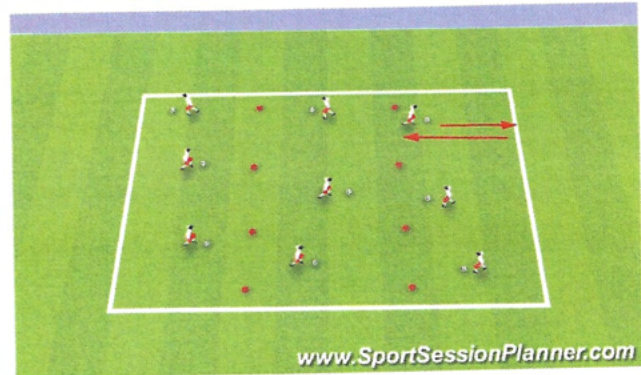
Progression of Turns:

1. Inside cut (with the inside of the foot)
2. Outside cut (with the outside of the foot)
3. Pull-back (with the sole of the foot)

Coaching points:

"What is the fastest way to go the other way?"

1. Bend knees when performing a turn
2. Slow down before a turn
3. Quick first steps after a turn



3v3 to 3 goals (20 mins)

3v3 to 3 goals (25x15 area)

- Adjust your numbers (Either 4v4 or two 3v3 games)
- Players can score to either goal
- Area is very wide so there is bound to be an open goal at any given point



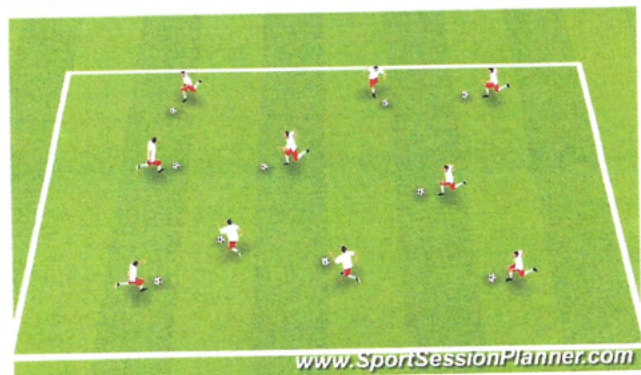
Footwork/Ballwork - Introducing the Six Surfaces (20 mins)

Free Dribbling - Reviewing the Six Surfaces

Players dribble ball around area however they wish. Encourage players to use all surfaces of both feet and work on tricks and turns.

Progress to 4 Surfaces:

Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom. Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space.



Footwork/Ballwork with Constrained Pressure (10 mins)

Shadow Dribbling

- Players are divided into pairs, each player has a ball. Player 1 dribbles inside the area and while Player 2 shadows him/her. Coach should periodically call out "Freeze" and, if Player 2 cannot reach out and touch their partner they have to do a special activity as "punishment" (ie. Star jumps, sing a silly song, etc)

On coaches call, the shadowing player will have five seconds to try to steal the ball from his partner

- A coach will count out loud for the five seconds after he/she has initially called out the defense to commence
- Change the ball carrier after three five-second attempts
- In the end of the activation phase, have players perform following pre-acrobatic moves:

- 3 fire rolls
- 3 jumps of 180 degrees from running
- 3 somersaults forward and backward

Coaching points

- Players need to read the space around them so they won't collide with the other pairs in the area
- Encourage the players to use the touches and different surfaces they have learned to maintain possession of the ball
- Teach the players to keep their body between the defender and the ball at all times, also when turning
- Players should keep low centre of gravity(knees bent), for better shielding



Footwork/Ballwork with Constrained Pressure (15 mins)

Technical Game with Constrained Pressure – Ball Tag

Divide players into pairs, each player with a ball. One partner should pick their ball up while the other keeps their ball at their feet. The player holding the soccer ball is the tagger. The tagger should try to hit the dribbler's ball with his/her own ball. As soon as contact is made, the tagger gets to dribble and the other player must pick his/her ball up and try to tag the new dribbler's ball. Play one-minute games. Players left with the ball in their hands at the end of one-minute do a special activity. Be sure to mix up partners so players compete against new players.

Coaching Ideas:

- How can you be sure to keep your ball away from the opponent? (Position body in between the opponent and your ball; raise arm to hold off opponent and feel for where they are; low center of gravity)
- How do you get away from the opponent? (Change of direction, change of speed – encourage the use of turns!)



Technical Repititions (15 mins)

Organization:

24x16 yd area, with 4x4 yd area for receiving player on each endline
groups of 4 set up as shown, 1 ball per group, extra balls nearby
4x4 yd box that receiving player stands in

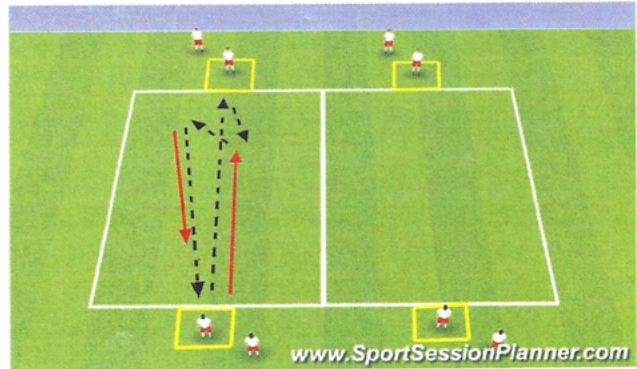
Instructions:

- player with the ball plays driven pass accross area to player on opposite side of the grid
- receiving player attempts to receive the ball within his 4x4 yd square
- after playing driven pass, player follows pass to support the ball and exchange double pass with recieving player
- player on opposite side exchanges double pass with checking player then plays driven pass in the opposite direction
- rotation is continuous
- each succesful driven pass gets 1pt for the group

Coaching Points:

- first touch at an angle out of feet, head up to observe target
- position of standing foot
- angle locked, toe pointed down and away
- make contact with big knuckle of big toe through center of the ball
- follow through toward target
- receiving player get in line with the ball
- choose appropriate surface to receive
- cushion touch to maintain possession inside the receiving area

Progressions:



Technical Repititions (semi-opposed) (15 mins)

Organization:

24x16 yd area with 4 yd zone in the center for the defender
groups of 6 set up as shown

Instructions:

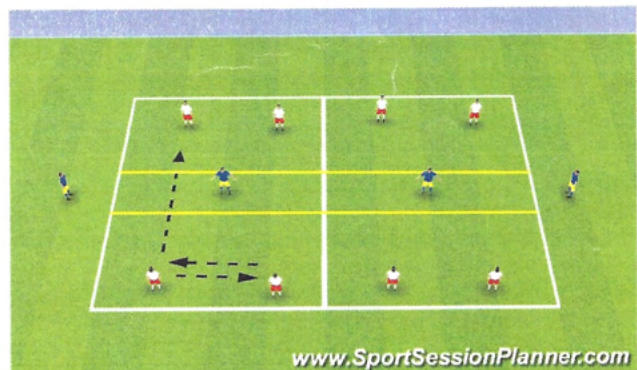
- one pair starts with the ball in possession
- they will pass the ball back and forth looking for the opportunity to play a driven pass to beat the defender and find a player on the far side
- 1 pt for every pass that is succesfully played through the center area to the opposite side without the defender intercepting
- defender scores 1 pt by intercepting the ball
- rotate after a set amount of time or a set number of points

Coaching Points:

- first touch out of feet, head up to observe target
- position of standing foot
- angle locked, toe pointed down and away
- make contact with big knuckle of big toe through center of the ball
- follow through toward target
- play supporting player if driven passing lane is blocked by the defender

Progressions:

- 1 - Reduce the width of the area to limit the space the defender has to cover



Small sided conditioned game (20 mins)

Organization:

40x32 yd field with 4 goals positioned 10-15yds back from the endline

3 teams of 4, 1 team waiting to rotate on, with 4 goals set 10-20yds back from endline

Instructions:

- 4v4 in area, with 4 goals set back
- normal soccer rules, teams must score from on the field with a driven pass

Coaching Points:

- all previous pts

Progressions:



Conditioned Game (15 mins)

3v3 Plus Neutral: -

Objective: Players discover the most effective ways to keep the ball away from pressure in order to limit scoring opportunities for the opponent. Introduce passing and receiving techniques under pressure.

One team is looking to possess the ball as long as possible. Opponent tries to win ball back quickly and can score on any of the 4 goals for a point. Play resumes with player getting ball from corner where the balls are placed beforehand and passing or dribbling into area.

Possession team trying to limit goals conceded by keeping possession of the ball while opponent trying to score as many points as possible. Team with fewest goals conceded wins. Games should be approx 4 minutes and rotate roles. Neutral only plays for possession team and can be different player each round. Area should be approx 16X18 yards but can be adjusted as needed and goals can be cones.

Progression:

Add way for possession team to score bonus points by counting 3-5 consecutive passes for a goal/point.



1v1 to Two Goals

Activity 1: Conditioned Game – 1 v 1 to Two Goals (Field Size: 8x15 yards)

Split the group into two teams and number each team 1-4. Have players line up on opposite sides of the field leaving the end-lines open. The coach should have all the balls. The coach will play a ball into the field and call out a number. One player from each team will enter the field and play 1v1 to either goal. The ball is dead when a player scores or the ball goes out of bounds.

Coaching Ideas:

- "Have an idea" (Use this cue to encourage players to think ahead about what they will do when they get the ball, where space is to exploit, where the goal is, what moves to use, etc)
- How do you get away from an opponent? (Change of direction, change of speed – reward creativity here!)
- Where is the best place to score? (Open space away from the opponent)



3v1 possession (10 mins)

Description: 3v1

Groups of 04 players

02 touches maximum

01 wins the ball then dribbles it outside of the box

Rotate players

Coaching Points:

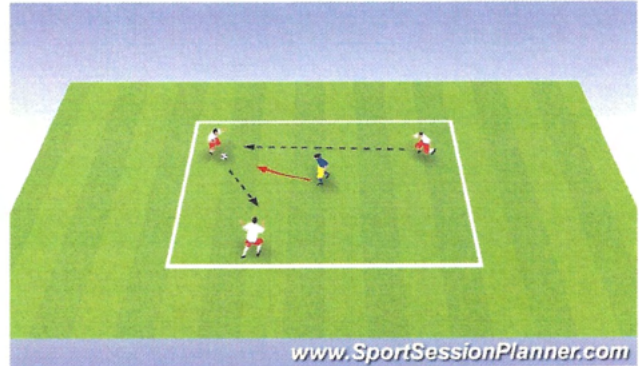
1) Focus on body shape.

2) Focus on passing (technique, pace, quality, location, etc).

3) Create lots of line of passes by creating good movement off the ball.

Duration:

10 minutes



Attacking Skills

1v1 Attacking Exercise

Organization

- Ball is served into the area for two players to react
- Players dribble through the gates in-front of the goal before shooting.

Progression

- Multiple balls can be served into the area
- 2v2



Attacking Skills

Attacking Skills:

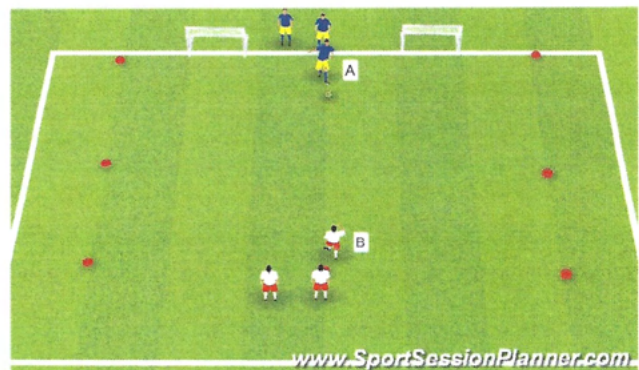
Player A passes the ball to Player B. Player B receives the ball and attempts to score in either of the goals. If Player A wins the ball at anytime the game stops immediately. Rotate the groups after 3-5 minutes.

Coaching Points:

- encourage the players to attack the defenders
- quick movements and awareness
- creativity on the ball

Progression:

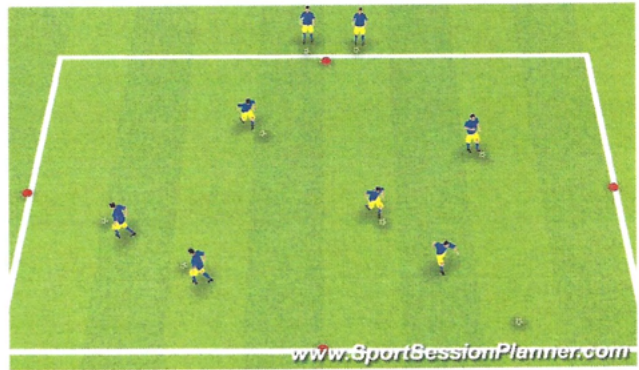
- Reward the players for each goal that's scored.



Knockout

Knockout:

Each player has a ball. All the kids dribble around the area freely. On the coaches command knockout, players try and knock each others ball outside the grid. When someones ball is knocked outside the grid, they must retrieve their ball and stand next to a cone. The last player standing wins the game.



WHOLE: POSSESSION TO TARGETS / ENDZONE

WHOLE: POSSESSION TO TARGETS / END ZONE: DIRECTIONAL

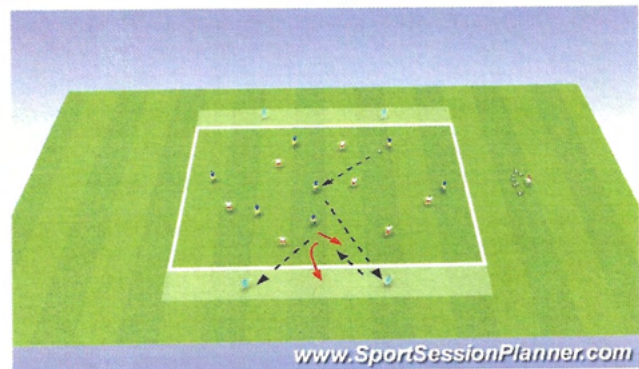
Team in possession play to a target in the end zone for 1 point.
Target combines with supporting player for a 2nd point.
Supporting player receives and can either play to other target or dribble into end zone for a 3rd point.

Coaching points:

- 1) Open up, open new spaces. Occupy field in width and depth.
- 2) Be unmarked, intelligent movement.
- 3) Create an offensive overload. One, two, and three players involve themselves around the ball. Be positive in offering yourself to play at the correct time.
- 4) Quick combinations. Create unpredictability by moving the ball in a way that outpaces the opponent.

Duration:

15 minutes



Footwork/Ballwork with Constrained Pressure (15 mins)

Technical Game with Constrained Pressure – Ball Tag

Divide players into pairs, each player with a ball. One partner should pick their ball up while the other keeps their ball at their feet. The player holding the soccer ball is the tagger. The tagger should try to hit the dribbler's ball with his/her own ball. As soon as contact is made, the tagger gets to dribble and the other player must pick his/her ball up and try to tag the new dribbler's ball. Play one-minute games. Players left with the ball in their hands at the end of one-minute do a special activity. Be sure to mix up partners so players compete against new players.

Coaching Ideas:

- How can you be sure to keep your ball away from the opponent? (Position body in between the opponent and your ball; raise arm to hold off opponent and feel for where they are; low center of gravity)
- How do you get away from the opponent? (Change of direction, change of speed – encourage the use of turns!)



Triangle Dribbling

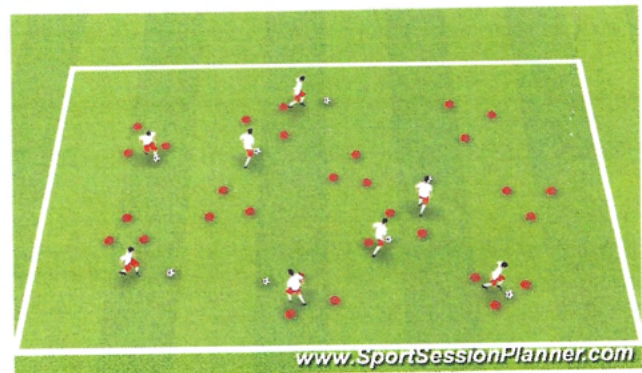
Warm-Up: Triangle Dribbling (Field Size: 15x20 with 5 to 7 triangles set up throughout the grid – three cones about two yards apart)

All players begin the exercise inside the grid, each with a soccer ball. Players have one minute to score points by dribbling through as many triangles as they can. Play a few rounds and challenge players to beat their previous score.

Progression 1: Show players turns (<http://bit.ly/1hKcP9o>) and moves (scissors: <http://bit.ly/1eBMLty>) from previous weeks. Introduce the step-over (<http://bit.ly/1a5yysQ>) and the pull-back-v (<http://bit.ly/1dRKbP3>). After reviewing specific ball skills and giving players time to practice, tell players they can only score points if they dribble into a triangle, perform a move and then explode out of the triangle. Encourage players to try the moves you've shown them and to also make up their own. Play a few rounds and challenge players to beat their previous scores.

Coaching Ideas:

- Stress change of speed after executing the skill!



DRIBBLING CHANNELS

1v1 to End Zone.

Attackers at one end, 1 defender in each half holding bib in hand. Coach plays ball to attacker. Attacker dribbles past defender and attempts to score in end zone.

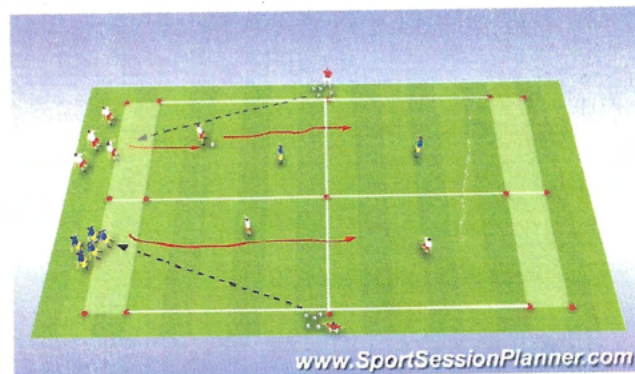
If defender wins the ball they drop the bib, attacker becomes defender, defender play ball to coach and becomes attacker.

Coach can start next ball/attacker as soon as he/she likes so that at times there are multiple attackers dribbling at once. This means attackers must recognise whether they must beat a defender or dribble directly into available space.

Encourage positivity.

Encourage creativity.

Discuss recognition and decision of whether to beat player or dribble into space.



Dribbling & Passing 2

Dribbling & Passing 1

Practice Organisation

- Area 15x6yds, divided into 2 equal size grids, as illustrated
- 4 Players, 1 Ball
- Practice starts with 2 Attackers & 1 Defender in one half, with 4th player in opposite half.
- A's play 2v1 with the objective of stopping ball dead on end line.
- If D wins ball it is passed to team mate in opposite half, who looks to turn, run with the ball and stop it on opposite end line.
- A's attempt to recover on losing possession
- If D's are successful in achieving their objective, they become attackers in initial 2v1

Details

- Explain a situation where player may not need to pass.
- Quality of pass delivered from D gaining possession to partner (not a clearance).
- Simple progressions for this practice are:
 - increase number of layers in each half to 3v2 in one direction (initial attack), with 2 A's able to attempt to recover to stop turnover.
 - Build number to make 4v2 in each half. (don't forget to try 3v2, 1v2)

Key Coaching Points

- Players looking for best moment to pass
- Selection of when to pass to feet and when to pass to space (timing and accuracy)
- Weight and type of pass, when to pass off front or back foot
- When to use individual moves to bear D to take ball-on to score
- Disguise passes and feints to pass to unbalance D.
- U9's - The players should be able to complete the Learning outcomes under passive pressure.
- U10's - The players should be able to complete the Learning outcomes at pace, under passive pressure.
- U11's - The players should be able to complete the Learning outcomes with increased pace, under passive pressure.



(Foundation) Dribbling

PRACTICE ORGANISATION:

- Area 20 x20 yards. 4 corner grids measuring 8 yards by 8 yards
- 16 players, ball each
- Players work in 4 groups of 4, with one group starting in each of the corner grids.
- Each group has designated task for players to perform (e.g 4 scissors moves, 4 turns with inside of foot; 4 turns with outside of foot, 4 kick-ups etc.)
- Coach designates a player who when he/she has completed task, triggers all groups to dribble to next corner grid.
- Movement of groups around practice area (e.g lockwise, diagonally) is determined by coach

DETAIL:

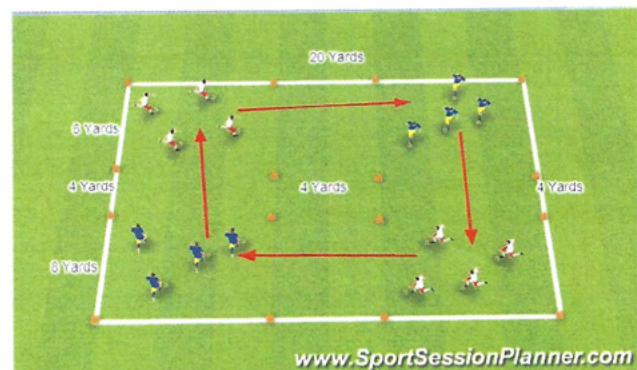
- Area to relate to the ability of players
- Activity will develop players ability to move quickly with the ball under control and assess and respond to practice demands
- Precision is needed to master moves without being too distracted

PROGRESSIONS:

- Mix up movement of groups (two groups swap diagonally whilst others rotate clockwise)
- Introduce passing players in each corner who pass and move within dribbling traffic
- Place a dribbling defender between each corner who tries to tag transferring players

KEY POINTS:

- Coach is looking for competition between groups to be first to dribble to each corner grid
- Work clockwise and anti-clockwise
- As ball familiarisation activity: a variety of moves, lifts and balances can be called for.
- Players need to concentrate on skills, but also be aware of need to react and move on, triggered by designated player.
- U9 – the players should be able to complete the Learning outcomes in unopposed
- U10 – The players should be able to complete the Learning outcomes with increased pressure
- U11 –The players should be able to complete the Learning outcomes with increased pressure and increased speed.



Passing and Dribbling Square (15 mins)

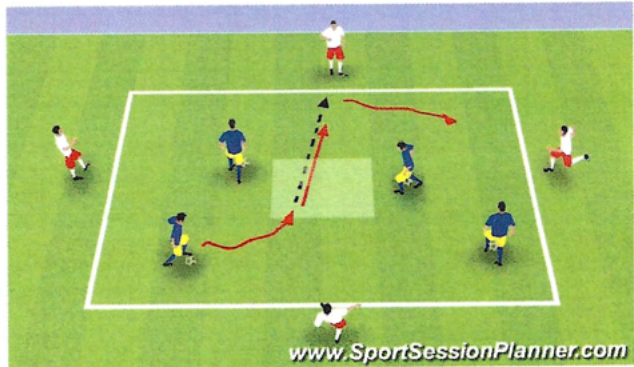
Field Space: 15x24 yard grid with a small 2x2 yard square in the center

Learning Outcomes: Isolation of technical skills required to maintain possession in different areas of the field

Players should be split into two groups, half on the outside of the area without a ball and half inside the area with a ball. Players with the ball start inside the center square then find a teammate on the outside of the grid to pass to. After releasing the ball, the passing player should run directly at the receiving player, forcing the receiving player to take a purposeful first touch away from pressure. Receiving player then should dribble to the center square, pass through it then connect with a teammate on the outside of the grid. Players on the outside of the grid should be in motion, adjusting their angle of support based on the players in the center of the grid looking to connecting passes. Play one-minute rounds, then rest and address technical coaching points. Progress through various two-player combinations (wall-passes, over-laps, etc.)

Coaching Points:

- Receiving as a means to an end
 - â€¢ Move into the line of the ball
 - â€¢ Move down the line of the ball if necessary (slower pass)
 - â€¢ Adjust non-kicking foot and sink at the knee
 - â€¢ Solid contact with the middle of the ball and cushion the touch
 - â€¢ Quick flowing movement into the ball : first touch is the first step of pass
- Key Passing Teaching Points:**
- â€¢ Positive step just to side and just behind the ball
 - â€¢ Bend the non-kicking leg into the pass
 - â€¢ Toes curled up and ankle turned out for solid contact
 - â€¢ Firm contact through the middle of the ball
 - â€¢ Push through towards teammate to ensure pace and accuracy of pass
 - â€¢ Maintain balance after pass in order to move quickly and support pass
 - Eyes to the field to find open space, open player
 - High work-rate, high rate of speed



EXT WARM UP PASSING/RECEIVING, BACKWARDS MOVEMENT

Passing/Receiving Warmup.

2 touch, backwards movement to receive the ball, receive ball, play, spin to back of own group.

Timing of movement, check shoulders, quality with the ball.

TEMPO

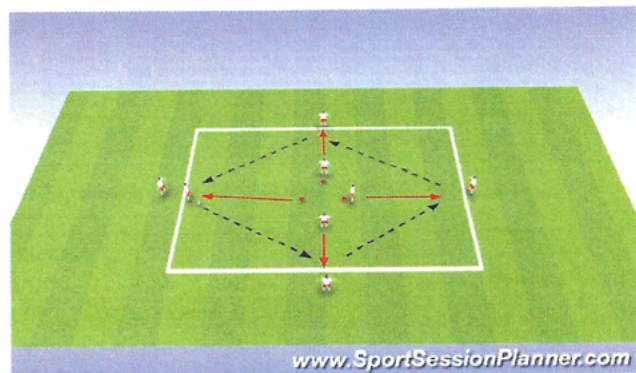
RHYTHM

SHARPNESS

TIMING

AWARENESS

QUALITY



(Foundation) Ball retention, Passing, Dribbling & Shooting

PRACTICE ORGANISATION:

15 x 15 yards. Small goals positioned centrally on each line.
2 Attackers vs 3 defenders. Coach passes ball into A, moving into space.

As combine to attack any goal. Rotate roles. Practice restarts with coach.

DETAIL:

Operate at high tempo for limited time. Support play and communication essential.

PROGRESSION:

Add to number of players to change overload.

If Ds gain possession, they counter attack.

Ds must make wall pass during counter attack to score.

KEY POINTS:

Early scanning of opportunities

Awareness of position of Ds

As combining and working as pair

Appropriate selection of techniques, skills and methods of receiving (get in line of ball)

Decision making (when to shoot)

Ds effective way of covering vulnerable goal which cannot be individually defended.

U9 – the players should be able to complete the Learning outcomes in unopposed

U10 – The players should be able to complete the Learning outcomes with increased pressure

U11 – The players should be able to complete the Learning outcomes with increased pressure and increased speed.



(Foundation) Passing

PRACTICE ORGANISATION:

15 by 15 yards square with 12 by 12 yard internal square

8 players, 1 ball

5 attackers vs one defender within internal square

Attackers within internal square look to pass ball accurately to one of outside Ts

Ball is transferred back in, once achieved and objective is to move the ball across internal square to opposite side.

DETAIL:

Ratio can be adjusted to suit ability

If Attackers are under pressure they can dribble ball into safe zone outside of internal square

Player moving outside internal square swaps places with a target player.

PROGRESSION:

Once T receives, he swaps places with player who passed ball.

KEY POINTS:

Establish appropriate overload is important to provide challenge but also offer confidence building through success.

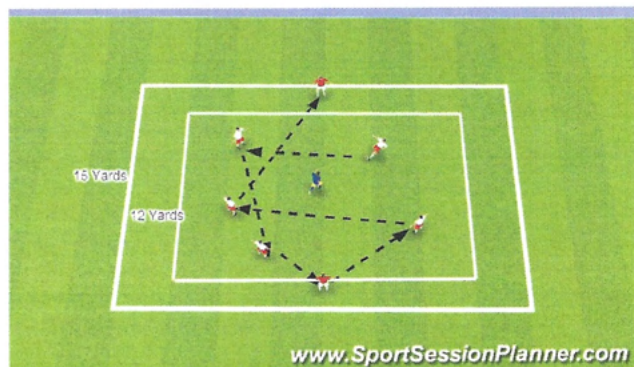
Attackers look to move into good supporting areas and consider when to move away to distract Defender to create opportunities to receive for team mates

Attackers look to receive and turn to pass in smooth movements, developing a side on view of progression of play within internal square

U9 – the players should be able to complete the Learning outcomes in unopposed

U10 – The players should be able to complete the Learning outcomes with increased pressure

U11 – The players should be able to complete the Learning outcomes with increased pressure and increased speed.



Passing decisions (20 mins)

Organization:

- quarter field, set few stations like in diagram.

- Triangle with 2 m side

- players in groups of 4

Passing, movement of the ball

Play starts with RED players passing ball around and BLUE trying to intercept. Blue cannot defend inside triangle, need to put pressure on the player with ball.

Each possession will take 5 tries, after change player in the middle.

Red team will get a point every time they will make a pass through triangle. They can pass on the outside to keep possession, but no points allowed. 2-3 touches max

Coaching points:

- good first touch, open body in direction to go

- support, give options for through pass



WHOLE 1: POSSESSION TO CORNERS - DIRECTIONAL

POSSESSION TO 4 CORNERS: 9v9+N

DIRECTIONAL.

CAN SCORE IN EITHER CORNER ZONE - 1 POINT

PASS/DRIBBLE THROUGH CENTRAL GATE - 1 POINT

SCORE IN SMALL GOAL - 3 POINTS.

AFTER SCORING IN A CORNER ZONE, TEAM CAN ONLY SCORE IN THE GOAL OR OPPOSITE CORNER, UNLESS THEY PLAY BACK BEHIND THE HALFWAY LINE - THEY CAN THEN ATTACK EITHER ZONE AGAIN.

WHEN A TEAM SCORES IN GOAL THEY KEEP THE BALL.

FOCUS ON:

- MOVING THE OPPOSITION PLAYERS BY MOVING THE BALL.
- RECOGNITION OF OPPONENT SHAPE AS WELL AS OWN TEAM.
- RECOGNITION TO PLAY OUT OF TIGHT SPACES AT THE RIGHT TIME INTO SPACE.
- GETTING FROM SIDE TO SIDE QUICKER, IN FEWER PASSES TO EXPLOIT SPACE.



WHOLE: POSSESSION TO TARGETS / ENDZONE

WHOLE: POSSESSION TO TARGETS / END ZONE: DIRECTIONAL

Team in possession play to a target in the end zone for 1 point.

Target combines with supporting player for a 2nd point.

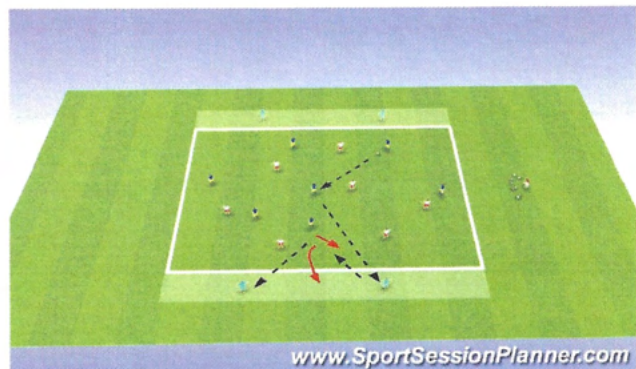
Supporting player receives and can either play to other target or dribble into end zone for a 3rd point.

Coaching points:

- 1) Open up, open new spaces. Occupy field in width and depth.
- 2) Be unmarked, intelligent movement.
- 3) Create an offensive overload. One, two, and three players involve themselves around the ball. Be positive in offering yourself to play at the correct time.
- 4) Quick combinations. Create unpredictability by moving the ball in a way that outpaces the opponent.

Duration:

15 minutes



6v4 Functional Possession

DESCRIPTION/ORGANIZATION:

6v4 Functional Possession

Numbers down/yellow team may send 1 player in to defend 4/5

Central players (7/6/11) for burgundy team may move into wide areas and can only be defended once they receive the ball

Playing out of the back/numbers up group scores with 8

consecutive passes

Yellow/numbers down team scores with 5 consecutive passes

(only 6/7/11 can defend)

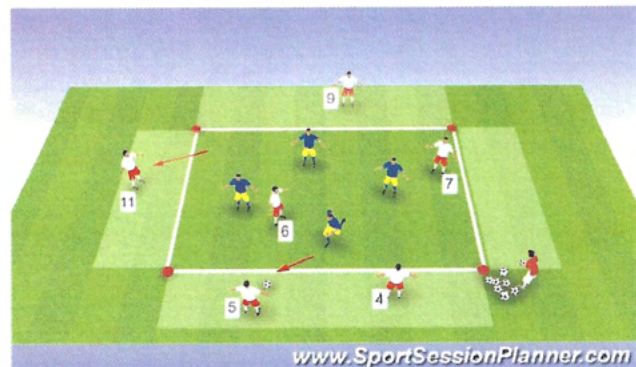
COACHING POINTS:

*Open body shape to be able to see both the player on the ball and other passing options/defenders

*Receive across body with a quality first touch that sets up your next action

*Using wide areas to create space to play/spread out defenders

*Movement to create early close support at good angles/distance based on pressure



Technical Possession (20 mins)

Description: TECHNICAL POSSESSION + SPEED OF THOUGHT

4v4 plus 04 neutral players

All 01 touch passes

Rotate groups

Variation: addition of direction

Coaching Points:

1) Speed of thought under 01 touch pass restriction requires players to link up plays. Players need to see the next play as well as offer immediate help to teammate on the ball.

2) Defensively: pressing, channeling, coverage, compactness.

3) Transition to offense: as soon as the ball is regained players must be careful to not turn it over again due to the 01 touch restriction. Support to the player on the ball has to be immediate and evident.

Duration:

20 minutes



Whole: 7v7 6 goal game (25 mins)

DESCRIPTION/ORGANIZATION:

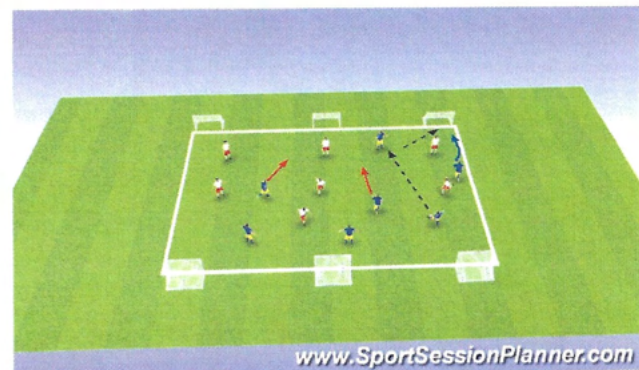
7v7 6 Goal Game

COACHING POINTS:

Encourage receiving ball to play forwards

Ball movement & speed of play - fast enough to create gaps in defence

Recognize when to break lines



3v1 passing (20 mins)

Organization:

In a 10x10 grid have 3 attacking players and 1 defender with 1 ball and plenty on the side

Instructions:

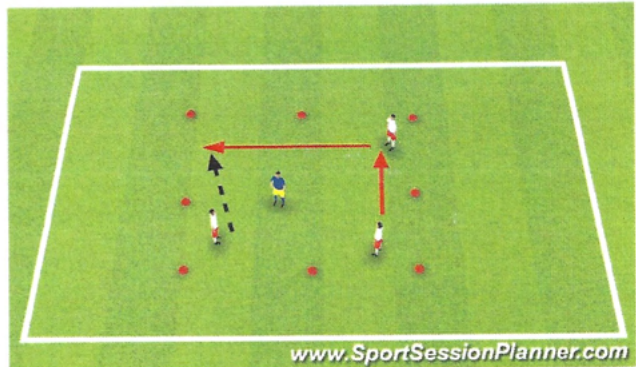
In this 3v1 we want the attacking players to retain possession and to look for combination plays. Such as wall passes or 1-2 with movement and retention of the ball

Coaching Points:

- Movement off the ball
- quality of passing
- quality of receiving
- looking up
- communication
- committing the defender to step in

Regression

Have the defender to be passive and not take the ball away



Passing & Receiving (20 mins)

Description

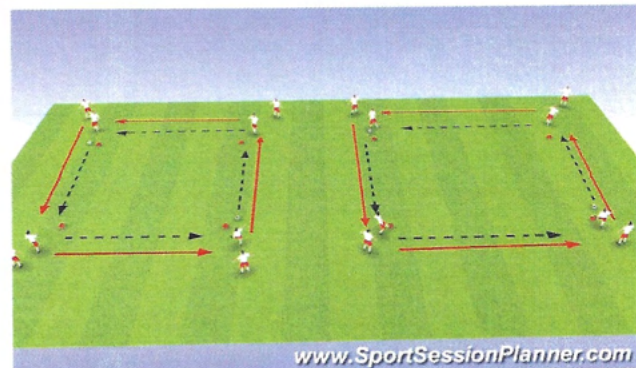
- i) 2 touch pass to teammate to the right follow pass and join back of the line
- ii) players dribble. At midpoint, they perform single scissor and pass to teammate
- iii) dribble at midpoint, double scissors and pass
- iv) dribble, at midpoint pass, teammate returns ball with a one touch pass, then dribbler plays a diagonal pass inside the cone

Progression:

Same as above but to the left

Coaching Points:

- Angled stance on toes (see ball, see target);
- Receive ball with back foot;
- Close control and eye contact prior to pass



Passing with Numbers (20 mins)

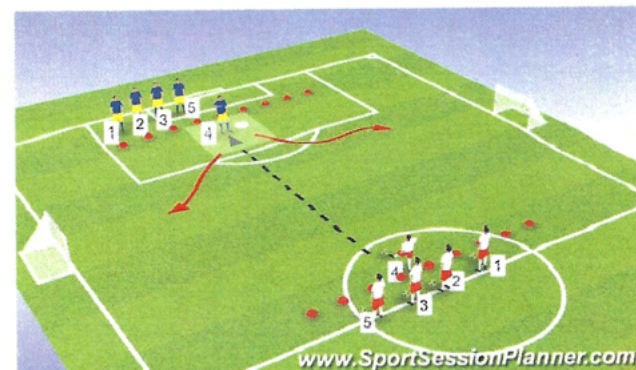
Player passes to same number on opposing team
 Player who receives the pass decides which goal to attack

coaching points

- accurate passing
- close control
- direct dribbling

progressions

- #2 v 1 attack
- #2 v 1 defence
- #2v2 or 3v3
- # 'control/passing zone' to receive bonus points
- #fastest time get bonus points



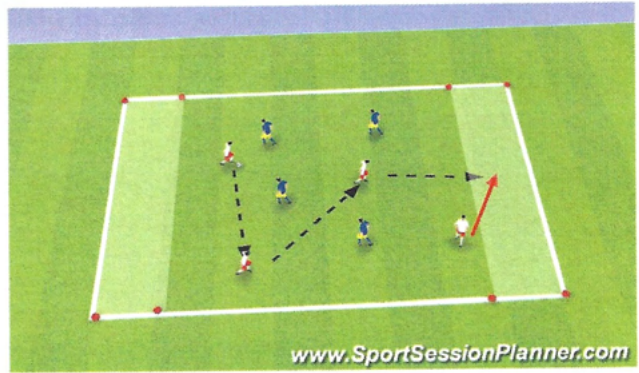
Endzone passing (20 mins)

Setup: Grid 40x20 with 2 endzone rectangles 8 yds deep on each side.

Activity: Players play 4v4 or 4v4 with a neutral passing ball and maintaining possession. Goal is to penetrate to your opponents endzone however to score player cannot wait in the end zone. They must run onto a pass and receive it in the endzone

Coaching points

- Proper technique receiving ball (open body shape, good first touch)
- Head Up
- Pace and Accuracy of Pass
- Movement and timing of run off the ball
- Communication



Passing & Receiving (15 mins)

Organisation:

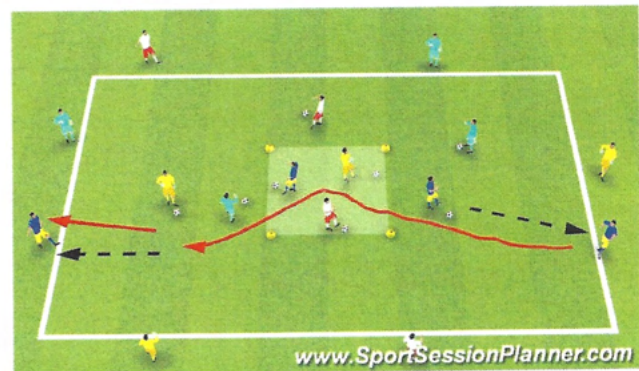
- 15-17 players
- full gymnasium with 5x5 area in centre
- Split the group into 4 teams with 2 ball between each team. The play begins with the ball with one of the players on the inside. The players have to dribble through the centre area then find a team mate on the outside of the area to play a pass to. Those players switch places and the sequence continues.

Progression(s):

- outside players can rotate around the outside (not both on the same side though)
- play wall pass with outside player

Coaching Points:

- Awareness, Scan around to see where the pass needs to go,
- Body position to receive – be on the half turn, Positive control/first touch, Accuracy/weight of pass, Decision-making, Communication with team mates



6v4 Functional Possession

DESCRIPTION/ORGANIZATION:

6v4 Functional Possession

Numbers down/yellow team may send 1 player in to defend 4/5

Central players (7/6/11) for burgundy team may move into wide areas and can only be defended once they receive the ball

Playing out of the back/numbers up group scores with 8

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Yellow/numbers down team scores with 5 consecutive passes

(only 6/7/11 can defend)

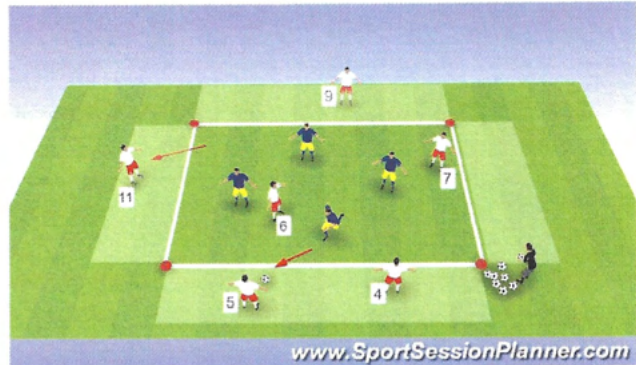
COACHING POINTS:

*Open body shape to be able to see both the player on the ball and other passing options/defenders

*Receive across body with a quality first touch that sets up your next action

*Using wide areas to create space to play/spread out defenders

*Movement to create early close support at good angles/distance based on pressure



PART: 6v3 or 6v4

PART: 6v3 or 6v4

20x20 grid.

Reds - 8 passes scores a point.

Blues - 3 passes scores a point (immediate defensive reaction form red team).

Blues can press and defend against any red. Place restriction on how many times outside reds can play to each other before playing through central players if necessary.

Coaching points:

1) Exercise constant creation of passing lanes and channels/seams. Mobility has to be high at all times.

2) Movement of central players to receive the ball to through the defensive unit.

3) Ball circulation through and around the defenders. Quick rhythm and tempo.

Duration:

10 minutes



6v3 Four Goal Game

DESCRIPTION/ORGANIZATION:

6v3 Four Goal Game - 3v3 in Midfield Zone (20 yds), #9/Target in

Attacking Zone (10 yds), #4/#5 in Defending Zone (10 yds)

Burgundy/Numbers Up scores by getting ball to target/#9 in attacking zone to connect with player joining from midfield zone to score (defenders can track runner out of midfield zone)

White/numbers down team scores to 2 small goals at edge of defending zone (4 & 5 can block goals within zone)

White can pressure player with ball in defending zone and 4/5 can join midfield zone in possession

COACHING POINTS:

*Use width to build possession out of the back/open up passing lanes to target

*Open body shape at all times to be able to see ball and target you score to

*Receive ball across body and faced up whenever possible - take 1st touch to set up next action




*Movement to create early close support at good angles/distance based on pressure*Play a forward/penetrating pass whenever it is on

*Support underneath the ball and play the way you face whenever facing away from goal with pressure

*Be patient- don't force ball forward when well defended, play backwards and change area of attack



Learning Objectives

-  **Technical (20%)**
-  **Tactical (20%)**
-  **Physical (20%)**



Psychological (20%)

Social (20%)

Whole: 7v7 6 goal game (25 mins)

DESCRIPTION/ORGANIZATION:

7v7 6 Goal Game

COACHING POINTS:

Encourage receiving ball to play forwards

Ball movement & speed of play - fast enough to create gaps in defence

Recognize when to break lines



WHOLE: 6v6+N_s TO CENTRAL SMALL GOALS

WHOLE: 6v6+N_s TO CENTRAL SMALL GOALS.

Corner areas provide guidelines/frame to goal for defending team to use as reference in priority areas to defend.

Defenders/attackers may move into corner areas when ball is played in to either defend or support.

Corner neutrals must receive ball in corner area but then may dribble out with ball if they choose to.

