

EDUCATE - CONNECT - INSPIRE

NEEDHAM SOCCER CLUB
U10 – 3rd/4th Grade





EDUCATE - CONNECT - INSPIRE



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Player Development Philosophy



To create a player-centric environment, our number one priority is focused on what is best for each individual player in regards to their overall, long-term development. Needham Soccer Club will focus on growing and developing not only our players individual soccer abilities, but views the opportunity of using the game as a platform to develop young people as our ultimate responsibility.

Players are in the “Romance Phase” from ages 9-13 years old.

[Age Appropriate Player Development Philosophies, Training Directives and Initiatives](#)

Talk the Talk! Knowing the Language of the game is important when communicating with our players. [Click Here](#) for our developing list of Football Language.



SEASON GOALS - 3rd & 4th Grade



As coaches, it is important to note what we are trying to achieve each and every season. Clearly defining our goals from the start, allows us to remain focused on the bigger picture and messages we are sending our players before, during and after each session and game. Also we can now evaluate ourselves at the end of the season to see if we have accomplished our goals.

- Our TOP Priorities are to create a POSITIVE, SAFE & FUN environment!
- To build confidence on the ball and progress players through our age appropriate ball mastery matrix. *See Ball Mastery Page Below*
- To Inspire the courage to be creative. Celebrate players who take chances to be creative with moves/combinations to beat a defender or play out of the back.
- To create a guided discovery environment; Ask the players questions about the session and coaching points you are trying to make. Players must learn to think for themselves!



Ball Mastery Goals - 3rd Grade

Pull Push - Pull ball back from heel to toe and push forward with the laces.

Sole Roll - Body square to (*facing*) the ball, roll entire foot over the ball (*inside of foot making contact with ball first*) and quickly repeat.

Big Toe, Big Toe / Little Toe Little Toe - Now 2 touches with big toe followed by 2 touches of little toe.

2 Foot Juggle – Starting with the ball in hand, drop the ball and using your laces take 1 touch with right foot before it hits the ground to pop the ball back up and take 1 touch with your left foot to pop the ball back up and catch again with your hands.

COD Move

Pull Back – Running forward, use the sole of your toe to pull the ball straight back in the opposite direction, facing the ball the entire way through the turn.

Introduction To 1v1 Moves

Fake & Take – Dribbling at a defender, player dips shoulders & bends knees to “sell” the fake (*or to make the defender believe the attacker is going in a specific direction*) in one direction and takes the ball with the outside (*little toe*) of the opposite foot in the other direction around defender.



Ball Mastery Goals – 4th Grade

Foundation Touches forwards/backwards - Now moving with the ball forwards and backwards.

Sole Taps forwards/backwards – Now moving with the ball backwards and forwards.

Inside/Outside Roll – Rolling your foot, using inside or outside of your foot, up the ball to put the sole of the foot on the top of the ball and repeat.

Little Toe, Big Toe W/ Both Feet – First touch with little toe right foot (*outside of foot*), second touch with big toe right foot (*inside of foot*), Third touch with little toe of left, Fourth touch with big toe of left. Repeat.

COD MOVE

Cryuff Turn – Dribbling straight. Put your plant foot beside the ball and using the inside, big toe, of your control foot, chop the ball behind your standing leg & begin dribbling the ball away in the opposite direction.

1v1 Move

Scissors – Same idea as above. Difference here is the “fake” step now happens by moving your foot in front of the ball.. Faking left and taking the ball away to the right for example, the left foot is your “fake” step foot, when you take that fake step you must swing your foot around the front of the ball while bending your knees and dipping shoulders to fake left.

Introduction of an Escape Move

Pull & Pop Touch – Using the sole of your foot perform a heel to toe roll and using your toes/laces of your foot flick the ball straight up and catch the ball in your hands.

Additional Ball Mastery

- **Heel / Toe Roll** :- Roll ball up and down sole of foot from heel to toe keeping contact with the ball at all times
- **Inside Outside Roll** :- Same but now moving ball from inside to outside of sole of foot
- **Circle Roll** :- Moving ball with same foot in a circular motion
- **Front foot Dribble** :- Small touches using the front of the foot only (laces)
- **Big Toe / Little Toe** :- Move ball with Inside of big toe, followed by outside of little toe in a zig zag fashion
- **Big Toe, Big Toe / Little Toe Little Toe** :- Same but now 2 touches with big toe followed by two touches of little toe
- **Side Sprints**:- Ball in between feet moving ball from side to side in a pendulum fashion
- **Side Sprints forwards / backwards** :- Same but now moving ball forwards and backwards
- **Side Sprints Side to Side** :- Now move body to left whilst performing 3-4 side sprints and then back to the right in a zig zag
- **Pull Push** :- Pull ball back from heel to toe and push forward with the laces
- **Pull Push Inside / Outside** :- Pull ball across body using the pull and out of body using the push, repeat both sides
- **Pull Push Behind** :- Pull ball to side & behind standing foot and using inside of big toe push across to control with other foot
- **Side sprints w / pull push combo** :- As described above
- **Sole Taps** :- Little touches on ball using front of the sole of the foot
- **Sole Taps forwards / backwards** :- Same, moving ball backwards and forwards
- **Sole Taps w / pull push behind combo** :- Same but now add a pull push behind
- **Sideways Rolls** :- Body square to the ball, roll whole foot over the ball inside of foot first and quickly repeat
- **Sideways Rolls change over left to right** :- Same but change ball from left to right with a roll across body
- **Sideways Rolls w/ roll over step over** :- Same but now roll across body while performing a step over
- **Figure 8 dribbling** :- Dribbling ball in a figure 8 between two cones

Movement Sheet

Dynamic Movements

- Heel Flicks
- High Knees
- Open Gate
- Closed Gate
- Inside Volley
- Left leg to right arm
- Side to Sides (left to right)
- Karaoke
- Arms across body
- Arms up and down
- Arm Circles Forwards
- Arm Circles Backwards
- Arms Side to Side
- Quick sprint, hamstring stretch
- Lunge

Fast Footwork

- Side to Side Shuffles Forwards
- Side to Side Shuffles Backwards
- Forward / Backward Shuffles
- Two Feet in Sideways
- Two Feet in Forwards
- One Foot in Forwards
- Figure 8 forwards
- Forwards 2, Backwards 1
- Feet together jump & bounce forwards
- Feet together jump & bounce sideways
- Feet together jump & bounce forwards 2, backwards 1



Movement Sheet Explained

MAN ON – There is immediate pressure on the receiving player. And they should prepare their body shape and thoughts to keep possession.

PLAY THE WAY YOUR FACING - The player must recognize that the pressure is so tight a pass in the direction they are facing is the only option.

POSITIVE TOUCH - Players must take directional touches of the ball

PRESS THE FIRST TOUCH - Players must press the opponent who has the ball so they are not able to turn and face forward.

RE-CONNECT - Players must reconnect, 4 to 5, 7 to 8 and so on.

RELAX – The player in possession must relax and slow play down.

RELEASE - Can the player play a leading pass for a team mate that changes the phase from possession to attack.

RESET ATTACK – When the attack is blocked, players must maneuver the ball back and around the field to attack from a different point.

SCAN - On and off the ball, the player must look over shoulders to identify where the pressure or next pass is.

SEARCH – The player in possession must get their head up and search for the correct option.

SEE PASS TWO – Triggers players firstly to think then to see and finally communicate where the next ball goes after they pass it.

SIDEWAYS ON– The player must open shoulders and hips to set themselves to receive the ball.

TIME - Player have time to turn, face forward and be positive. There is no immediate pressure on the player



10 WEEK SEASONAL PLAN



1. Introduction to Team – FUN!
2. Dribbling – Ball Mastery
3. 1v1 Moves
4. COD w/ Passing & Receiving
5. Finding & Creating Space
6. Finishing
7. Speed of Play
8. Combination Play
9. Man Up Situations – 2v1s & 3v2s
10. Coaches Choice – FUN – Players choice??



Session One

Introduction to Team

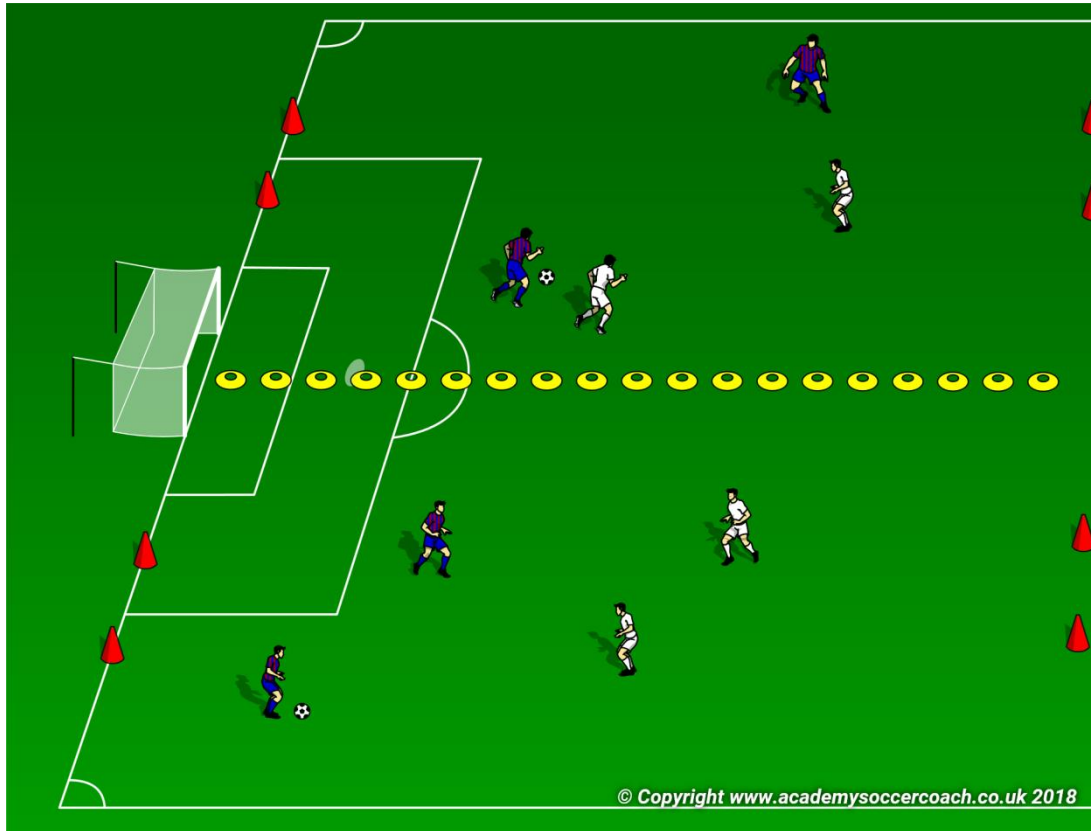


First Session of the Season is an opportunity to get the kids excited for another season, set some guidelines and expectations for the team!

Most Importantly HAVE FUN!.. Don't over think day 1. We want our kids to leave feeling excited for another few months of soccer!

LET THEM PLAY! SCORE GOALS! CELEBRATE TEAM WORK!

PLAY 2v2, 3v3



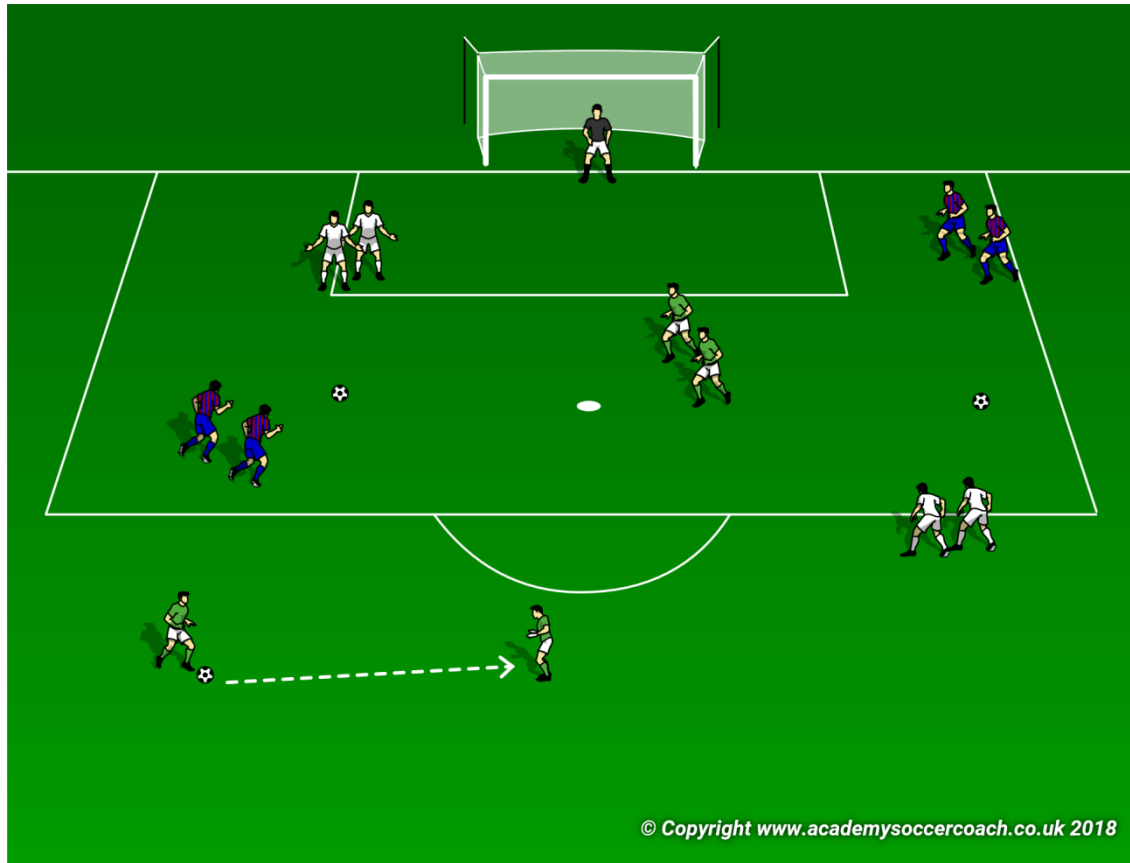
Description: Split players into 4 random teams. Set up 2/3 fields w/ goals at end with cones about 4 feet apart. Give a ball to each field and let them play! Passing the ball, ON THE GROUND, through the gates to score.

Progression: Mix/rotate teams after 5 minutes or so.

Coaching Points: Take Chances! Get Creative! Limit coaching to individuals.

New approach to practice allows players to get right into playing and having fun. Great for player development as small space and low numbers on each team force/create opportunity for players to learn the game in a controlled small environment. As season progresses coaches can start pairing players of similar abilities on the same fields to help challenge and ENCOURAGE players to get involved and try new things.

World Cup



Description: Players pair up. Groups of 3 if odd numbers. Coaches play goalie. Throw/kick out $\frac{3}{4}$ balls. Team scores and gets to move on to the next round. Last team to score is eliminated! Play until final round of 2v2. Golden Goal Rule for Final Round! First team to score wins!!

Progression: 1) Must complete 1 pass before going to goal. 2) Must be 1 touch finish. 3) Must score from outside the box

Coaching Points: Take Chances! Get Creative! Work Together! Head Up! Scan Area!

Talk to players about setting a “team strategy” for advancing. Great opportunity for social development between teammates to work together to formulate a game plan... Are we going to work together to go after same ball? Do we want to split up? Does 1 player “hang” in front of goal? How does your strategy change as game develops and competition gets tighter?

Power & Finesse



Description: Split group into 2 teams. Set 2 Shooting Lines. All the balls in a pile beside the goal for coach to pass/roll flat ball out in front of goal. Power shot with Laces from red line. Finesse Shot with inside/outside foot from the blue line.

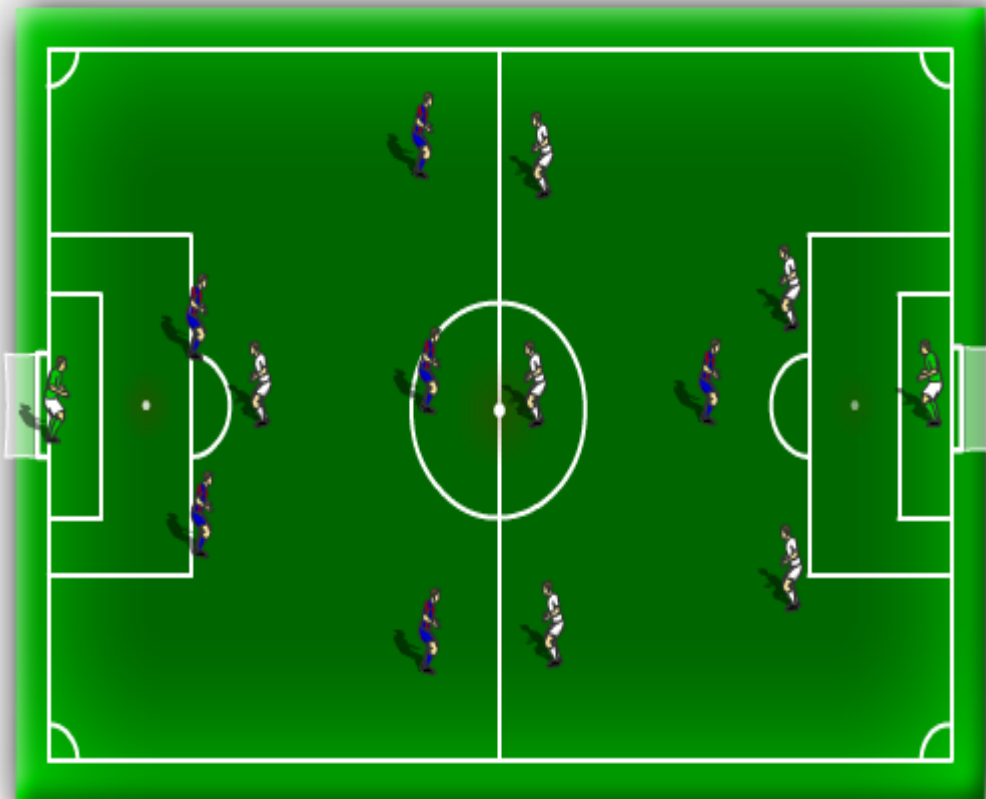
Progression: 1) Each player receives pass from coach at each shooting line. 2) Players must shoot first time! 3) Players must score at least 1 goal to stay alive in the game and return to the back of their line! 4) If they miss, they are out! (Begin Helping to collect balls for server). 5) Last team with players remaining wins!

Coaching Points:

For Power Shot – Keep head and Body over the ball. Strike through the middle of the ball. Land on shooting foot. Look at target before striking the ball!

For Finesse Shot- Keep composure. Open up foot and hips, while staying over the ball. Pass ball into net/past the goalie.

7 vs 7: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 7. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Progression: Add neutral players or target players, dependent on the number of players available.

Coaches choose formations.

Introduce rules when the game situation arises.



Ball Mastery Intro



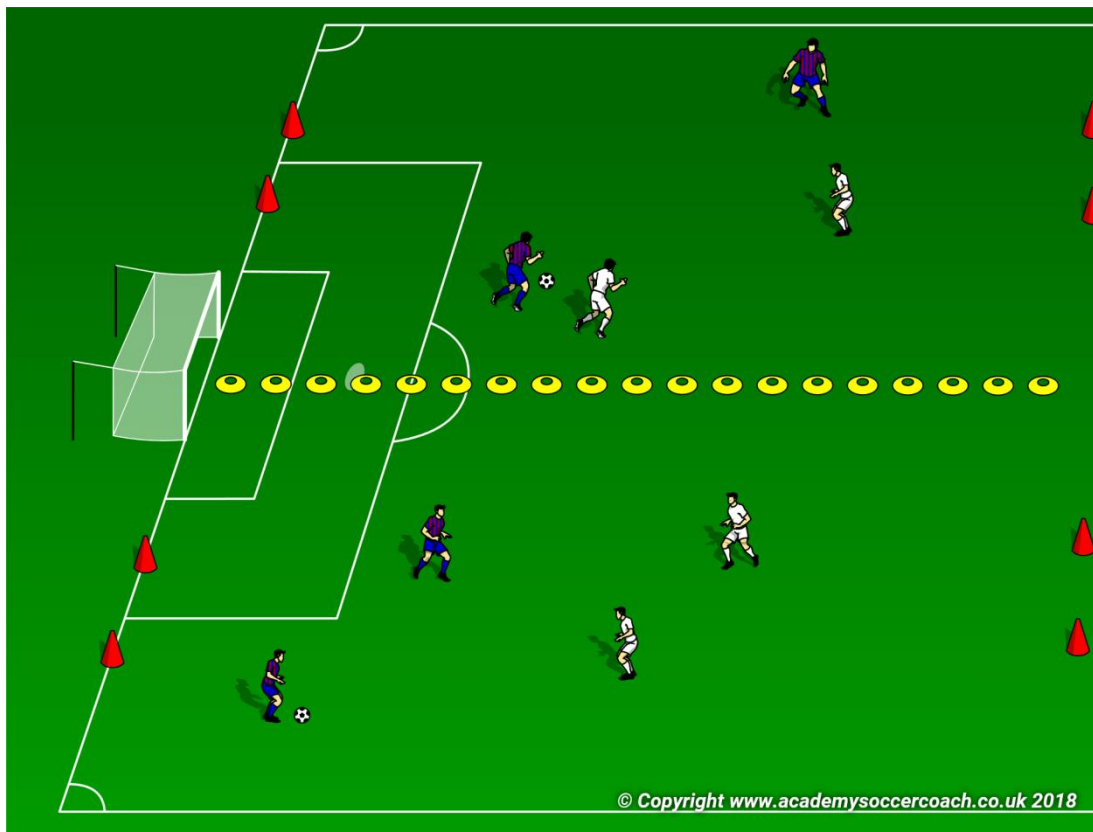
Session two should be about introducing new ball mastery skills and setting goals for the season as individuals in a fun and engaging way!

Does not matter where the players are at with the moves now, but about the small steps necessary to improve over the long term. Can be as simple as starting with a juggling “contest”. How many juggles can each player do? Set a number(goal) to beat by the end of the week/season!

As always make the session fun first, and the rest will follow!

LET THEM PLAY! SCORE GOALS! CELEBRATE TEAM WORK!

PLAY 2v2



Description: Split players into 4 teams. Set up goals at end with cones about 4 feet apart. Give a ball to each field and let them play! Dribbling the ball through the gates to score.

Progression: Mix/rotate teams after 5 minutes or so. After a few games, allow players to pass the ball, on the ground, through the gates to score.

Coaching Points: Take Chances! Get Creative! Limit coaching to individuals.

Great for player development as small space and low numbers on each team force/create opportunity for players into 1v1 situations. As season progresses coaches can start pairing players of similar abilities on the same fields to help challenge and ENCOURAGE players to get involved and try new things.

TOUCHES ON THE BALL/FAKES



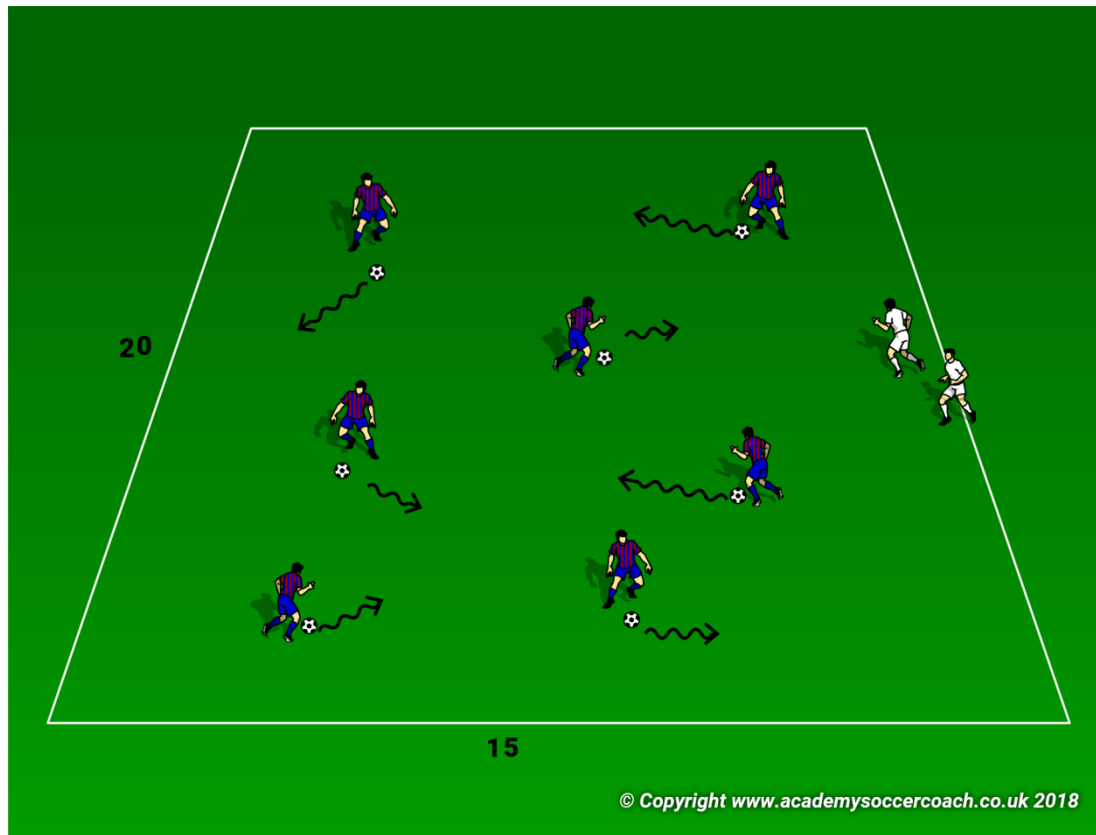
Area: 20 x 25 yards area. All players with a ball.

Description: All players dribble around the area taking small touches with different surfaces of the feet. Every touch counts as a point. Coach times activity for 2 minutes. Players record number of touches within the time frame.

Progression: Add ball mastery moves. Good opportunity to show 4/5 different moves to players and see who can master these specific moves by the end of the season!

Coaching Points: Players concentrate on small, close touches with a touch on the ball every time they take a step. Change direction every 6-8 touches with a turn or a fake. Use other players as a guide as to when to turn or fake, i.e. if someone is in your way, do a turn or fake. Keep eyes up! Look for open space!

Knock Out



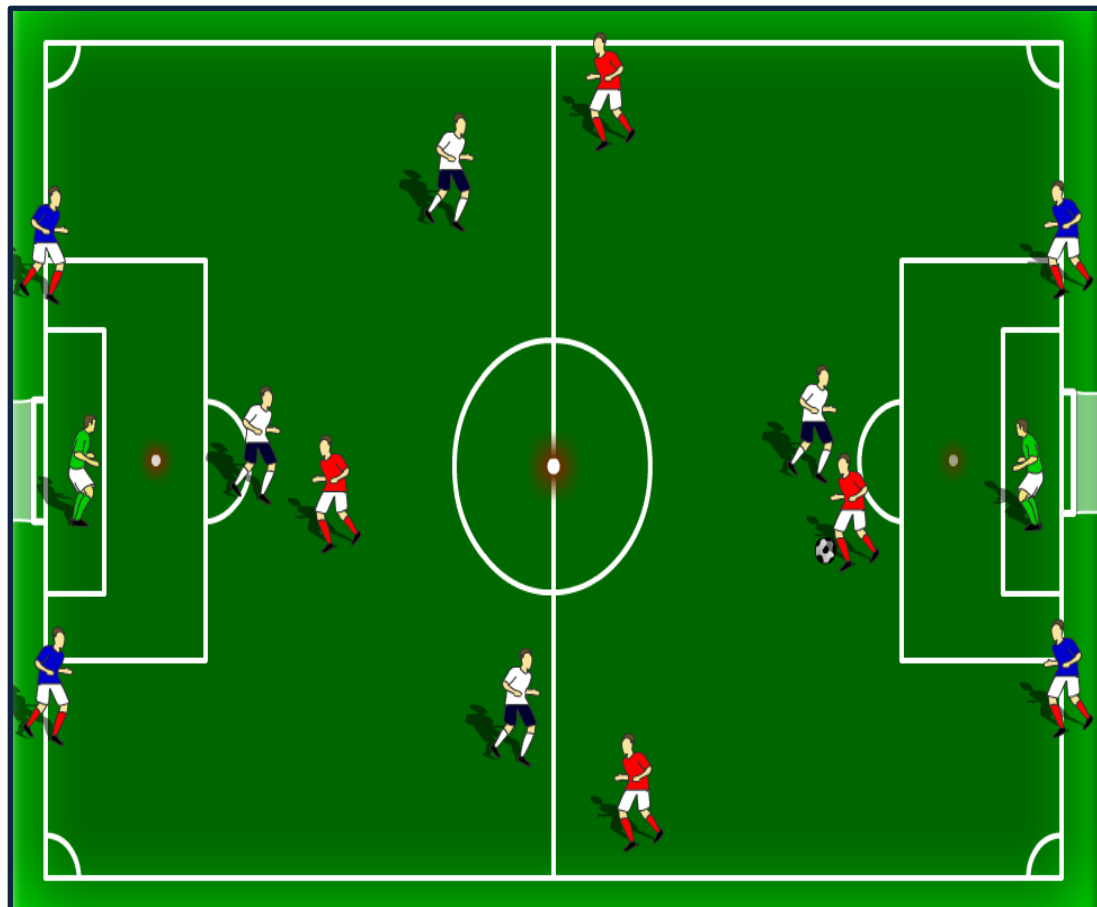
Set-up: 20 by 15 yard zone.

Description: Players dribble around the area attempting to keep the ball away from their teammates, while at the same time attempting to knock their ball's out of the zone.

Progression: 1) Add Catchers! Players without a ball who are only trying to knock others out! 2) Same game, but now once you loose a ball, you can turn and support your teammates by allowing them to pass their ball to you to keep it away from the catchers! Game continues until all the balls are out of the grid!

Coaching Points: Use ball mastery moves from warm up to keep the ball. Dribble with your head up. Keep body between the ball and defender. Shield ball with body and use the sole of foot to control the ball. Use teammates for help!

7 vs 7: TARGET GAME



Area: 50 x 30 yard field

Description: Split into 3 teams of 4. Playing 7 vs 7, players must try score goals like a regular soccer game. Place 1 team as the 4 target players on the end line and try to split defenders and get them turning. Balls played to the target players must be played on the ground. Once a goal is scored teams switch. Team that scored stays on, team that gave up the goal switches with target team.

Formation – GK, 4 field players, 2 targets (total of 7 players)

Coaching points: Use COD moves and passing combinations to progress the ball up the field to the target players. Use laces for longer passes.

Look for opportunities to play to the targets early.

Add points/goals for scoring goals when combination is played with the target players.



1v1 Change of Direction Moves

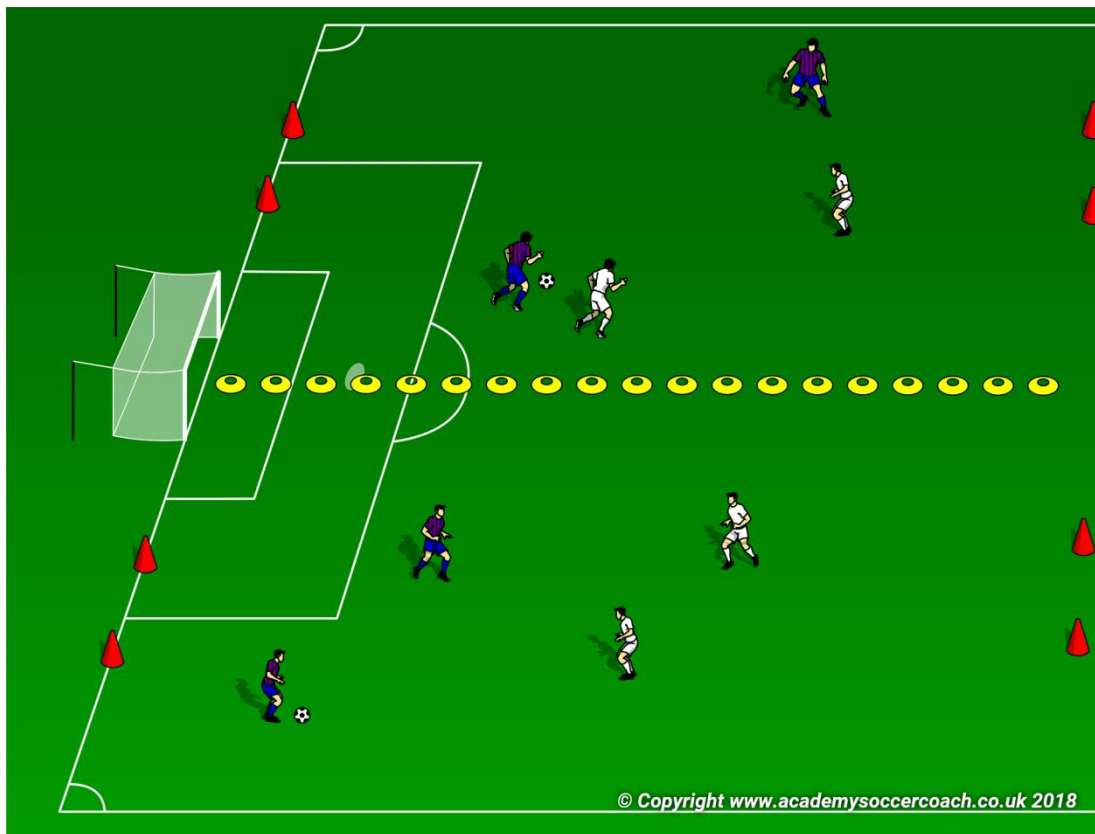
Our focus stays on the ball but moves specifically towards changing direction.

Not only should we give our players specific moves to perform in order to change direction quickly, but we should also begin to speak about the reasons and importance in changing direction with the ball.

Make the game easier by playing away from pressure instead of trying to dribble right through the defenders!

LET THEM PLAY! SCORE GOALS! CELEBRATE TEAM WORK!

PLAY 2v2



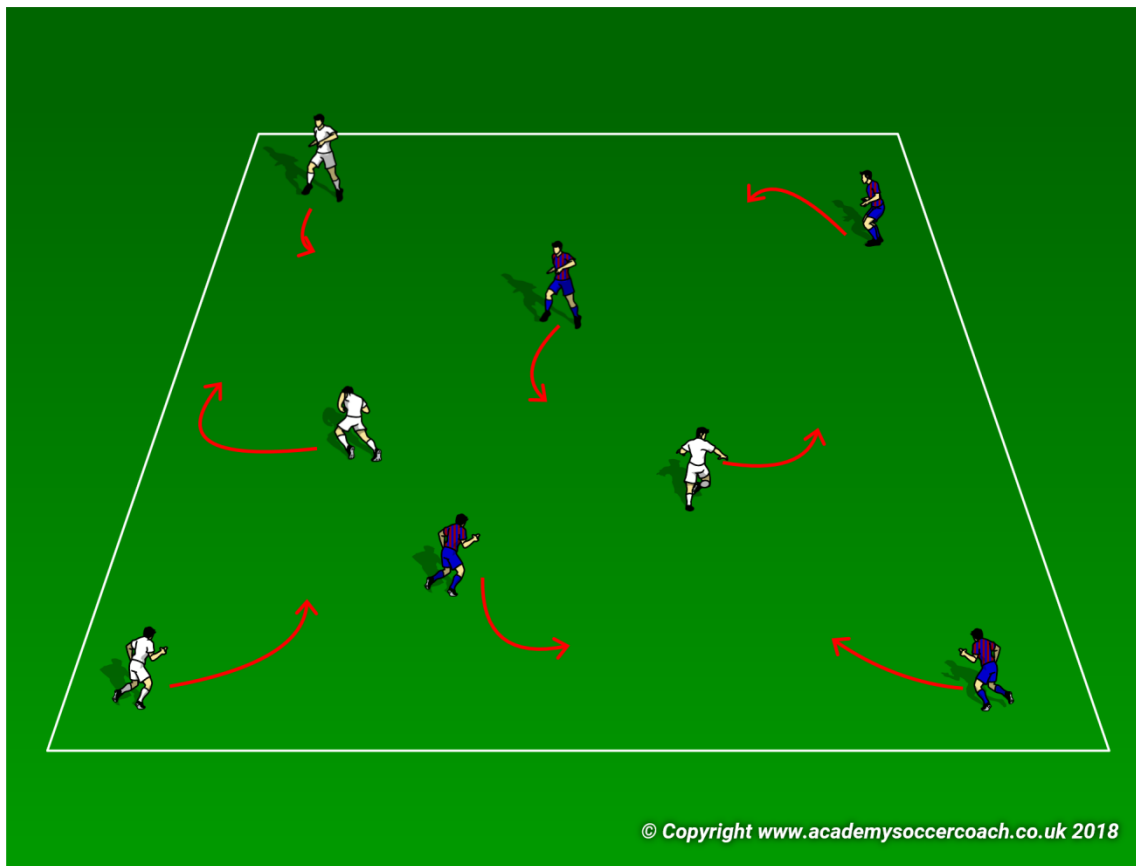
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Coaching Points: Take Chances! Get Creative! Limit coaching to individuals.

Great for player development as small space and low numbers on each team force/create opportunity for players into 1v1 situations. As season progresses coaches can start pairing players of similar abilities on the same fields to help challenge and ENCOURAGE players to get involved and try new things.

Pinnie Tag



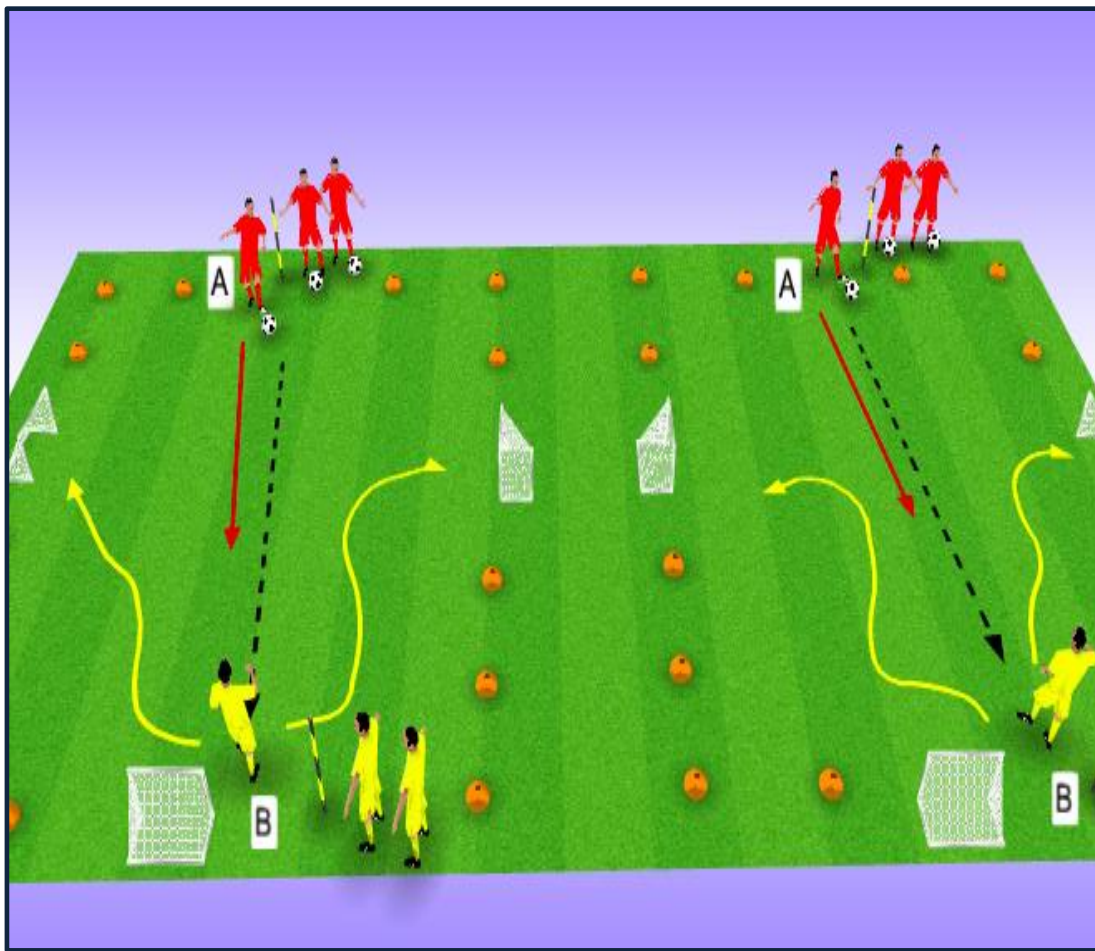
Area: 20 by 20 yard Box.

Description: Each player has a pinnie in their hand. Every time you tag a teammate you get their pinnie. Goal is to get as many pinnies by the end of the round as possible.

Progression: Add Ball. Add “Teams” to encourage players to work together and strategies. Mix in dynamic stretching.

Coaching points: Fun & light way to get players engaged in the session & introduced to the space you’ll be using. Talk about changing speeds to loose defenders. Importance of keeping your head moving to see space around you.

1v1 to Multiple Goals



Time:

- 20 Mins

Area:

- 20x25yd's
- 2 goals at halfway facing in - 1 goal at receiving end

Description:

- Players at A with ball each (Defenders). Players at B with no ball (Attackers). Player B receives pass and is immediately closed down by player A. Player B will try to score in either of the side goals (using change of direction moves). If Player A wins ball they can attack into goal where B started.

Switch player roles every 3/4 mins

Coaching Points:

- Positivity upon receiving (player B)
- Ball tight to be able to perform quick change of direction move
- Recognize angle of approach from defender and push ball into available space.
- Speed after move so Defender can't recover

Progressions:

- Add in 4th goal behind point A (game realistic)
- Time limit for player B to be able to score (replicates recovery in game)



4 Goal Game



Time:

- 25 Mins

Area:

- 20x30 yd's
- 4 goals

Description:

- Goal – 1 point
- Team's can score in any of the 4 goals
- Cannot score in the same goal twice

This will promote the topic of using change of direction moves to change point of attack.

Coaching Points:

- Minimal coaching in scrimmage
- Pull players out if needed to re-enforce technical points (don't stop game)

Progressions:

- Teams try to capture all goals (capture the flag style)
- First team to possess all 4 goals wins.

4 vs 4 GAME WITH NEUTRAL TARGETS



Set-up: 60 x 40 yard area. 2 Target goals at one side of the area. 1 large goal at the opposite side. Players in 3 teams of 4/5. One team as target players, other teams play 4 vs 4 + GK's.

Description: Play regular game and attempt to combine with the target players. Points for passing, shooting, combining with targets. Reduce touches to increase difficulty.

Coaching Points: Move the ball quickly (speed of play) and attempt to shots off as soon as possible.
Play attacking passes. Movement off the ball is vital to create space for the shots.



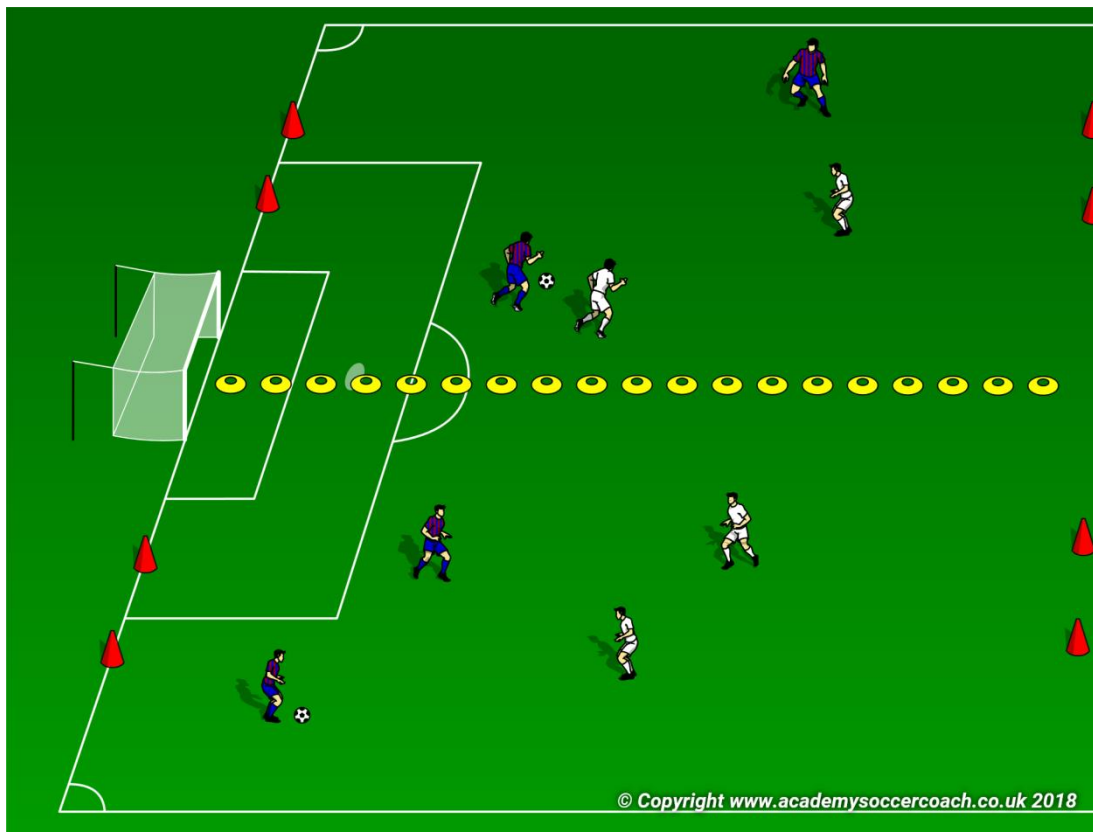
1v1 COD & Passing/Receiving

While our focus stays with ball mastery we want to start introducing some passing and receiving coaching points.

As we work through the 1v1 moves and drills, be sure to encourage players to focus on playing a good pass. Firm, Flat & Accurate.

Simple things like picking your head up, striking the ball through the center, with the inside of your foot and following through make the activities more game realistic. Ask players to take a positive first touch out of their foot instead of trapping it dead!

PLAY 2v2



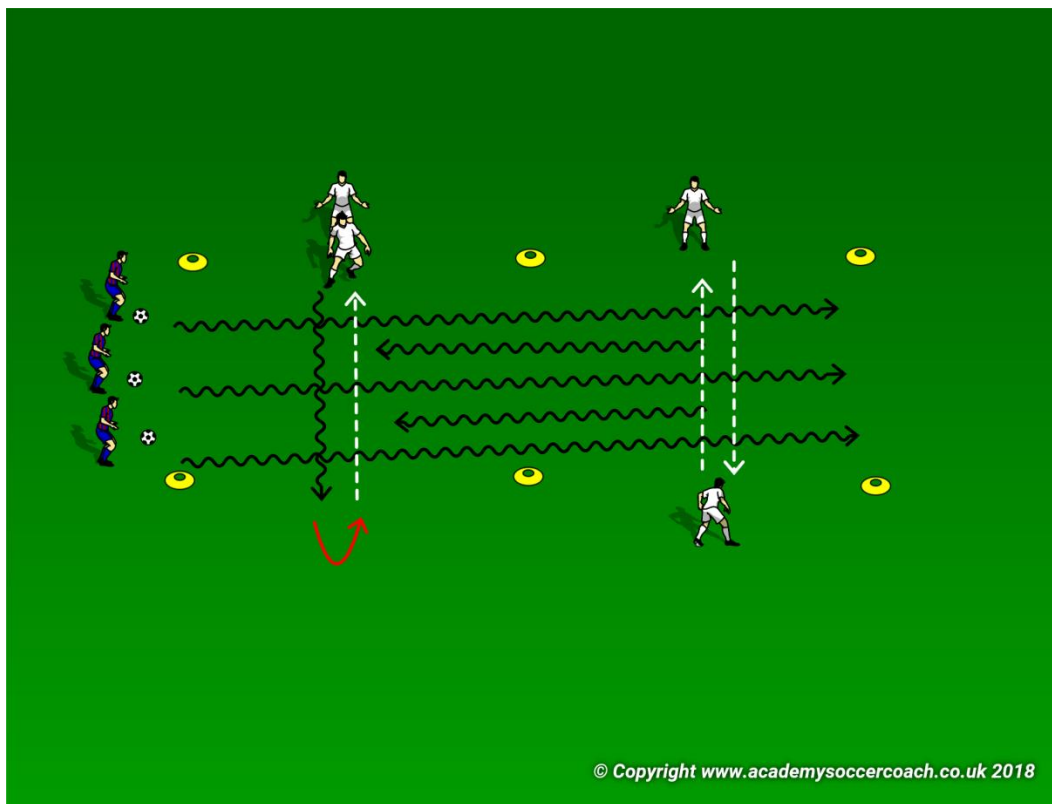
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Progression: Mix/rotate teams after 5 minutes or so. After a few games, allow players to pass the ball, on the ground, through the gates to score.

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Dribbling Turns & Passing



Area: 16 yards long by 8 yards wide.

Description:

1 team where everyone has a ball lines up at 1 end of channel. 2nd team split in 2 groups, 1 ball per line. Both groups working at the same time. Team 1 dribbles back and forth while team 2 dribbles across grid, turns and passes back, following their pass back to the end of their line.

Progression: Team 2 separates and plays 2 touch passing while team 1 dribbles across the grid.

Coaching Points:

- Quality and speed of the pass
- Preparation and first touch
- Communication and movement before the pass
- Be creative with passes
- Lift pass off ground
- Take first touch away from pressure
- Know when to play 1st touch & when to hold ball and wait for open passing lane.

1 VS 1's: TO TARGET GOALS



Set-up: Defender and attacker 20 yards apart. Gates (3 yards wide) on each side of the area with target goal 5 yards from gates. 1 ball per pair. Arrange pairs behind each line, based on the number of players.

Activity: Defender passes the ball to the attacker. Attacker attempts to dribble through either side-gate and then shoot into a target goal. Rotate positions each time.

Coaching Points: Good pass to start off the activity. Attacker takes positive first touch in the direction you want to go. Attack the defender at speed making them commit to the ball. Shoot as soon as you are through the gates and have space to do so.

OVERLOAD SITUATIONS



Set-up: Use half a field or a 40 x 60 yards area. Coach at the side of the area with a supply of balls. Half of the players on one end line, half on the other end line. One goal and goal-keeper on each end line. White players are defenders, colored players are attackers.

Description: Coach calls out a number and the players react accordingly. The first number is the attacking group, the second number the defending group i.e. 32 = 3 attackers vs 2 defenders, 21 = 2 attackers vs 1 defenders etc.

Coaching Points: Defenders organize themselves and communicate as to who is going out in the area to defend. Close the space down quickly and pressure the ball. If defender is outnumbered try to delay the attack by not over committing. Also try to split the defenders and show the player with the ball the side line. If beaten, make a recovery run to offer support.



Finding & Creating Space

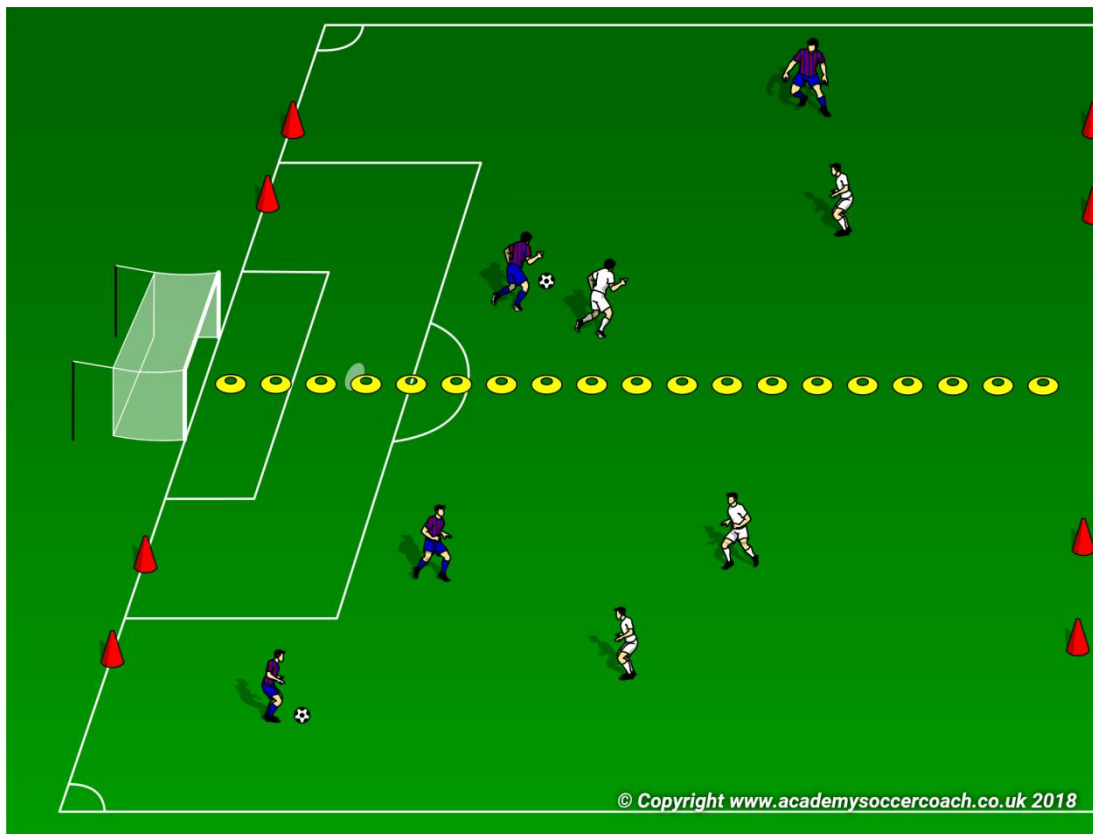
In week 5 we start to focus on how we can find and create space to attack as both an individual (dribbling) and as a team (passing/moving).

Starting to shift focus away from the individual, on ball, and move more towards the bigger picture team focus.

How can find space for myself? How can I create space for my teammates?

Freeze the session and ask the players these questions. The more space a player has means the more time they have before a defender can put pressure on them. More time = Less Pressure, makes the game easier!

PLAY 2v2



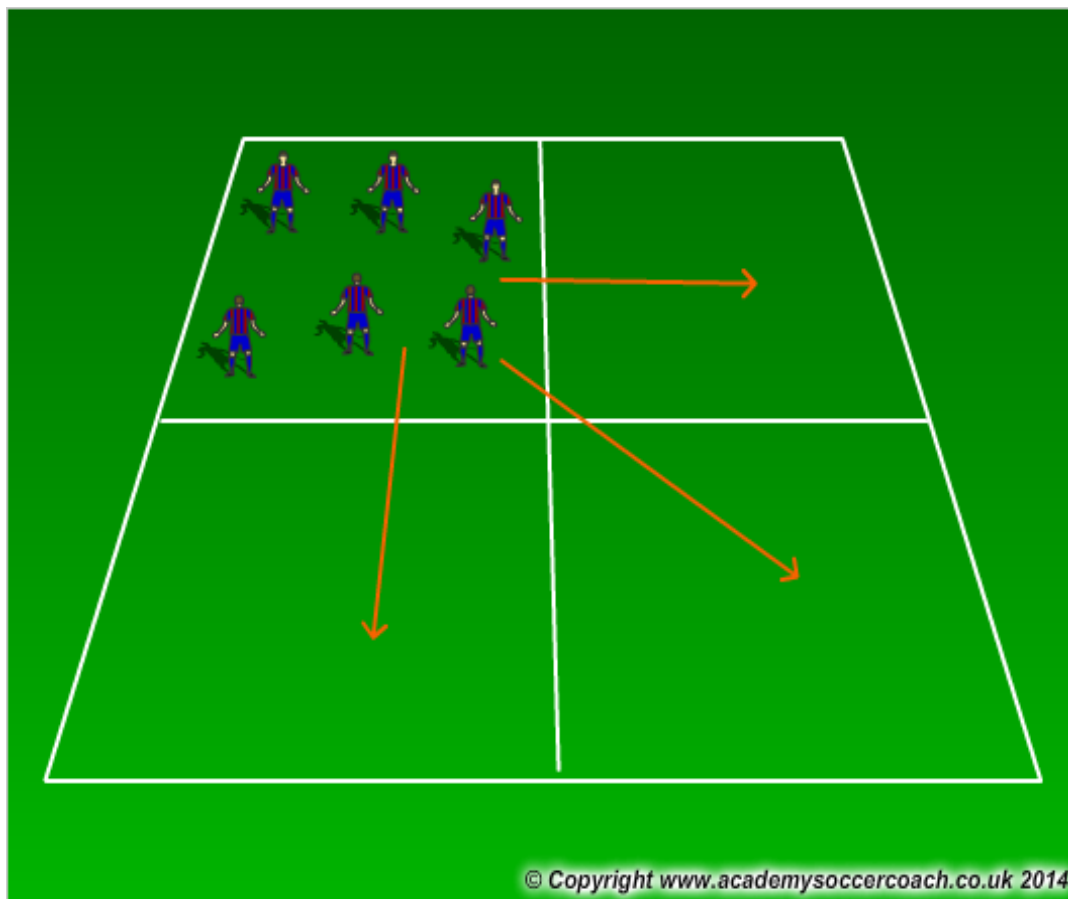
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Progression: Mix/rotate teams after 5 minutes or so. After a few games, allow players to pass the ball, on the ground, through the gates to score.

Coaching Points: Take Chances! Get Creative! Limit coaching to individuals.

Great for player development as small space and low numbers on each team force/create opportunity for players into 1v1 situations. As season progresses coaches can start pairing players of similar abilities on the same fields to help challenge and ENCOURAGE players to get involved and try new things.

WARM-UP: BOCA SQUARES

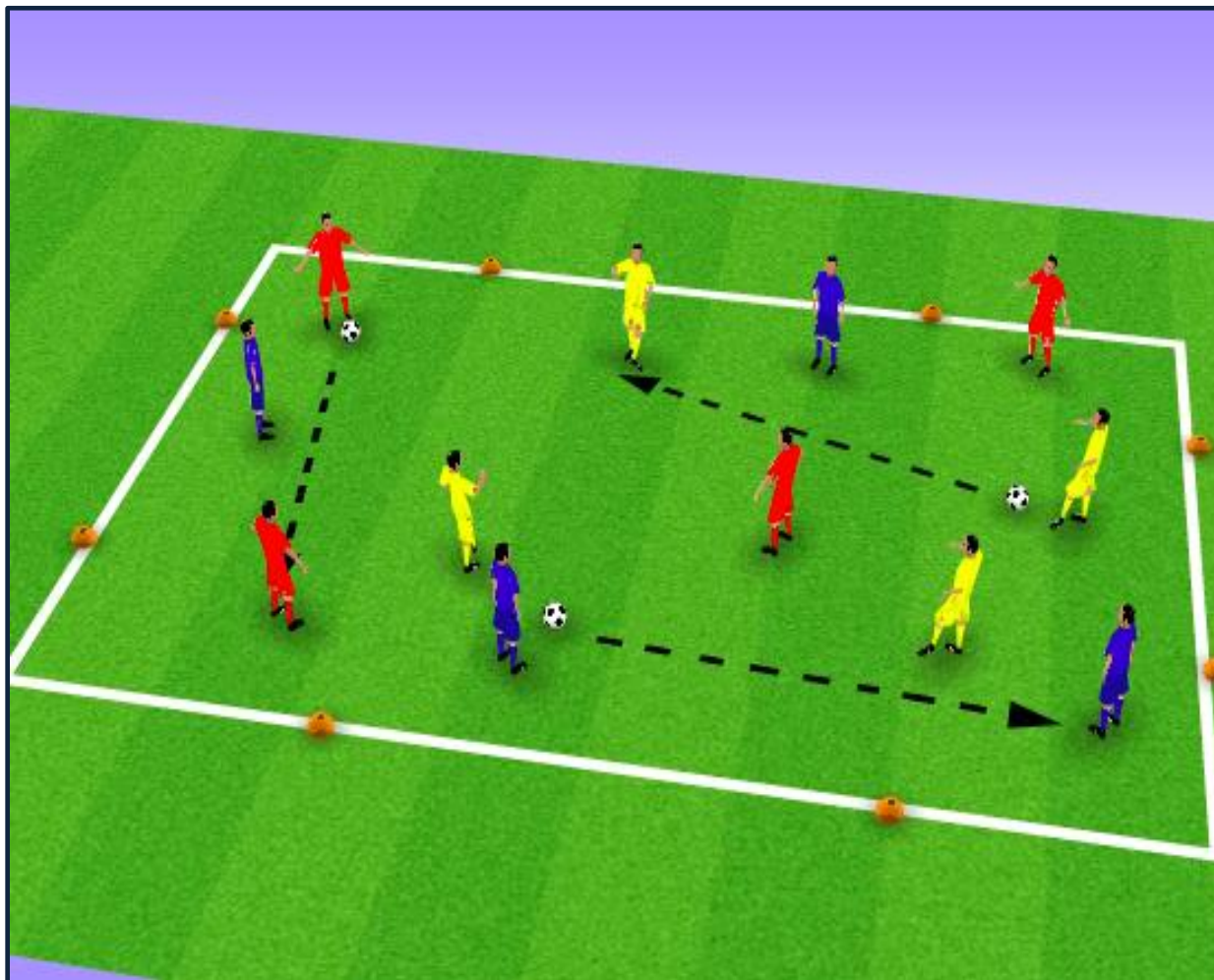


Set-up: 15 x 15 yard squares, 4 in total. Players start in one of the squares. One ball per player.

Description: Players perform foot skills, led by the coaches' commands. Each area represents a different foot skills movement and the players must move between the areas as the coach calls out the movement. Foot skills to include different surfaces of the foot, coordination moves, juggling and turns and fakes.

Coaching Point(s): Perform all foot skills with good technique. Move quickly between the areas on the coaches' call. Find your own space. Get head up to see teammates & open space. Don't just stand in one spot! Move into new space and avoid pressure from other teammates.

Passing Awareness



Area:

Same as warm Up

Description:

- 3 teams of different colors
- 1 Ball per team
- Constant movement, no standing still. Pass and move to new area of zone. Have players run around a cone on the outside before being able to receive a pass again from teammate.

Rules

- 1.) Play passes to your color only
- 2.) Play pass to anyone but your color
- 3.) Sequence (i.e – Blue to Red to Yellow to Blue..)

Coaching Points:

- What happens to gaps? (the close) see it, play it!
- Awareness to be open for team mate - movement creates new gap!
- When 1 player leaves a space, it creates an open space for teammate to run into!
- Communicate, eye contact

Progressions:

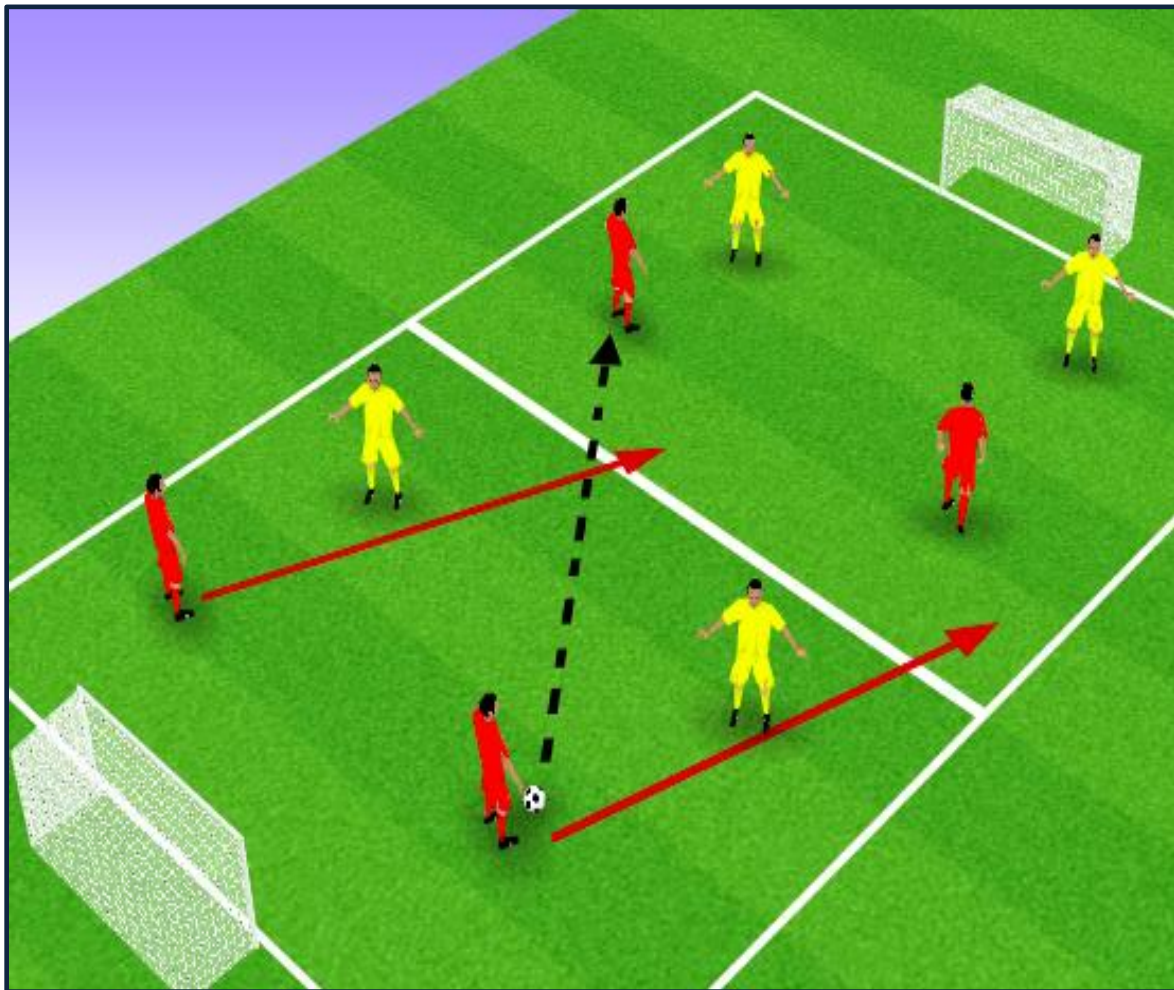
- Touch limit
- Touch cone after pass (encourages pass and move) make sure they can see play the whole time – back pedal, shuffle etc.



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Creating Space & Passing Awareness



Area:

- 25x30 Yds
- Half way line of cones/markers
- Might need to make 2 fields. Try to go no more than 3v3 in each half.

Description:

- Players split into even teams
- Assign defenders and attackers
- Attackers in attacking half
- Defenders in defending half
- Attackers must stay in opposition half the whole time (cannot track back) Defenders can join attacking half after passing ball into attackers already in that half. Time limit to score once in opponents half

This will help create attacking overloads to work on topic (4v2 situations to work on passing)

Coaching Points:

- Quick support from defenders to create overload. Don't force passes.
- Start close to goal to create space to run into. Don't stand in the place you want to receive the pass. Communicate where you want to receive the pass! Use hands to show!

7 vs 7: ZONAL GAME



Area: 40 x 60 (if space allows)

1 goal at either side of the area

Area is separated into 3 zones

Description: GK in each goal.

2 vs 2 + 1 neutral in each zone.

Play a regular game attempting to use the neutrals to create an overload. If light on players have 1 neutral player who can move between zones.

Coaching Points: Use the neutrals. Combine to create space. Movement off the ball is important; find space. Short quick passes to combine.

Progressions: Reduce touches. Encourage players to play through more than 1 zone. Allow neutrals to move between zones. Allow field players to dribble or follow their pass between zones.



Finishing!

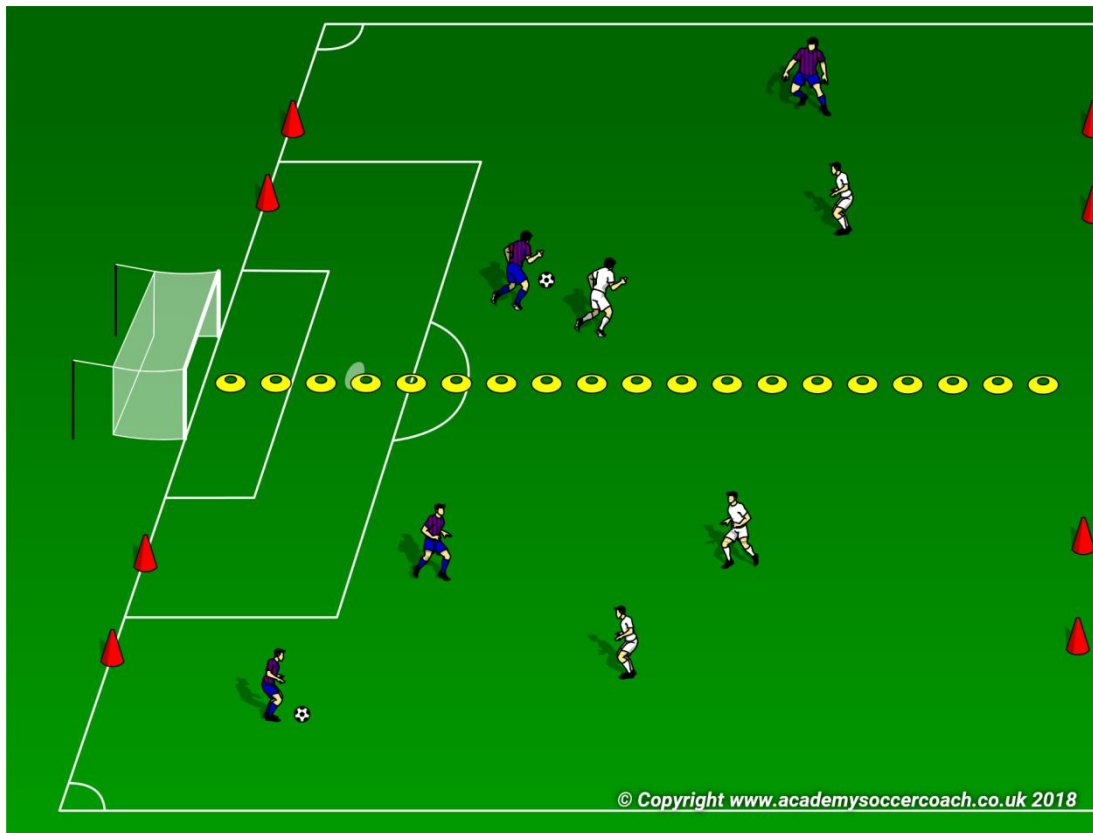


Week six is a good time to start working on finishing!

A great coach once said “finishing is always the last thing to come”. At the youth level it is important that we spend the proper amount of time focusing on our development on the ball. If we struggle to dribble and connect passes than worrying about scoring goals is not worth our time.

Now that we have become more comfortable on the ball and we are beginning to create scoring opportunities we are ready to get some REPS in on finishing them!

PLAY 2v2



Description: Split players into 4 teams. Set up goals at end with cones about 4 feet apart. Give a ball to each field and let them play! Dribbling the ball through the gates to score.

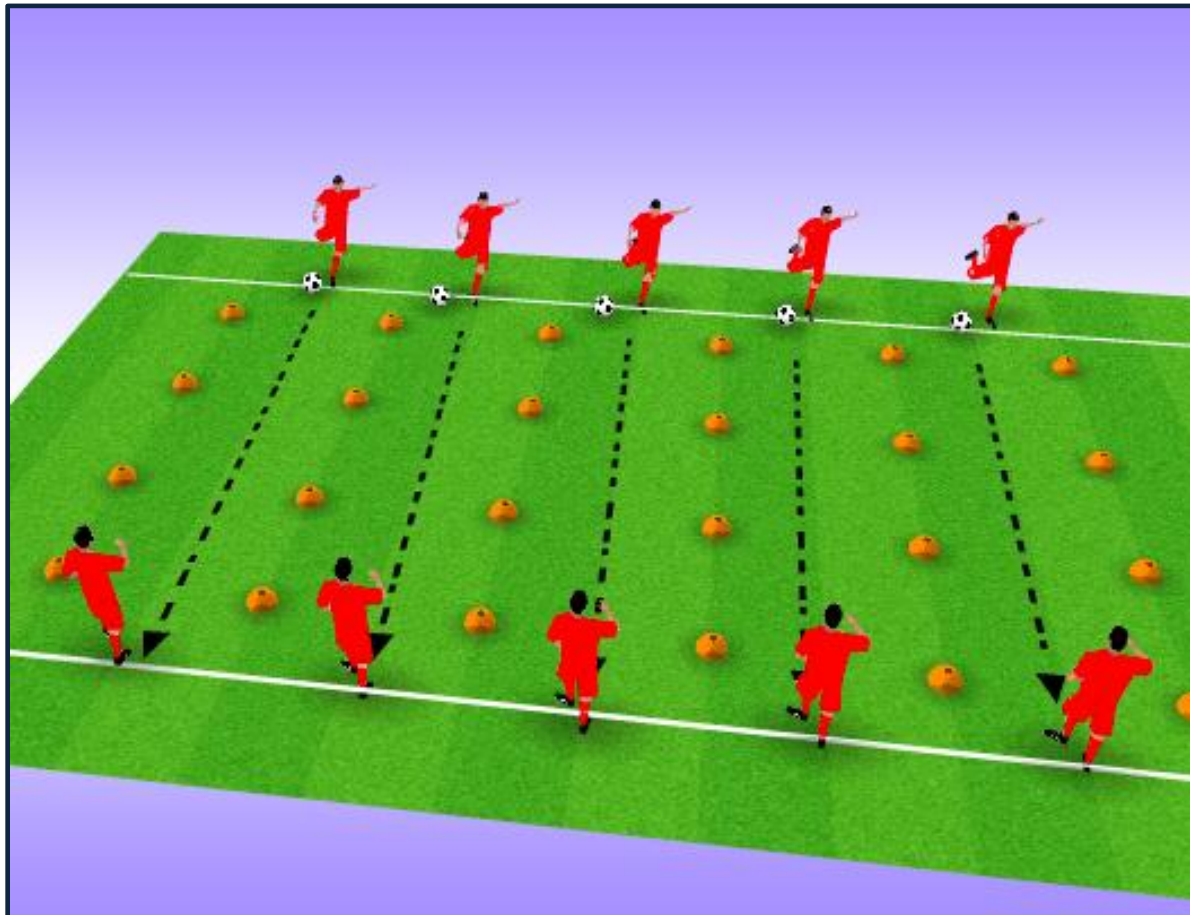
Progression: Mix/rotate teams after 5 minutes or so. After a few games, allow players to pass the ball, on the ground, through the gates to score.

Coaching Points: Take Chances! Get Creative! Limit coaching to individuals.

Great for player development as small space and low numbers on each team force/create opportunity for players into 1v1 situations. As season progresses coaches can start pairing players of similar abilities on the same fields to help challenge and ENCOURAGE players to get involved and try new things.



Striking Warm Up



Part 2:

- **Technical (Ball striking)**

Time:

- **15 Mins**

Area:

- **5 yd's x 15 yd's**

- **Groups of 2 (one ball per group)**

Description:

- **Players stand on opposite sides of channel**
- **"Strike" ball across to partner (laces only)**
- **Make competitive by giving 1 point for every ball that stays in the channel and reaches partner**

Coaching Points:

- **Ankle locked**
- **Toe pointed out**
- **Middle of ball strike zone**
- **Laces contact point**
- **Follow through**
- **Land on striking foot**
- **Angle of approach**

Progressions:

- **Make channels smaller**
- **Add target at end (ball on cone etc.)**

Individual Finishing

Running w/ Ball; 1v1 Moves



Area: 10 yards past the 18 yard box, based on age group, adjust the size

Description: Each player has a ball, two opposite corners dribble at speed to red pole and once past pole, finish across inside the yellow pole for a point.

Coaching points: Running with the ball versus dribbling, to pointed down and inside to push the ball in front. Ball out of feet for correct angle of approach.

Progression

1) 1v1 at pole

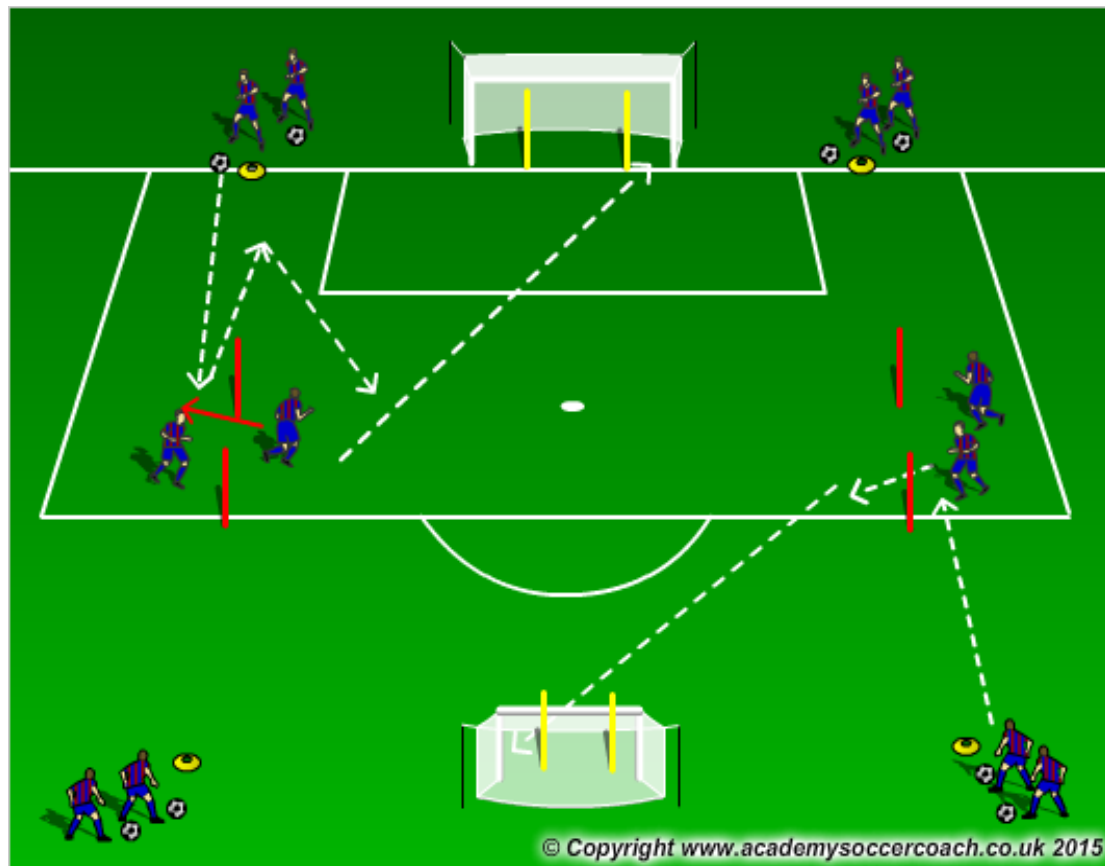
CP – Timing of move, weight of separation touch

2) Dribble around pole back towards goal you came from, play give and go with opposite corner

CP – Quality of set

.

Finishing in Pairs



Area: Same set up, now using 2 extra poles and adjust players as set out in diagram.

Description: Ball played into feet, use first touch to take ball around pole and finish

- CP – Quality and direction of first touch
- Set ball wide of target and look to bend ball back in
 - Practice closing hips and finishing near post

Progression

1) – Play give and go with lead pass (see left side of diagram)

CP – Timing of movement, give and go at speed

2) - Give and go followed by forward pass into opposite corner for set and finish

Academy Finishing Game



Area: 50x40 Yards

Description: 4v4 (Can go as big as 6v6) Teams can score from anywhere on the field. Bumpers play in the attacking half of field.

- Advanced Targets have 1 touch
- Wide Targets have 2 touch (game speed)
- Do not have to use targets – look to score at all times

Coaching Points:

- Movement off ball to create space
- Aggressive runs when ball goes into targets
- Quick / Early finishes
- Not a possession game – be direct!
- Quality finish
- Runs into box



Speed of Play



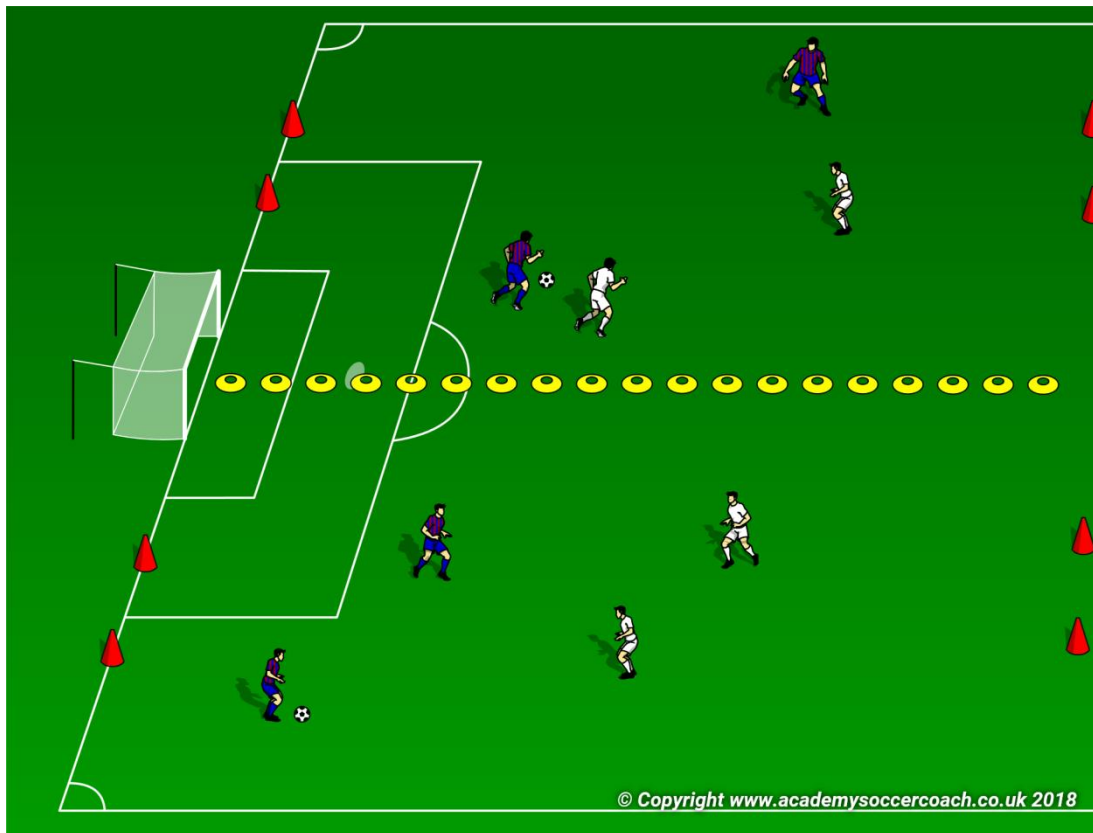
As we move later into the season we can now start to shift our focus from technical to tactical as we discuss how a team of good technical players can control their speed of play to play quickly and make it hard for the defenders to keep up.

Speed of play often refers to playing 1 and 2 touch soccer as a team. Receiving a pass and making a pass as quickly as possible means that the defense can never get set as they must move/adjust every time the ball moves.

Constant movement off the ball is important to give our teammates passing options so that they can make quick decisions!

Celebrate 1 touch passes and good quick decisions!!

PLAY 2v2



Description: Split players into 4 teams. Set up goals at end with cones about 4 feet apart. Give a ball to each field and let them play! Dribbling the ball through the gates to score.

Progression: Mix/rotate teams after 5 minutes or so. After a few games, allow players to pass the ball, on the ground, through the gates to score.

Coaching Points: Take Chances! Get Creative! Limit coaching to individuals.

Great for player development as small space and low numbers on each team force/create opportunity for players into 1v1 situations. As season progresses coaches can start pairing players of similar abilities on the same fields to help challenge and ENCOURAGE players to get involved and try new things.

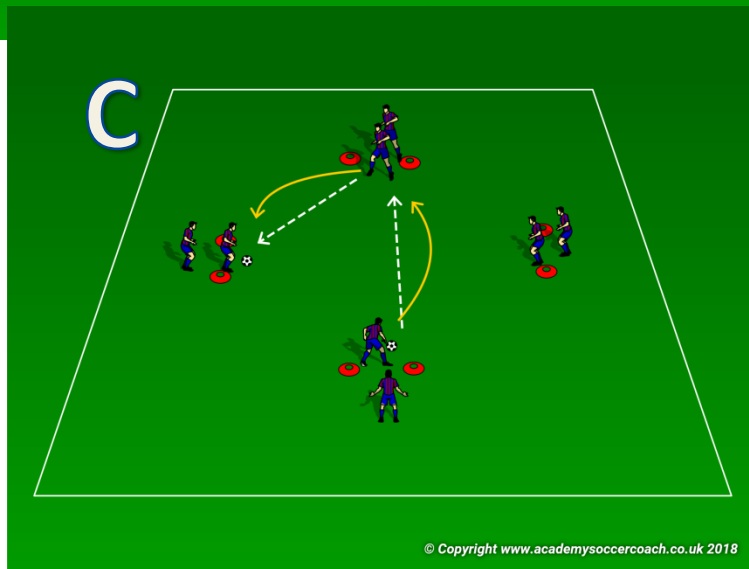
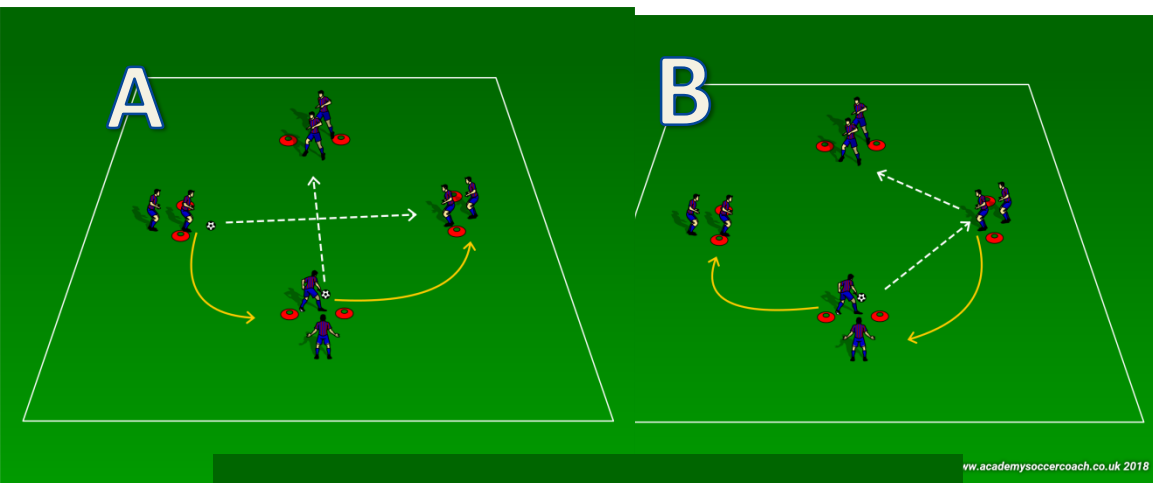
Pass & Move Activation

Area: 2 Yard Gates, set 10 yards apart.

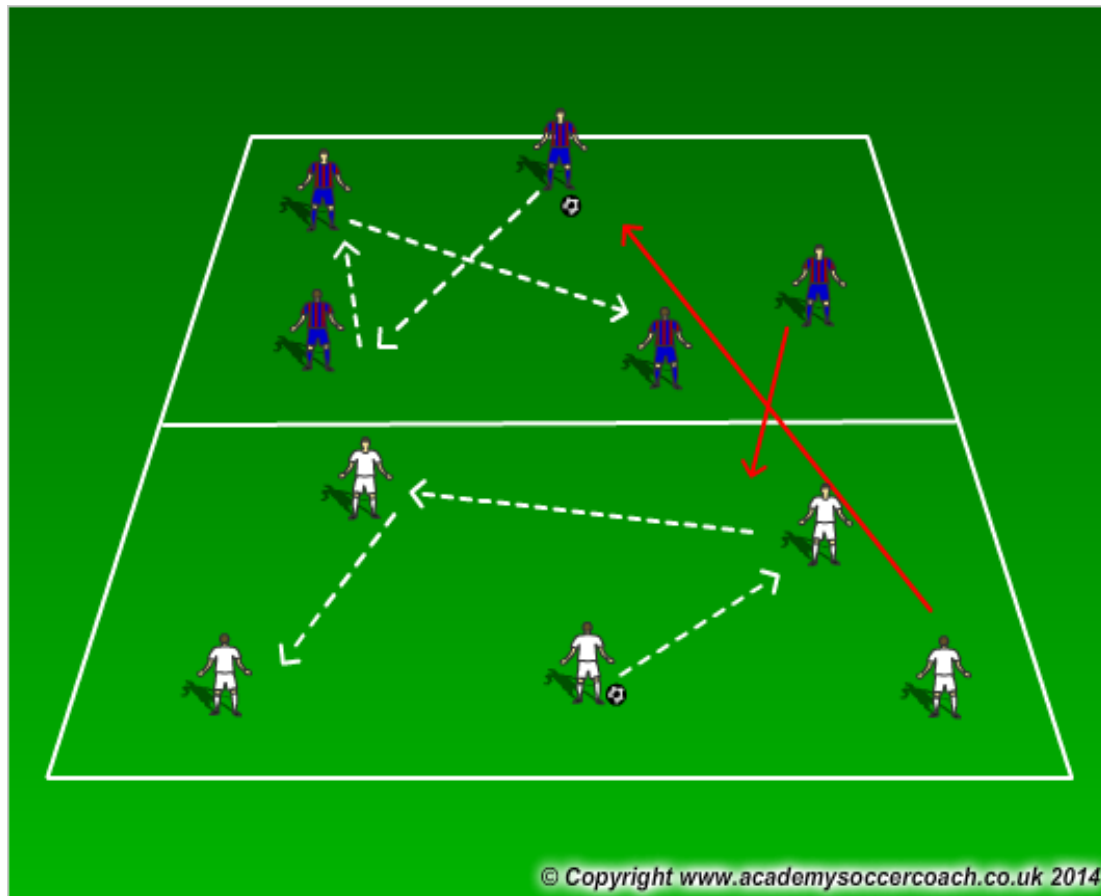
Description: 2 players at each cone. Working on different passing and moving ques. Start with 2 balls in picture “A” pass straight then move right.

Progression: 1) Pass straight move left.
2) Move to 1 ball in picture “B” Pass Right move Left.
3) Pass Left, Move Right
4) Players Choice – Pass anywhere you want BUT NOT allowed to follow pass.
5) Now player passes & follows pass as a shadow defender who runs at teammate on an angle, encouraging them to play next pass away from pressure.

Coaching points: Starts as Pass & Move activation. Focus on why we move immediately after pass – to support teammate. Play away from pressure!



PASSING: #'s GAME – 4 vs 1

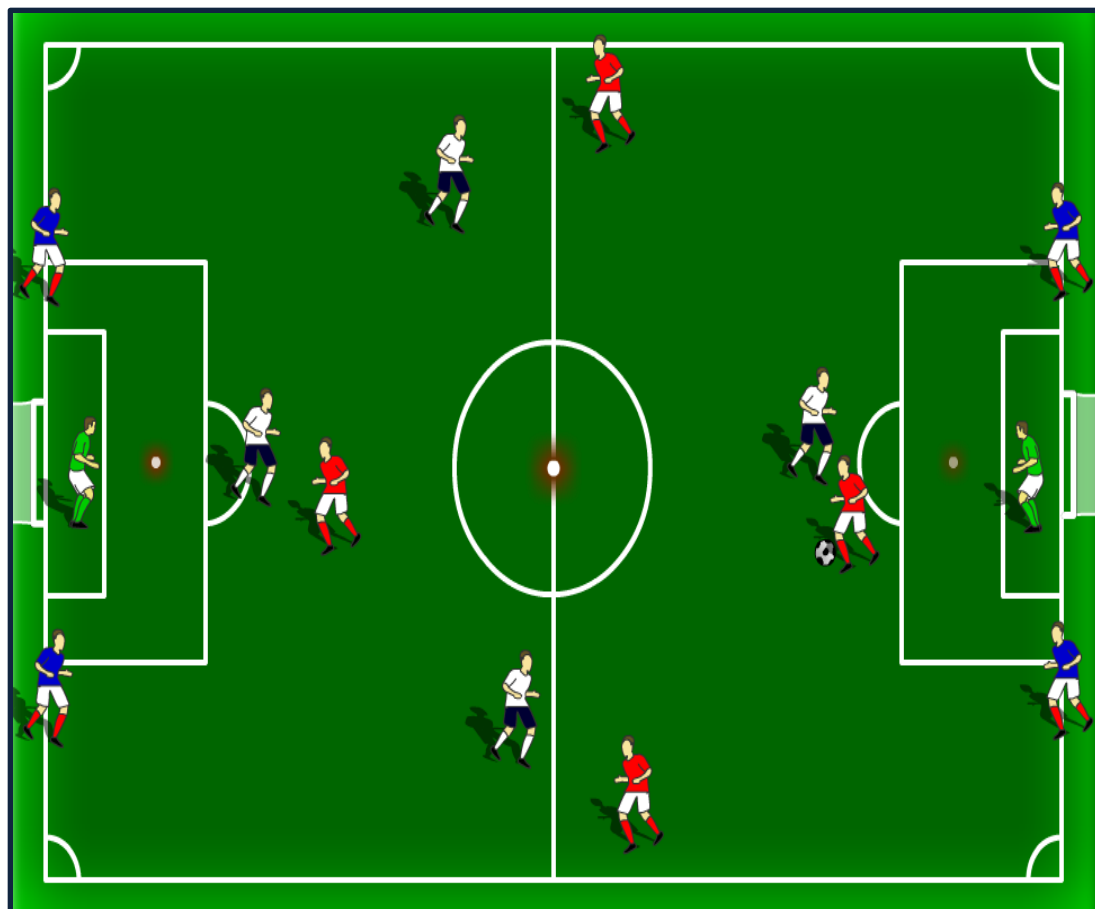


Set-up: 25 x 50 yard area (2 x 25 yard areas next to each other). Players in two separate groups of 5-10 players in each of the areas. 1 ball per team. Players number themselves within their group (1-5).

Activity: Players numbered 1-5 within the area. Players pass and move within the area to start. Coach on the outside calling out numbers. If coach shouts out # 1, then # 1 from each team goes into the opposing area and tries to win the ball (4 vs 1). First defender to win the ball gets a point for their team. If players possess the ball for more than 10-12 passes the coach calls out a second #.

Coaching Point(s): Try to move to open space (outside of the area). Paces to be hit with pace. Use your hands to let the player with the ball know where you want the pass played. Take first touch away from the pass (pressure) on the back foot. Try to split the defender(s).

7 vs 7: TARGET GAME



Area: 50 x 30 yard field

Description: Playing 7 vs 7, players must try to score goals like a regular soccer game. Place 4 target players on the by-line and try to split defenders and get them turning. The defenders must be aware of the danger the targets hold. Balls played to the target players must be played on the ground.

Formation – GK, 4 field players, 2 targets (total of 7 players)

Coaching points: Use COD moves and passing combinations to progress the ball up the field to the target players. Use laces for longer passes.

Look for opportunities to play to the targets early.

Add points/goals for scoring goals when combination is played with the target players.



Combination Play

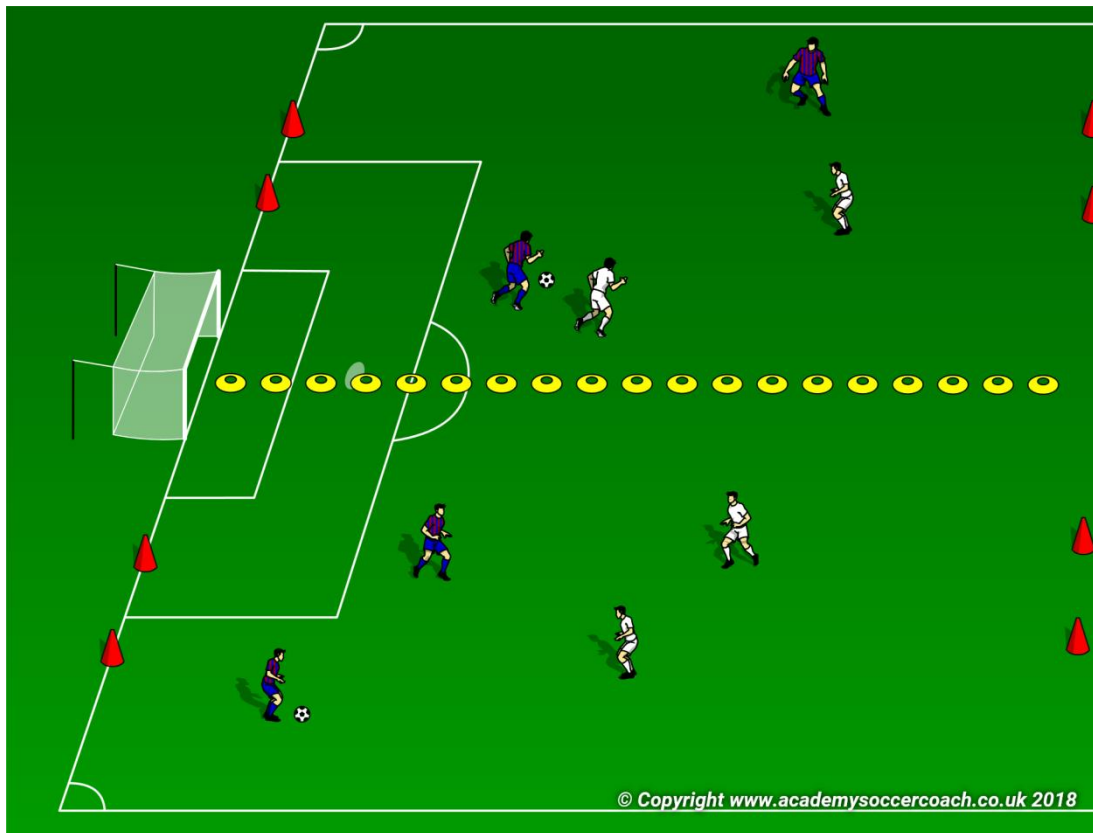


Combining or connecting passes with teammates in a strategic way to eliminate defenders is a necessity for teams to develop.

There are endless ways to combine passes to break down an opponent. We want to introduce 2 and 3 man passing patterns that often occur on the field.

We should again be looking to communicate how our technical passing warm up translates to the in game picture. Introducing ideas of passing and moving immediately & how that helps us keep the defense on their heels. Playing the ball away from pressure by opening up our hips, letting the ball roll across our body and taking our first touch in the direction we want to go are all essential parts of combining with teammates.

PLAY 2v2



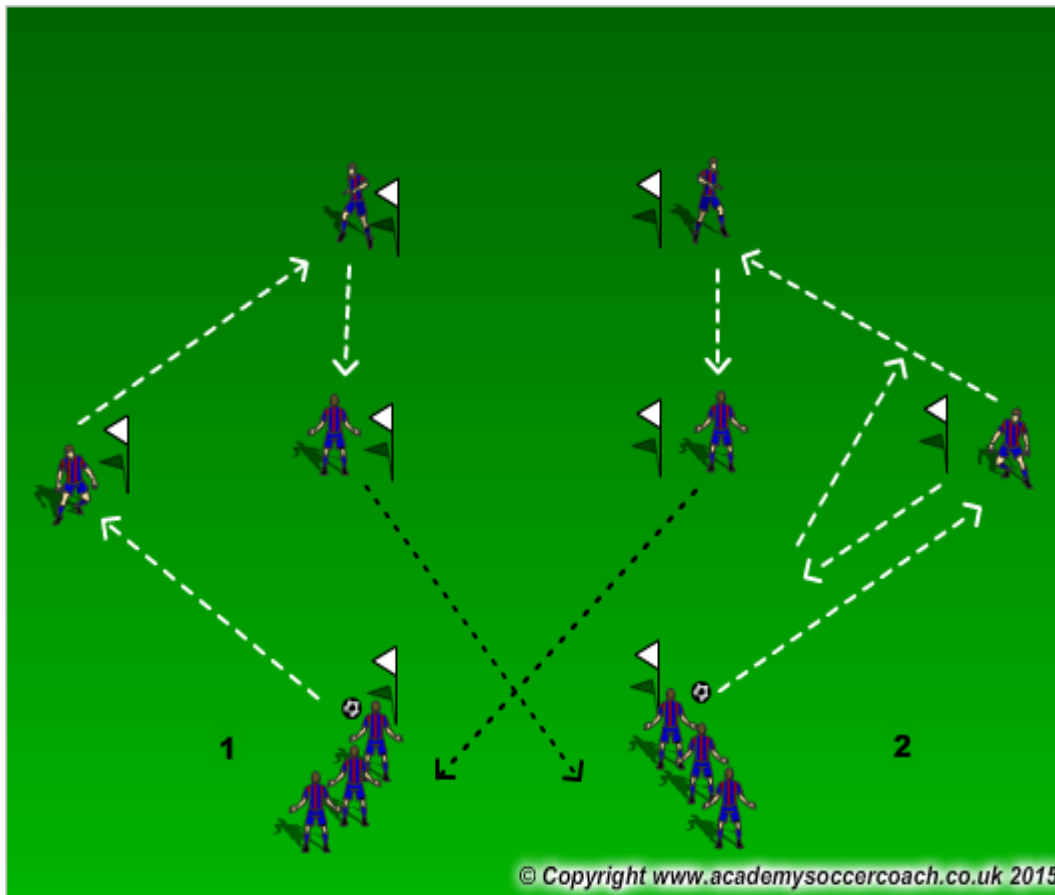
Description: Split players into 4 teams. Set up goals at end with cones about 4 feet apart. Give a ball to each field and let them play! Dribbling the ball through the gates to score.

Progression: Mix/rotate teams after 5 minutes or so. After a few games, allow players to pass the ball, on the ground, through the gates to score.

Coaching Points: Take Chances! Get Creative! Limit coaching to individuals.

Great for player development as small space and low numbers on each team force/create opportunity for players into 1v1 situations. As season progresses coaches can start pairing players of similar abilities on the same fields to help challenge and ENCOURAGE players to get involved and try new things.

PASSING WARM-UP: 2 MAN COMBINATIONS



Area: Set-up 4 cones or flags, approx. 8-10 yards apart. Mirror with two areas.

Description: Multiple players on 1st cone/Flag. All with a ball.
1 player each on remaining cones/flags

Phase 1:

Player 1 passes to outside player, player 2 passes to far cone, player 3 passes to inside cone, player 4 dribbles to the back of the opposite line. All players follow their pass.

Phase 2:

Repeat with player 1 and player 2 combining on a give and go.

Coaching Points:

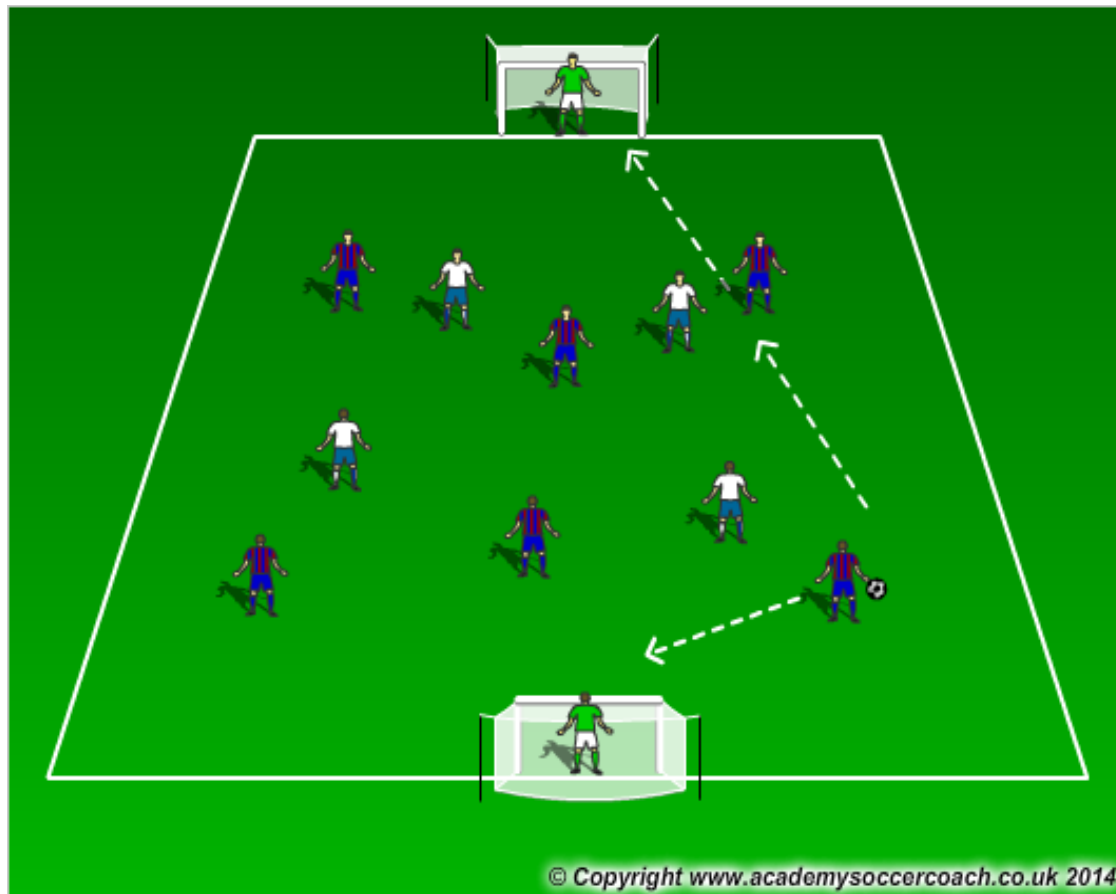
Quality of the pass – zip it in

Movement before and after the pass

First touch in the direction you want to play

Communicate – demand the ball

POSSESSION vs ATTACK



Set-up: 60 x 40 yard area. 6 vs 4 in the area with a GK in each target goal. 1 ball in the area with a supply of balls on the outside.

Activity: 6 vs 4 in the area. Team of 6 (attackers) attempt to move the ball quickly to create opportunities to shoot in either of the goals. Defenders try and delay the attacks and deny space. 5 minute possession game(s) and then switch the teams and roles. Attacking team must put together 5-7 passes before shooting on either goal.

Coaching Points: Move the ball quickly to create space and opportunities to attack the goal(s). Look for attacking passes (first look forward) and use moves and changes of direction to create space. Defenders try and deny space and delay the attack(s). If defenders kick the ball out then another one is played in. If they gain possession then try and keep the ball to delay the attack.



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6 VS 6 + 6 POSSESSION GAME



Area: 60x40 Yard Field

Description: Players play 6v6 including goal keepers.

Coaching Points:

Look for early passes into targets and incisive runs into gaps to adjust to shoot.

Balls played wide to flank player - prepare for service into box, - anticipate, time runs, get across defender to meet service.

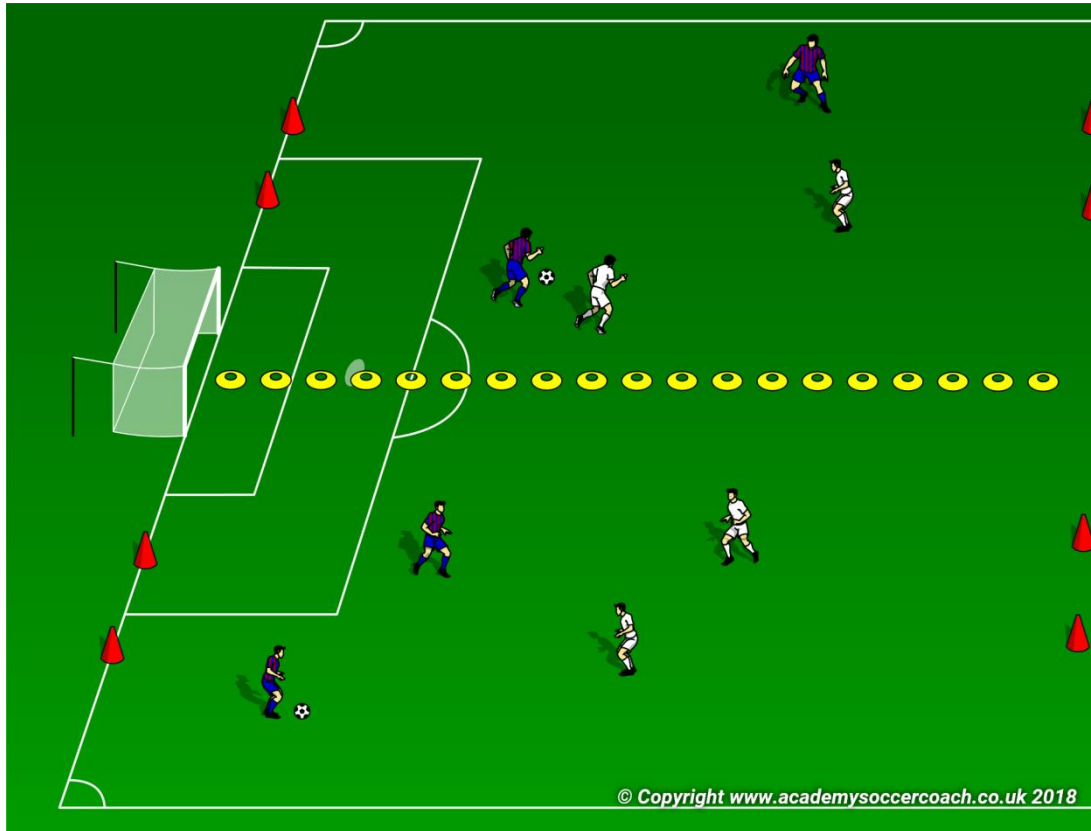


Man Up Situations: 2v1's & 3v2's

As we move closer to the end of the season we can begin to talk more about specific situations that occur throughout the game.

Taking advantage of man up situations can often be the deciding factor of the game. This week put your player in situations where they have the advantage with the ball and see if we can use concepts (finding and creating space, combination play etc..) that we have already discussed this season to make the most of the extra player in the attack.

PLAY 2v2 +1

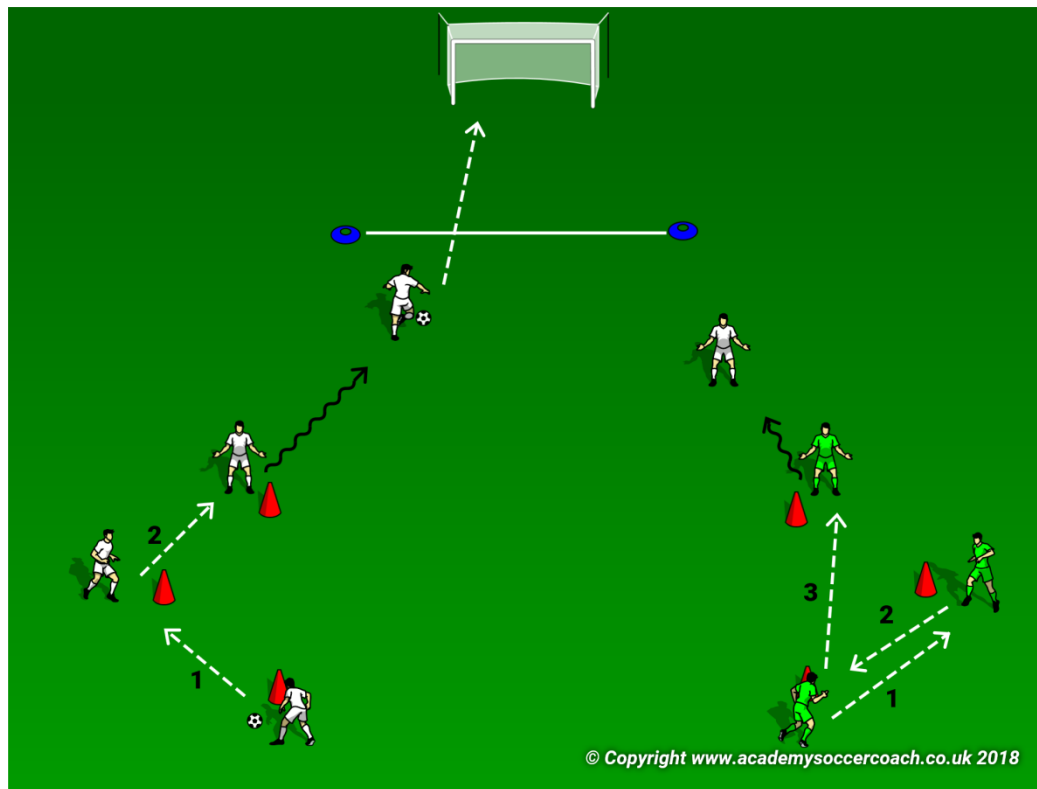


Description: Split players into 4 teams. Set up goals at end with cones about 4 feet apart. Give a ball to each field and let them play! Dribbling the ball through the gates to score.

ADD Neutral Player who plays for both teams. Whoever has ball, neutral is on that team. They DO NOT defend!

Progression: Mix/rotate teams after 5 minutes or so. After a few games, allow players to pass the ball, on the ground, through the gates to score.

Coaching Points: Take Chances! Get Creative! Limit coaching to individuals. Great for player development as small space and low numbers on each team force/create opportunity for players into 1v1 situations. As season progresses coaches can start pairing players of similar abilities on the same fields to help challenge and ENCOURAGE players to get involved and try new things.



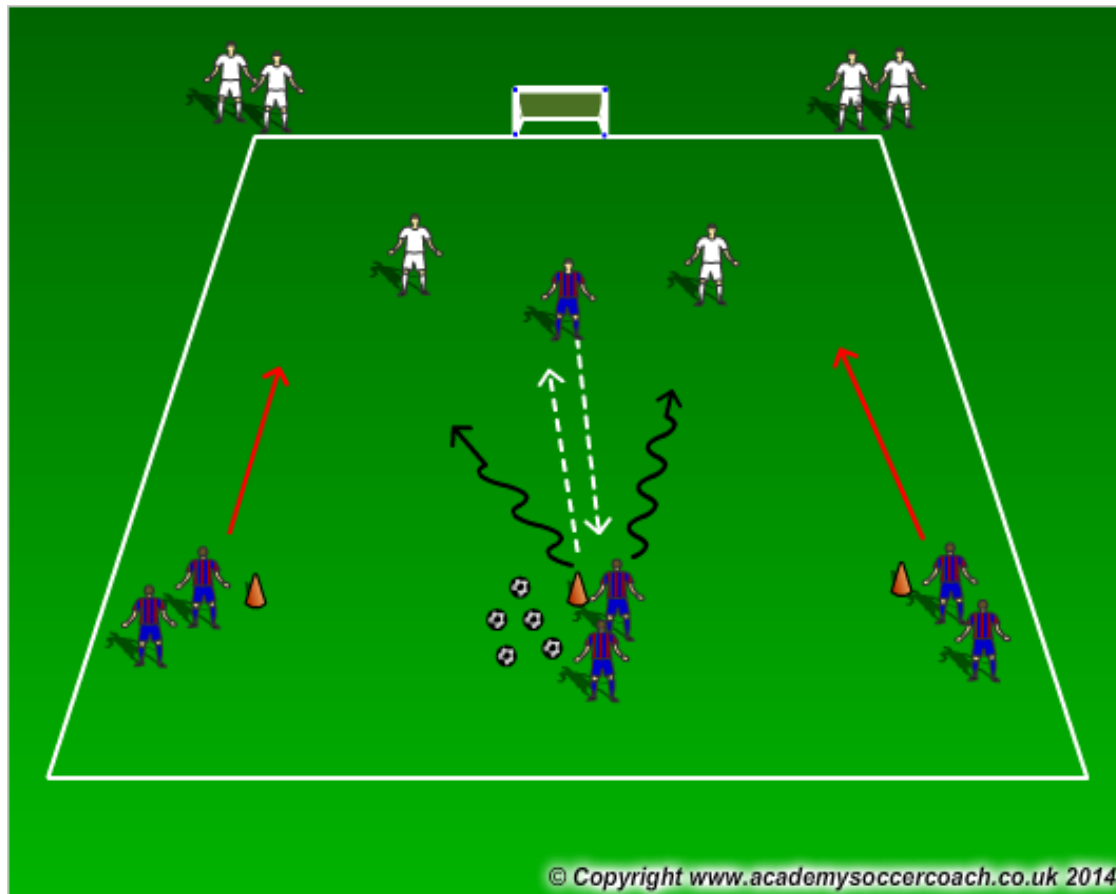
Set-up: Approximately 20-25 Yards from Goal. 3 cones set 5-10 yards away. (set cones closer together the younger the group or the closer to goal you are)

Description: Players perform different passing combinations before sending 1 of the 3 players in on a break away. *If not goalie set a line where players must shoot before crossing.

Coaching Points: Focus on clean and accurate passes. Emphasis on the weight of the pass. Ask players to try with 1 touch, no more than 2 touches. Get creative, players create their own passing combinations where everyone must touch the ball at least once and anyone can be the player to go to goal.

Progression: Add defender to attack 1v1 after combination. After attacking player, shoots or loses possession, they turn and become defender.

FINISHING: 3 vs 2 or 4 vs 2



Set-up: 40 x 60 yard field. Target goal(s) on end line. Separate players into 2 teams. 1 team of attackers, 1 team of defenders. Defenders line up on opposite sides of the end line. ½ Defenders in the area. Attackers line up at the top of the area at 3 different cones 5-10 yards apart. 1 Attacker to start in the middle of the area between the 2 Defenders Supply of balls with the attackers at the center cone. Add a GK to progress.

Description: Center attacker passes the ball into the attacker in the center of the area. The ball is played back and players then attack the goal 4 vs 2. Change the passing combinations and runs. Switch attackers and defenders around every 5-10 minutes.

Coaching Points: Passes to be hit with pace. Movement off the ball is as important as the passes. Communicate which run you are making. Attempt to play in 1 or 2 touches. Finish with a shot at the goal.

ATTACK vs DEFENSE: OVERLOAD SITUATIONS

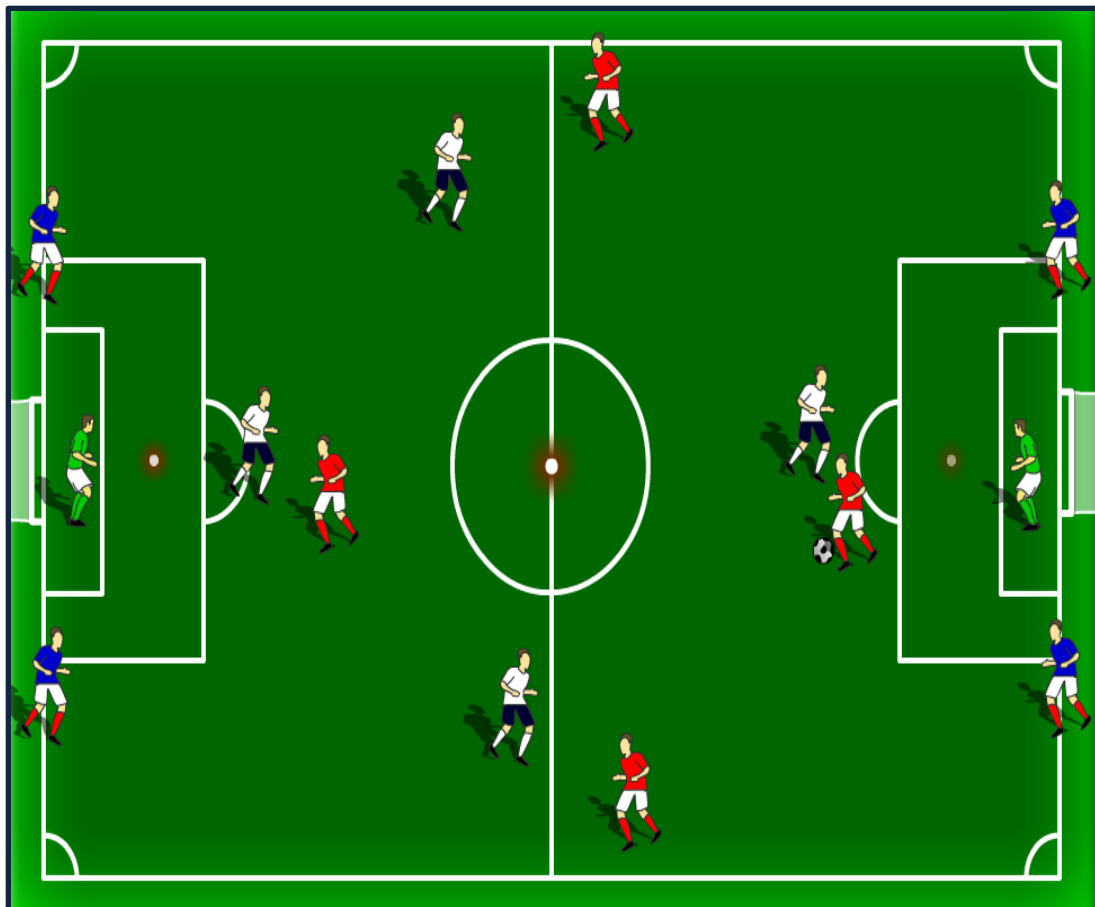


Set-up: Use half a field or a 40 x 60 yards area. Coach at the side of the area with a supply of balls. Half of the players on one end line, half on the other end line. One goal and goal-keeper on each end line. White players are defenders, colored players are attackers.

Description: Coach calls out a number and the players react accordingly. The first number is the attacking group, the second number the defending group i.e. 32 = 3 attackers vs 2 defenders, 21 = 2 attackers vs 1 defenders etc.

Coaching Points: Defenders organize themselves and communicate as to who is going out in the area to defend. Close the space down quickly and pressure the ball. If defender is outnumbered try to delay the attack by not over committing. Also try to split the defenders and show the player with the ball the side line. If beaten, make a recovery run to offer support.

7 vs 7: TARGET GAME



Area: 50 x 30 yard field

Description: Playing 7 vs 7, players must try to score goals like a regular soccer game. Place 4 target players on the by-line and try to split defenders and get them turning. The defenders must be aware of the danger the targets hold. Balls played to the target players must be played on the ground.

Formation – GK, 4 field players, 2 targets (total of 7 players)

Coaching points: Use COD moves and passing combinations to progress the ball up the field to the target players. Use laces for longer passes.

Look for opportunities to play to the targets early.

Add points/goals for scoring goals when combination is played with the target players.



Coaches/Players Choice

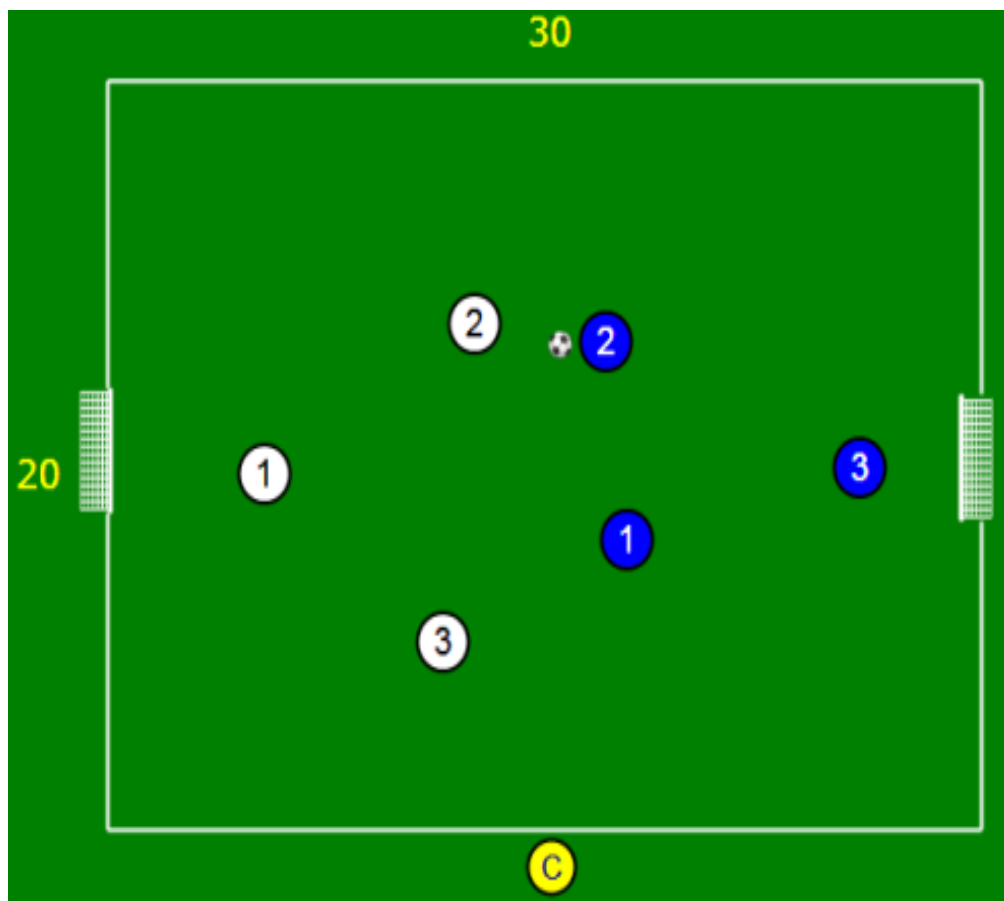


As with every season, we want the players leaving us excited for more!

Make the last session as fun as possible by incorporating games/activities that your players gravitated towards during the season. Whether you choose or they do the only focus of the day should be having FUN and Praising the players for all their hard work and development over the season!

If they leave with a smile on their face and feeling that you have recognized all of their hard work and development they will be excited to return again next season! Below are some suggestions that have proven to be fun for kids of all ages and levels.

DUTCH 4 vs 4 TOURNAMENT



Organization: 20 x **30** grid,

Teams of 4 vs 4

Play 4-6 minute games

Mix up teams every game. Give points to players:

Win – 10 points

Tie – 5 points

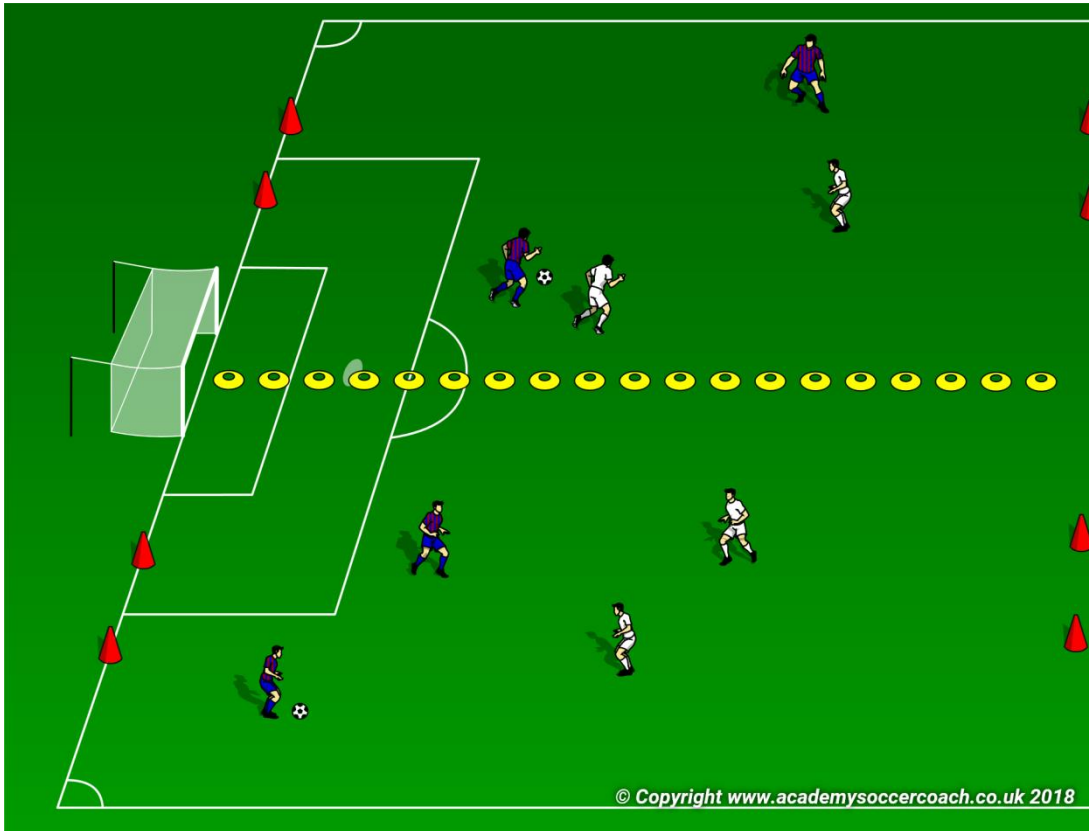
Loss – 2 points

Goal – 2 points

Assist – 1 point

Players keep their own scores.

PLAY 2v2



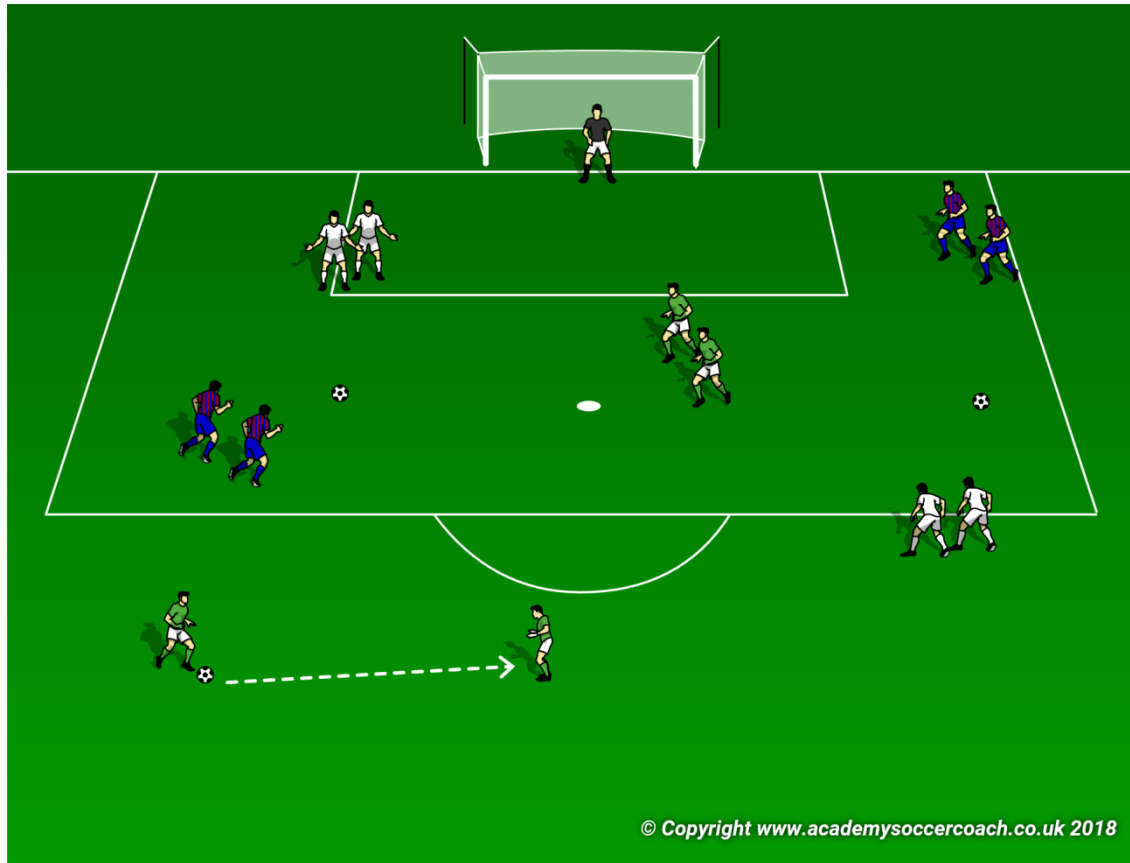
Description: Split players into 4 teams. Set up goals at end with cones about 4 feet apart. Give a ball to each field and let them play! Passing the ball, ON THE GROUND, through the gates to score.

Progression: Mix/rotate teams after 5 minutes or so.

Coaching Points: Take Chances! Get Creative! Limit coaching to individuals.

New approach to practice allows players to get right into playing and having fun. Great for player development as small space and low numbers on each team force/create opportunity for players to learn the game in a controlled small environment. As season progresses coaches can start pairing players of similar abilities on the same fields to help challenge and ENCOURAGE players to get involved and try new things.

World Cup



Description: Players pair up. Groups of 3 if odd numbers. Coaches play goalie. Throw/kick out $\frac{3}{4}$ balls. Team scores and gets to move on to the next round. Last team to score is eliminated! Play until final round of 2v2. Golden Goal Rule for Final Round! First team to score wins!!

Progression: 1) Must complete 1 pass before going to goal. 2) Must be 1 touch finish. 3) Must score from outside the box

Coaching Points: Take Chances! Get Creative! Work Together! Head Up! Scan Area!

Talk to players about setting a “team strategy” for advancing. Great opportunity for social development between teammates to work together to formulate a game plan... Are we going to work together to go after same ball? Do we want to split up? Does 1 player “hang” in front of goal? How does your strategy change as game develops and competition gets tighter?

Power & Finesse



Area: 25 to 30 yards in front of goal.

Description: 2 teams split in lines at starting cones. 1 goalie needed! Balls beside goal with coach. Each player gets 2, one time, shots on target. Player must score at least 1 goal to stay in the game. If they score both, they can “challenge” any player from the other team, who now needs to score both to avoid elimination. However if the challenged player scores both, the player who challenged them is out! Team with last player standing wins!

Progression: Must score both to stay in. Must use Laces for power & inside for finesse.

Coaching points: Power = LACES, head down, knee and chest over the ball * land on shooting foot. Finesse = INSIDE of foot. Pick out a side of the net and pass the ball by the GK.

4v4 Inside 18



Description Split group into 3 teams of 3 or 4 depending on the numbers. One team on the outside have two touch. Coach at top of box has supply of balls and always starts from him. Outside team at top of box CAN score / Wide CANT score. Team attacking has 10 balls to score as many goals as possible. After 10 balls are done. Teams rotate.

-Coaching Points

- Movement off ball to create space
- Aggressive runs when ball goes into targets
- Quick / Early finishes
- Not a possession game – be direct!
- Quality finish
- First touch to goal
- Players should be looking to shoot on 2nd touch!

Academy Finishing Game



Area: 50x40 Yards

Description: 4v4 (Can go as big as 6v6) Teams can score from anywhere on the field. Bumpers play in the attacking half of field.

- Advanced Targets have 1 touch
- Wide Targets have 2 touch (game speed)
- Do not have to use targets – look to score at all times

Coaching Points:

- Movement off ball to create space
- Aggressive runs when ball goes into targets
- Quick / Early finishes
- Not a possession game – be direct!
- Quality finish
- Runs into box