



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.

Click for our [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.



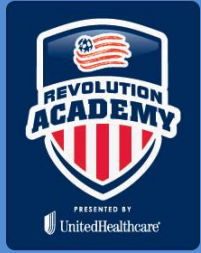
NSCCL/BAYS U12

SEASON GOALS – 5th & 6th Grade



As coaches, it is important to note what we are trying to achieve each and every season. For starters, 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.

- Creating Fun, yet Challenging environment that encourages creativity, technique, fundamental skills and celebrates the process of learning are the TOP Priorities of our coaching staff.
- Building on confidence with the ball by progressing 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!



NSCCL & BAYS U12

Ball Mastery Goals – 5th Grade



Foundation Touches Side to Side - Now move body to left whilst performing 3-4 “side sprints” and then back to the right in a zig zag fashion.

Sole Taps Side to Side – Moving the ball from side to side, left foot to right foot in a zig zag fashion.

Foundations W/ Combo – Starting with foundation touches, on command coach call out a particular skill move to perform then players get back into foundation touches.

Sole Taps W/ Combo – Start with sole touches and on command coach calls out another skill move to perform and then players get back into sole taps.

1v1 Move

Step Over – Require a similar fake to the scissor but now you step over the front of the ball.

COD Move

Pull Push Behind - Pull ball to side & behind standing foot and using inside of big toe push across to control with other foot

Escape Turn

Circle Roll/Turn - Moving ball with either the inside or sole of the same foot in a circular motion.



NSCCL & BAYS U12

Ball Mastery Goals – 6th Grade



Foundations W/ Roll Over. 2 Foundations touches followed by a roll over and repeat. 1st touch inside right foot, 2nd touch w/ inside left foot then use right sole to roll the ball over and repeat starting with first touch left foot.

Pull Push Side to Side – “V Touches” – Set ball in front of and to the side of you. Reaching across your body, with the sole of your foot, pull the ball back in and take second touch out in front and to the opposite side. Then repeat with opposite foot.

1v1 Moves

Double Scissors – Same idea as a single scissor. Now just do 2 scissor steps with both feet. Scissor step with left, scissor step with right then take ball away to left for example.

Roll Step Over – Combining the roll over and step over. Roll the ball across your body with your right foot going from right to left and your next step with your left foot steps over the ball.

COD Moves

Roll Over/Outside Chop – Running straight. Rolling your sole over the top of the ball while coming to a stop and use the outside of the same foot to take the ball back in the opposite direction.

Roll Over/Inside Cut – Same as above; however this time letting the ball roll across your body to the opposite foot to use the inside of that foot to take the ball back in the opposite direction.

Escape Move

Lift Touch – Using your toe to dig in under the ball to lift it up and over a defenders leg. Often used in 50/50 situations where you beat a defender to the ball and know they are coming in hard for a tackle.

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. Intro to Team – Have Fun, Set Goals & Expectations
2. Introduction of Ball Mastery Goals – 1v1 Attacking
3. COD/Escape Moves
4. Speed of Play
5. Finding/Creating Space
6. Finishing
7. Combination Play
8. Switching the Point of Attack
9. Finishing From Wide Areas
10. Coaches Choice



Session One

Introduction to Team

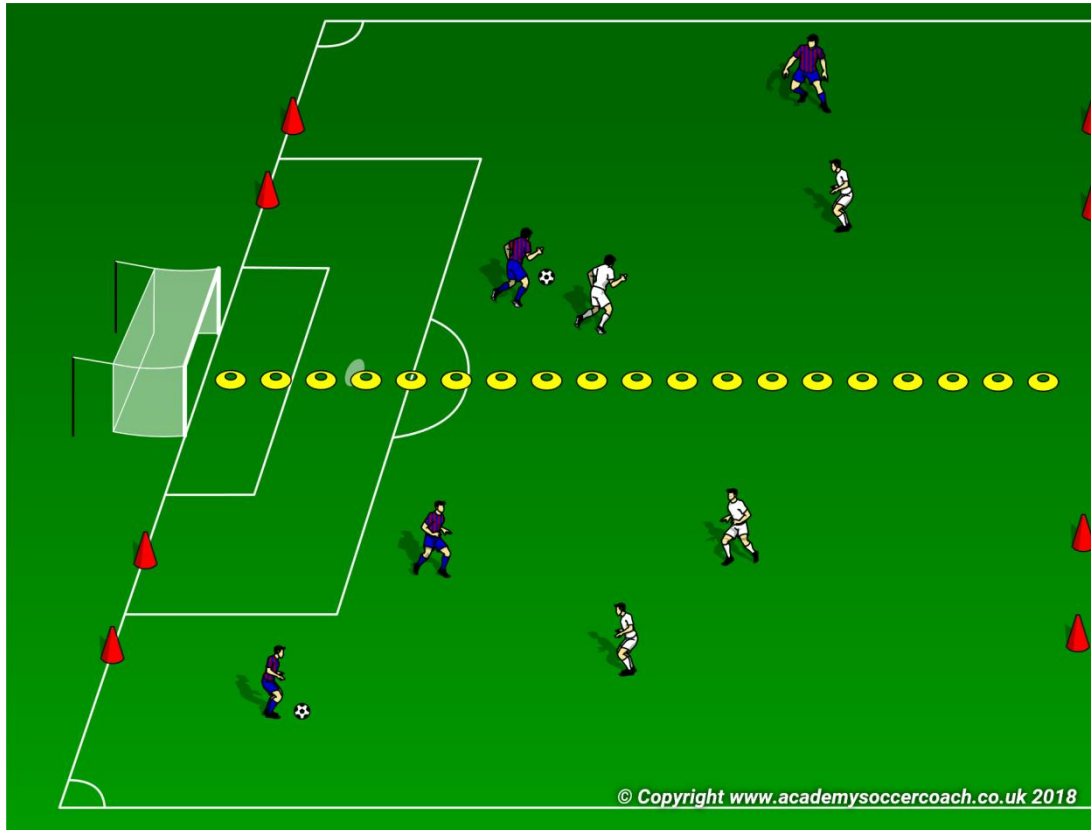


First Session of the Season is an opportunity to get the kids excited for another season, set some guidelines and expectations for the team!

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



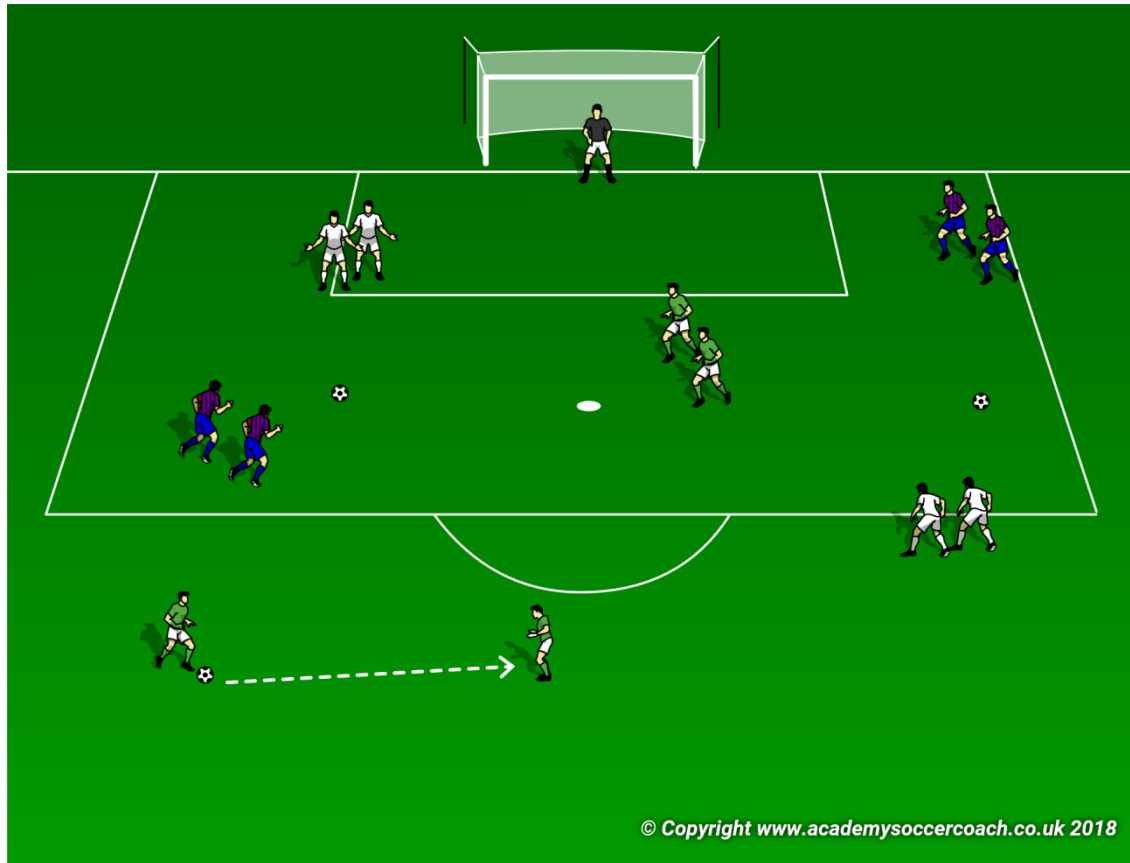
Description: Split players into 4 random teams. Set up 2/3 fields w/ goals at end with cones about 4 feet apart. Give a ball to each field and let them play! Passing the ball, ON THE GROUND, through the gates to score.

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



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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.

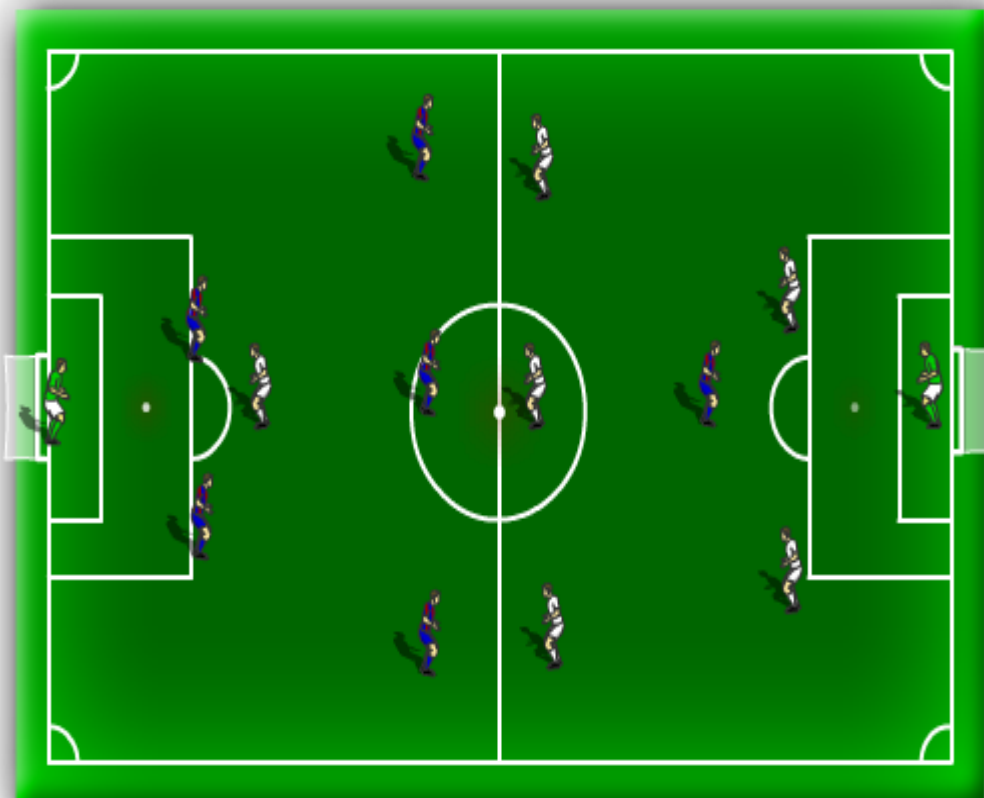
Progression: 1) Each player receives pass from coach at each shooting line. 2) Players must shoot first time! 3) Players must score at least 1 goal to stay alive in the game and return to the back of their line! 4) If they miss, they are out! (Begin Helping to collect balls for server). 5) Last team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



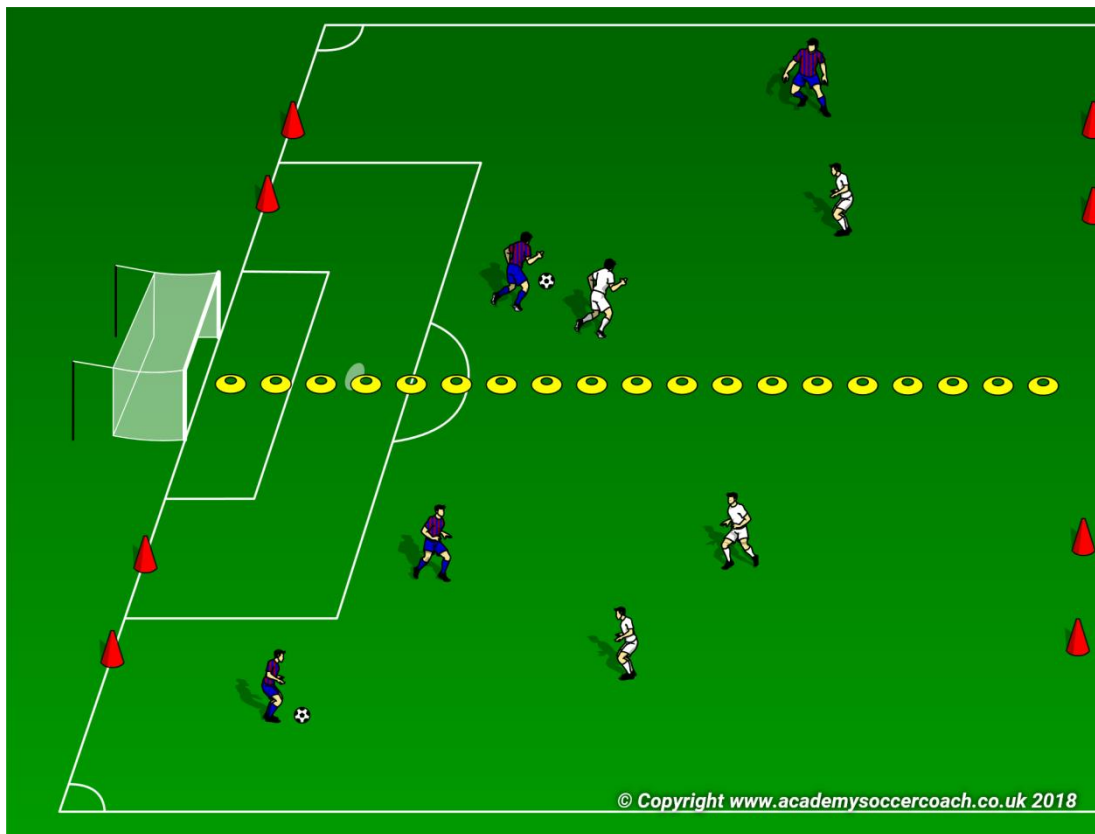
Session two should be about introducing new ball mastery skills and setting goals for the season as individuals!

Does not matter where the players are at with the moves now, but about the small steps necessary to improve over the long term. Look up our Ball Mastery Matrix, 1v1 moves to find ways to challenge players to be creative!

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

LET THEM PLAY! SCORE GOALS! CELEBRATE TEAM WORK!

PLAY 2v2



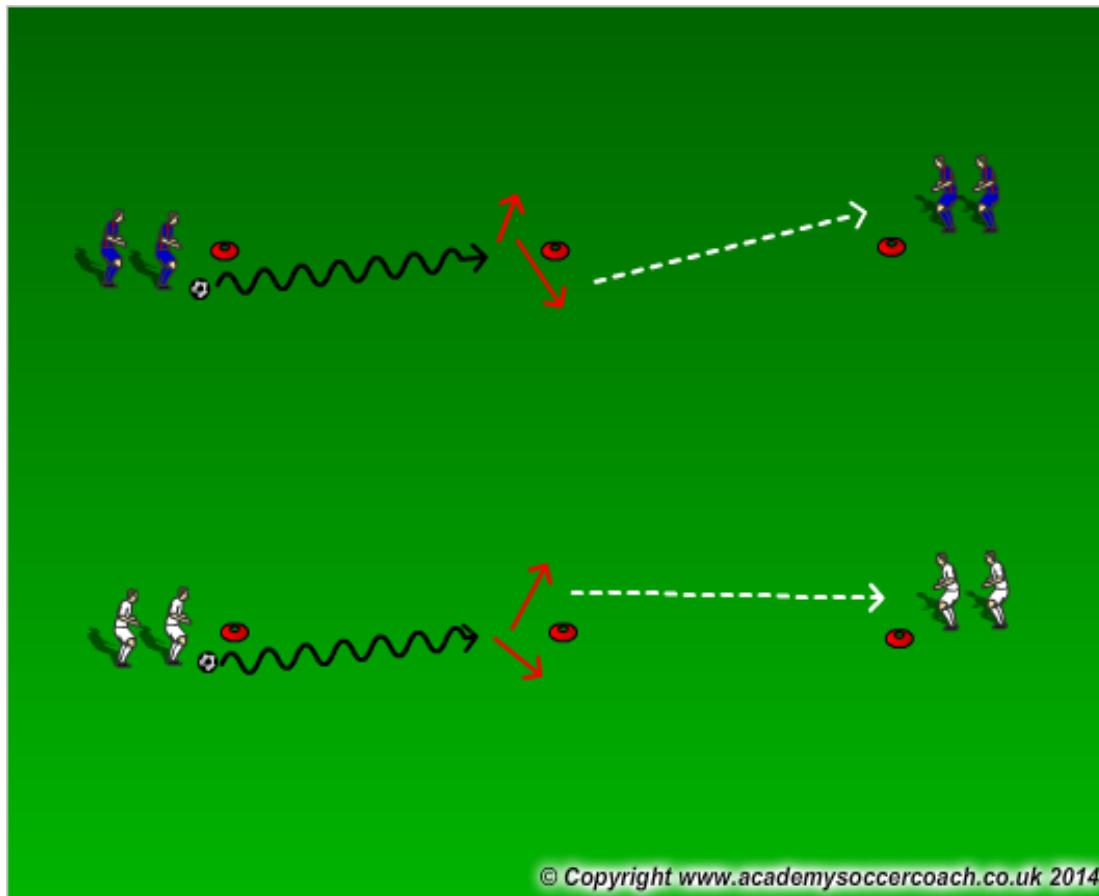
Description: Split players into 4 teams. Set up goals at end with cones about 4 feet apart. Give a ball to each field and let them play! Dribbling the ball through the gates to score.

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.

PASS AND FOLLOW WITH FAKES



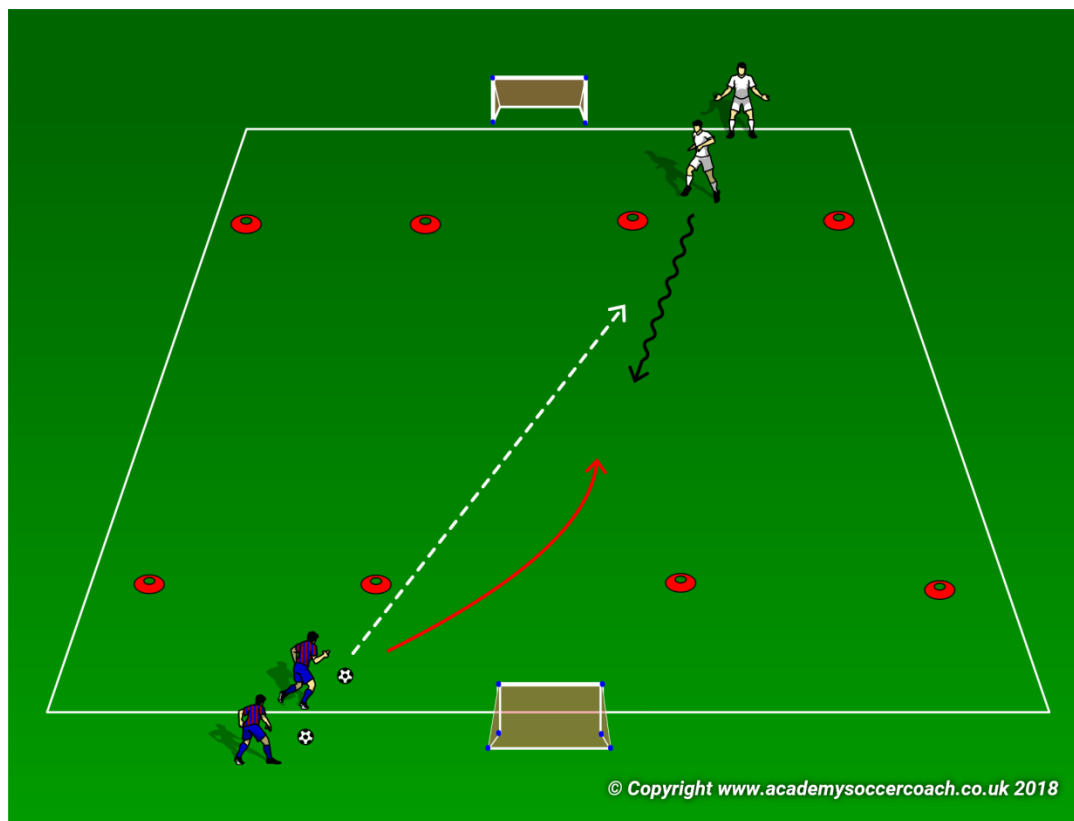
Set-up: Players Approximately 20 yards apart (center cone @ 10 yards). Multiple players in line(s) depending on #'s. 1/2 Balls per group, depending on #'s.

Activity: Player(s) with the ball dribble across the area, staying to the right side of the cones and at the half way cone pass to the opposite player. All players follow their pass. Players perform a fake before and around the center cone, then pass to the opposite line of players.

Progressions: 1) Fake Left – Go Right. 2) Fake Right – Go Left. 3) Scissors Left – Take Right 4) Scissors Right – Take Left 5) Player Decides

Coaching Points: Dribble with close control, concentrating on the dribbling combination. Quick touches rather than speed. Fake around imaginary defender (cone) and make sure the change of direction is big. Add in change of speed after fake; positive first touch out of the fake. Quality pass to the opposite player, concentrating on accuracy and speed of the pass.

1 vs 1 to End Zone & Goal

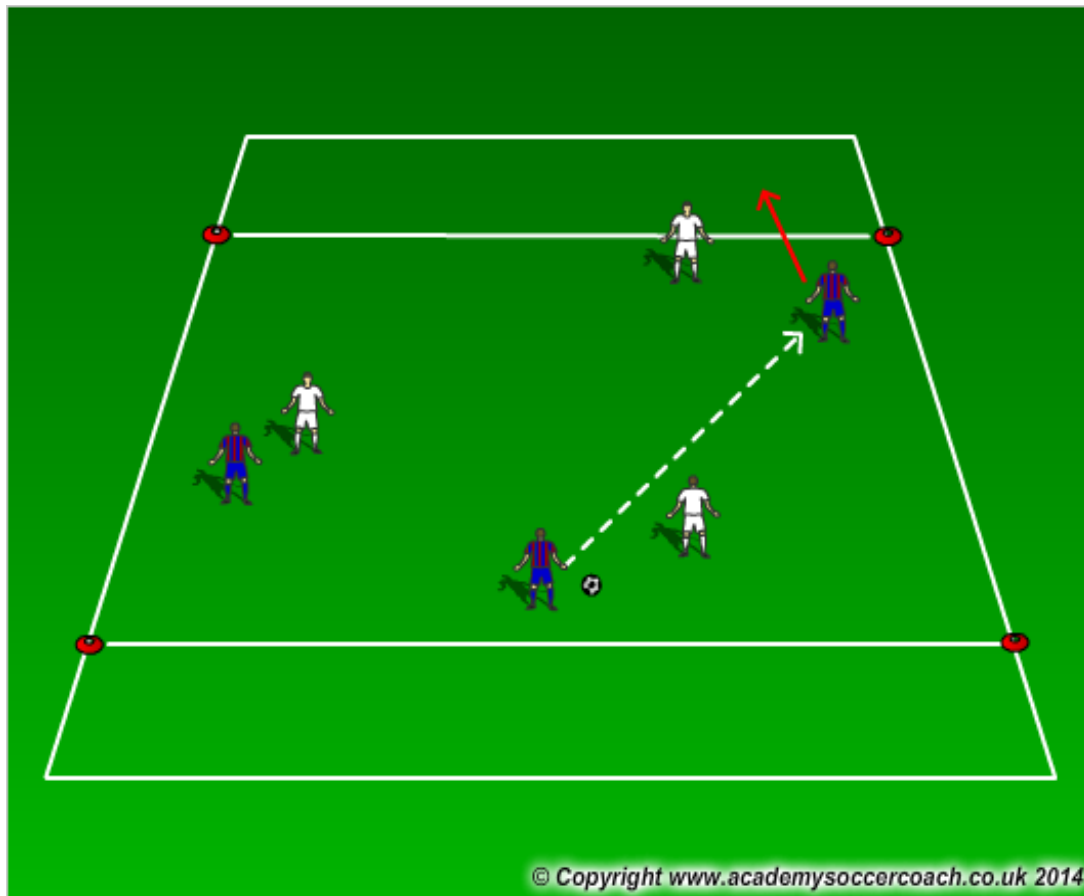


Set-up: 25 by 15 yard field with 4 yard end zone in front of each goal.

Description: Team 1 start with a pass across to team 2. Object is to beat the defender into the end zone and score in the target goals. Once possession is lost, the ball goes outside of the area or a goal is scored the defender (Team 1) collects the ball and goes back to their starting line. The attacker (Team 2) now becomes the defender against the next player from Team 1. Repeat.

Coaching Point(s): Attackers take a positive first touch into the area. Use moves to beat the defender. Attempt to shoot once an opportunity arises in the end zone. Defenders make an angled recovery run to get in front of the attacker before they reach the end zone. Slow down as you reach the attacker, get into a good defensive position. Do not dive in or lunge. Keep moving your feet. Try to force the attacker to the outside. Stay touch tight.

END ZONE GAME: 3 vs 3 & 4 vs 4



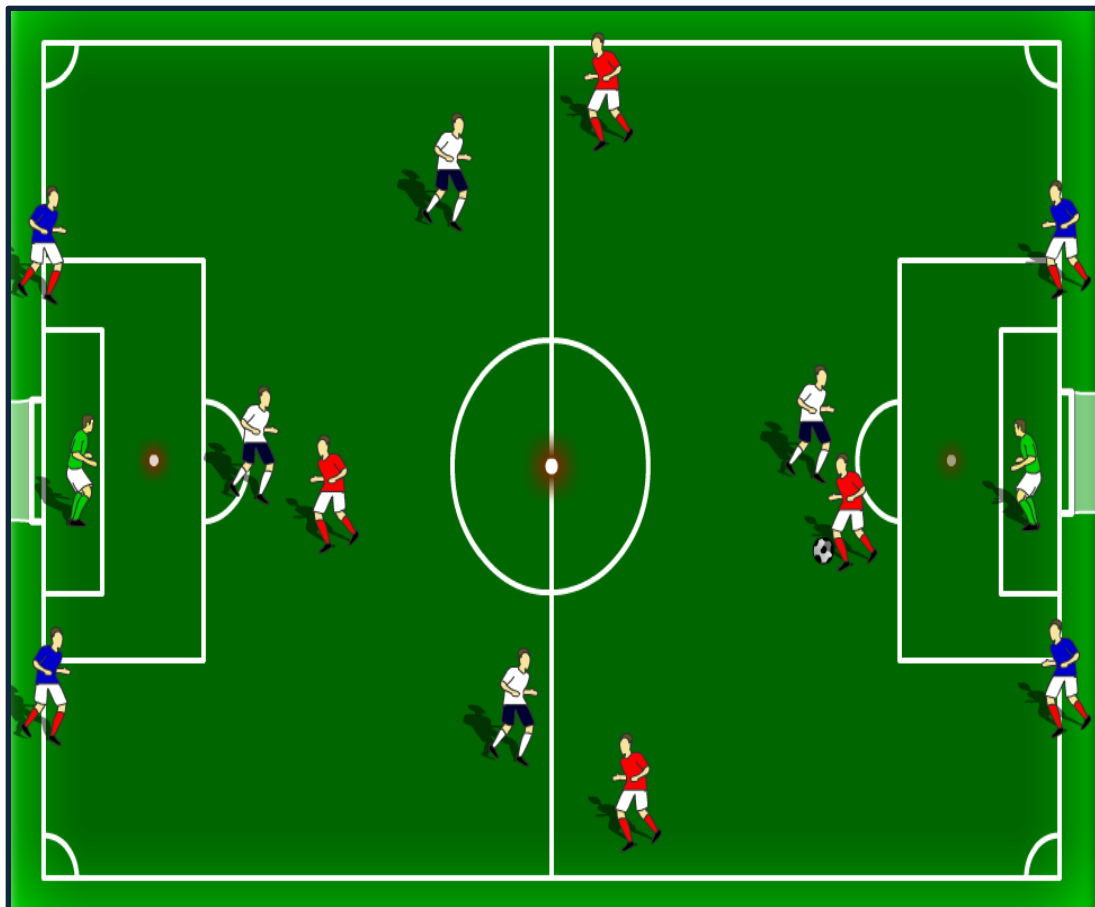
Set-up: 25 x 40 yard area with an end zone (5 yards) at each end. Two teams of 3-4 players. Supply of balls on the outside of the area.

Description: Normal game of soccer, however players are attempting to dribble their ball across the end line and into the end zone for a point.

Progression: Team is only allowed 2 passes until player must attempt to dribble the opponent for a point.

Coaching Points: Move the ball quickly (speed of play) with either a pass or positive dribbling touch. Get wide to create space. Use combination plays to beat the defenders. Look for passes 'beyond' the first defender. Use changes of direction to beat the defense.

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 1v1 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 player beats defender with 1v1 move we used during the warm up.



Change of Direction Moves



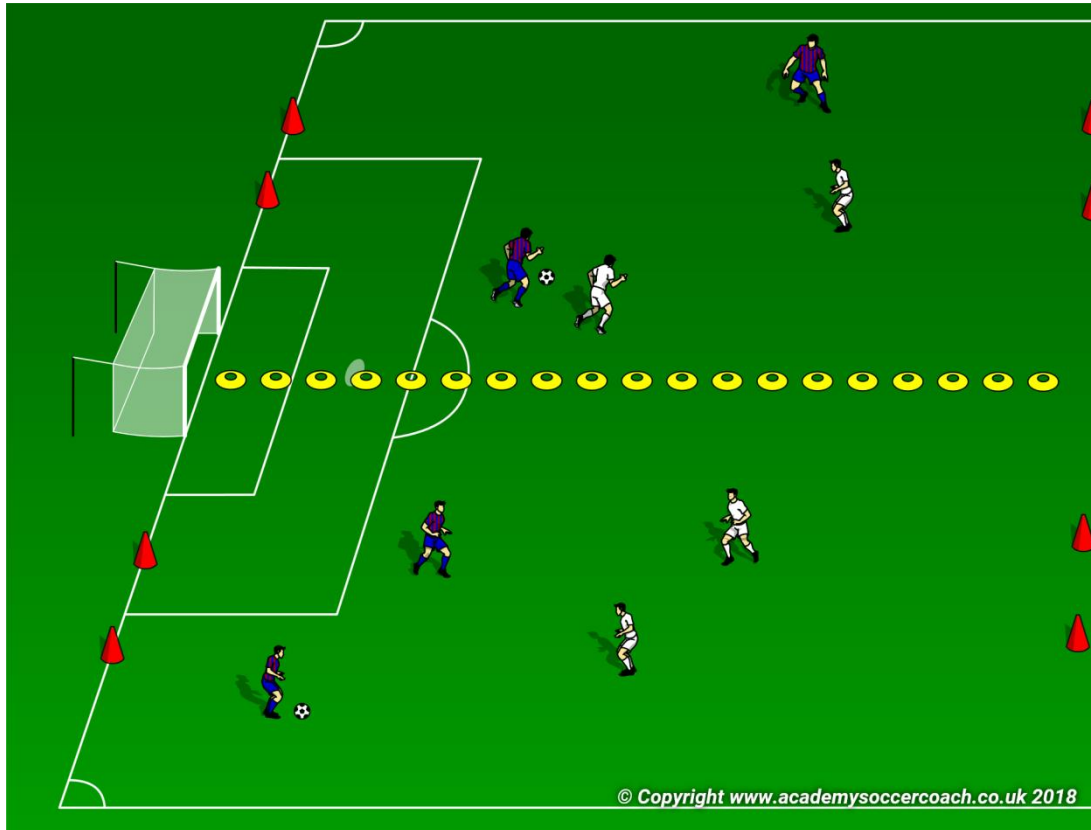
Our focus stays on the ball but moves specifically towards changing direction.

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, 3v3



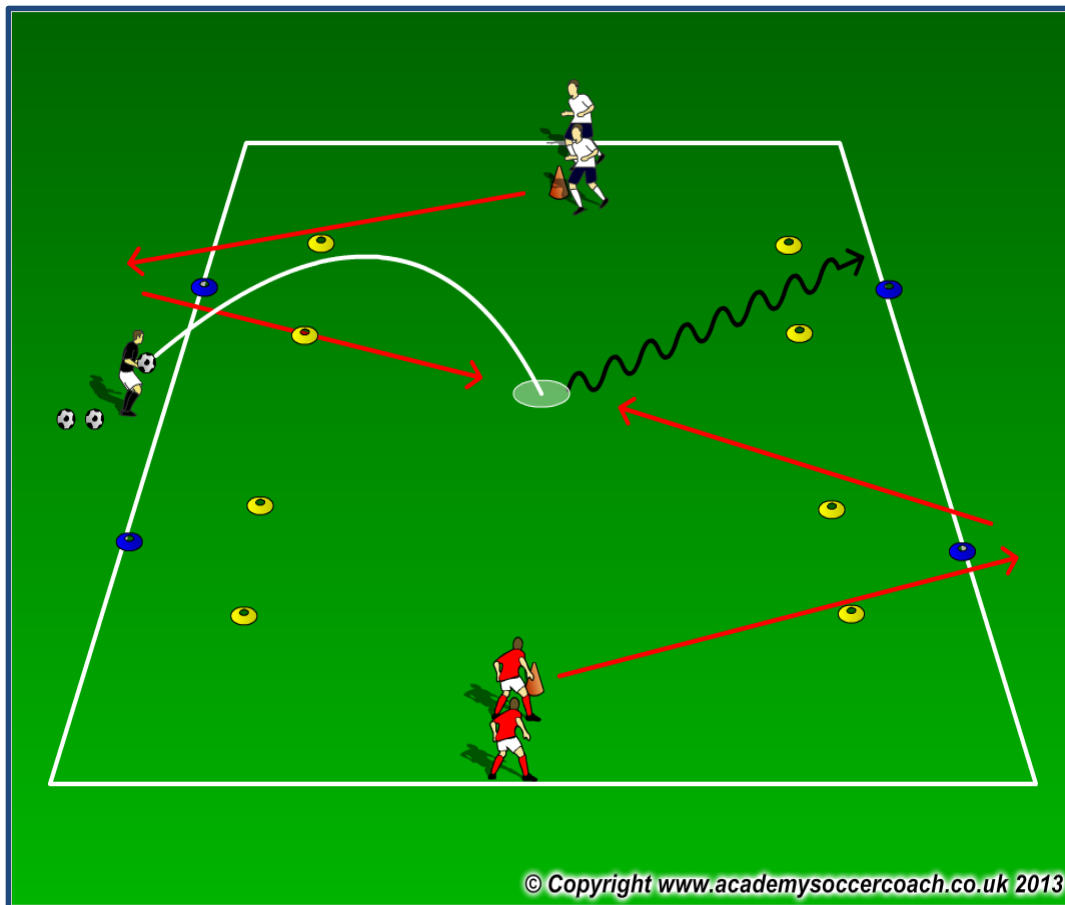
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Progression: Mix/rotate teams after 5 minutes or so.

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.

1 VS 1's: CHANGE OF DIRECTION



Area: Start cones are 15 yards apart, wide cones are 15 yards apart and 5 yards from start cones, gates are 2 yards wide, and 3 yards from wide cones.

Description:

Separate the group into 2 teams, the first player from each line play 1v1. Players must react to the ball being played in, then run around the wide blue cone before challenging for the ball. To score the players must dribble through one of the gates.

Coaching Points:

Always protect the ball
Correct Foot
Scan
Quick acceleration after move
Moves: Use turns/fakes from Week 1-3

Small Sided Game – 4 Gate Game



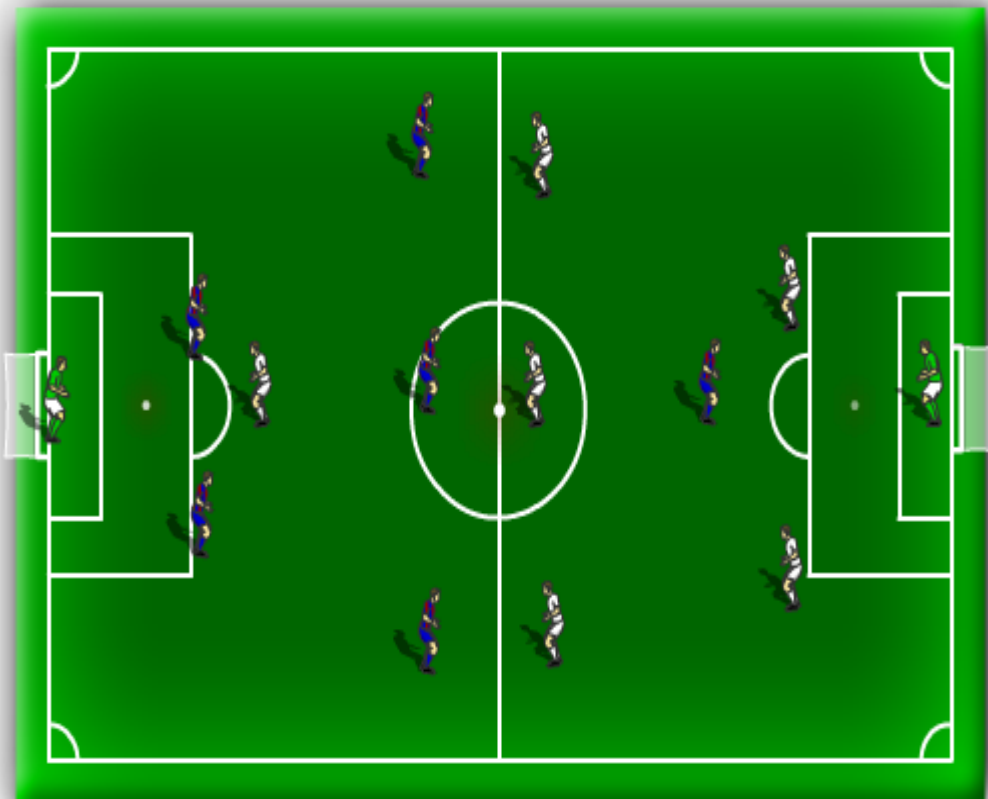
Set-up: 20 by 15 yard field with 4 gates being used as goals.

Description: Separate into teams of 3/4. Teams are assigned 2 goals to defend and 2 goals to attack. Players play 5 minute games of soccer where you must dribble the ball through the gate to score a goal.

Progression: 1) Change the goals each teams attack. 2) Only allow 2 passes max before player must attempt to dribble through gate.

Coaching Point(s): Keep eyes up to find open gate. Be creative. Take Chances. Protect the ball from defender by keeping body in-between ball and defender. Accelerate after COD move. Encourage dribbling. Communicate with teammates to help find open space/gates. Quick, decisive decisions.

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

Add points/goals for successful fakes within the game.

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

Formations: Set-up in a diamond formation;

1 – 2 – 4 (4 players in a diamond)

Introduce rules when the game situation arises.



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Speed of Play

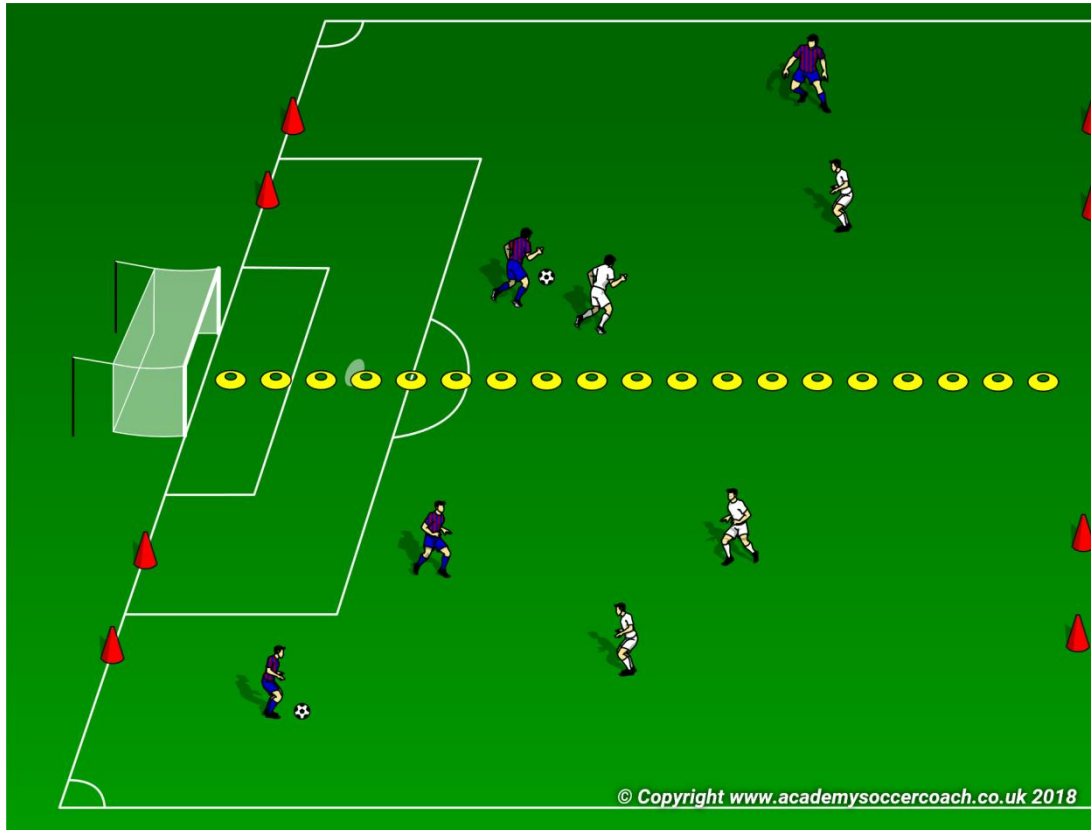


Now that we have spent a little time on the ball and have built some confidence, we want to start talking about how quickly we can move it.

Encouraging our players to try and play 1 and 2 touch is great, but are we putting them in situations to give them enough reps?

Use these drills and activities to encourage your team to move the ball quick. Setting a pass count focus to earn points will show players the importance of passing the ball flat on the ground in relation to playing quickly!

PLAY 2v2, 3v3



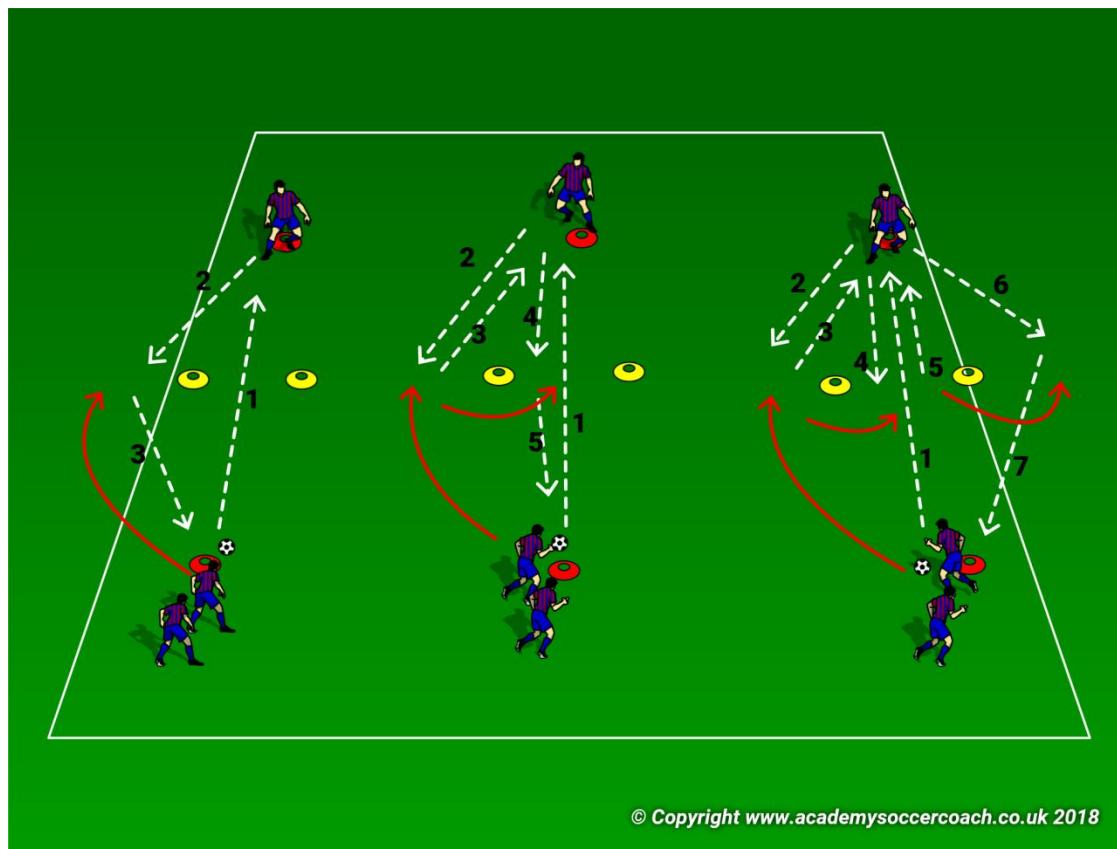
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Electronica



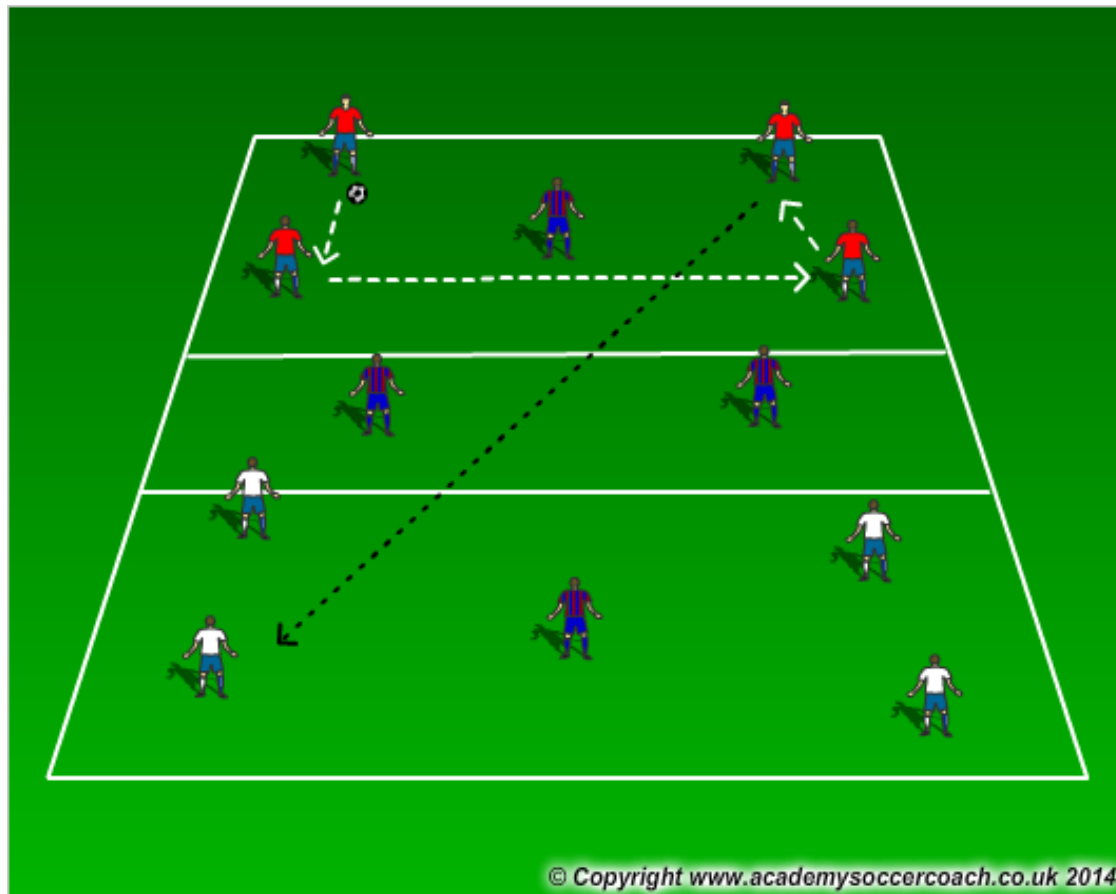
Area: Red Cones 12 Yards from opposite cone. 1 Yard yellow gate halfway between.

Description: 1st touch activity working on passing and moving progressions. Top player is “target” who stays at cone until coach says to switch. Ball never stops moving. Pass into target and check to one side of gate. Receive ball back and play ball to start of line & next person repeats.

Progression: 1) Add a pass so now player sets back to target checks into the middle before turning and passing to start of line. 2) Add pass again.

Coaching points: Firm, flat & accurate passes. Weight of pass. Scan shoulder! 2 touch, 1 when possible. Game Speed!

3 TEAM PENETRATION



Set-up: 60 x 40 yard area with a 5 yard zone in the center. 3 teams of 4 players. 2 teams in each end area, 1 team split with 2 defenders (1 in each area) and 2 players in the center zone. 1 ball in the area, with a supply of balls on the outside.

Description: 4 vs 1 in the bigger areas. Possession game with the object to transition the ball to the opposite zone either on the ground or in the air. Defending team attempt to intercept. Add passing conditions (4 passes before the ball can be transitioned) or pass limits (2 touch) to increase difficulty. Teams play 3 minute possession games and then change roles. Progress to teams changing positions once possession is gained.

Coaching Points: Move the ball quickly (speed of play) with reduced touches if possible. Look for gaps and opportunities to transition the ball to the next area. First touch away from pressure.



Area: 30x40 yard field, with halfway line

Description: Split group into two teams with 1 or 2 Playmakers depending on numbers. Players must stay in their half of the field. Unlimited touches for team in defensive half, making sure to add keeper as field player when in possession.

2 touch max for players in attacking zone.

2 touch max for advanced targets.

Player in defensive 3rd can join the attack off a combination play.

(playing 1 touch for the forwards, forces them to combine to go to goal)

Coaching points: Play quickly out of the back, look to go forward when it is on. Quick combinations with forwards. Look to find advanced targets for combos.

Movement to lose defender off a combination (opposite movement done at speed to shake the defender.)



Finding & Creating Space

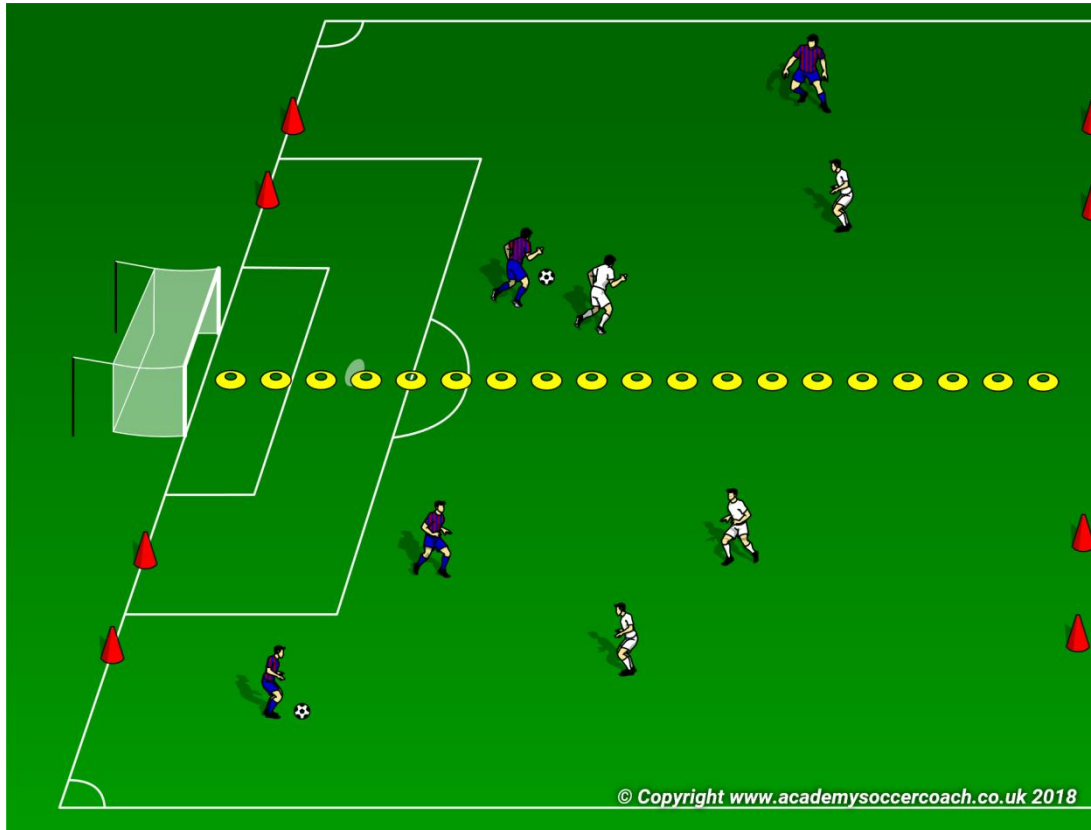
In Session 5 we start to focus on how we can find and create space to attack as both an individual (dribbling) and as a team (passing/moving).

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

How can I 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, 3v3



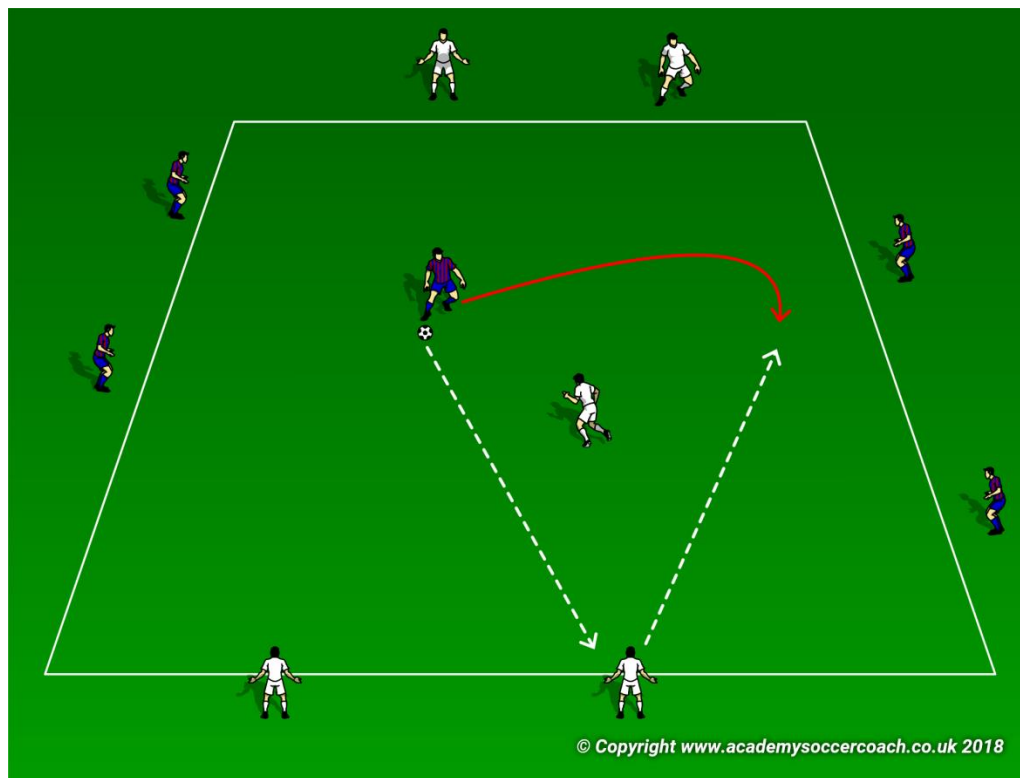
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1v1 Gauntlet



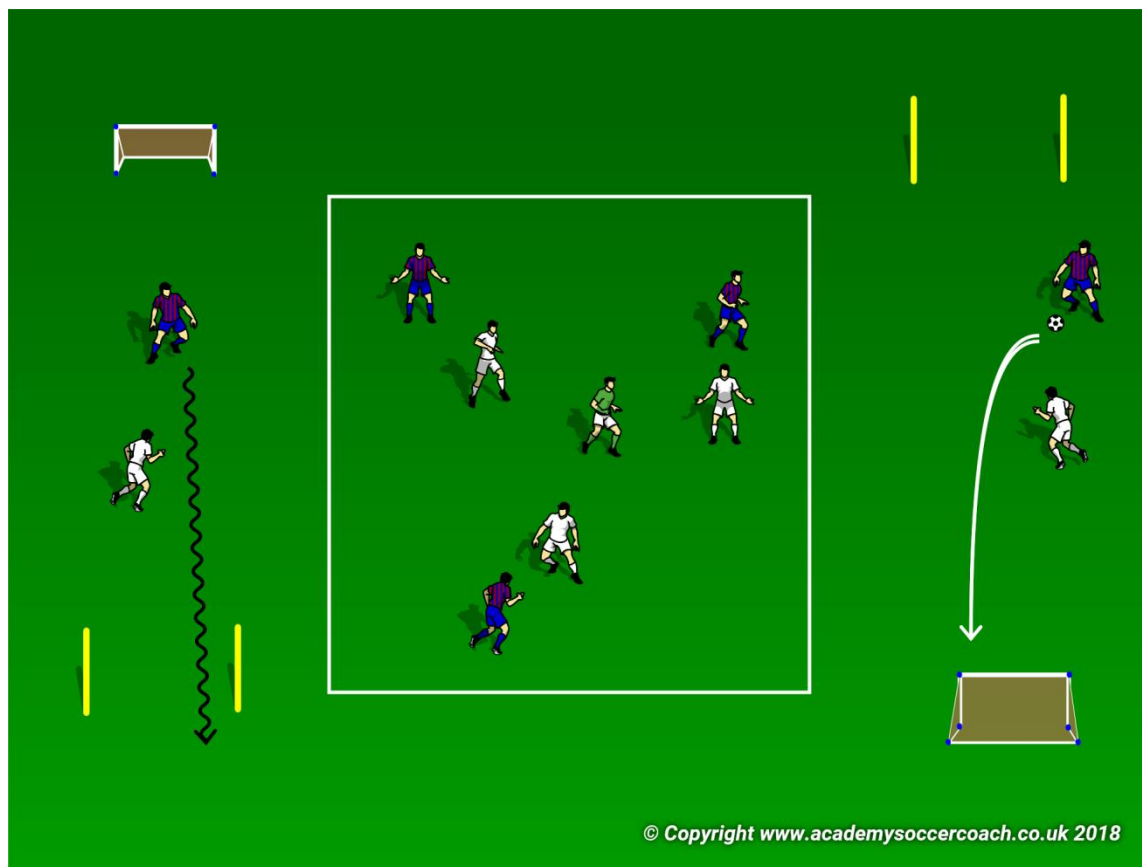
Area: 15 by 15 yard box.

Description: All Players pair up with a member of the opposite team. Players play 1v1 in the middle of the box. All players on the outside act as Neutral Players. Players in middle get points for each time they can successfully pass to a player on the outside and receive the ball back to feet. 60-90 second rounds in the middle.

Progression: Can only play with your teams color on the outside.

Coaching points: Timing of movement and pass are important! Weight of pass. Know where you want to go with the ball next. Control Tempo of play, not 100MPH all the time, slow down and speed up to loose defender. Use fakes and feints. Know when to shield and when to face up to defender.

Creating 1v1 Opportunities



Set-up: 20 by 25 Yard Box with 3v3 + 1 possession played on inside. 2 outside channels with 1v1. Teams play with direction. Players on outside either shoot into goal or dribble through gate.

Description: Players inside box move ball around until they can pass to teammate on outside who tries to score in either goal or gate. Must dribble through the gate to score, must pass into goal to score.

Coaching Points: Focus on clean and accurate passes. Emphasis on the weight of the pass. Identify good 1v1 opportunities. If receiving the ball with back to defender – recycle and play to other side. If receiving the ball face up to defender, take them on 1v1. Get creative, take chances!

Progression: 1 player from team in possession can join for 2v1 overload outside. Once ball goes out wide players must attack 1v1. Players inside play 2 touch.

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!

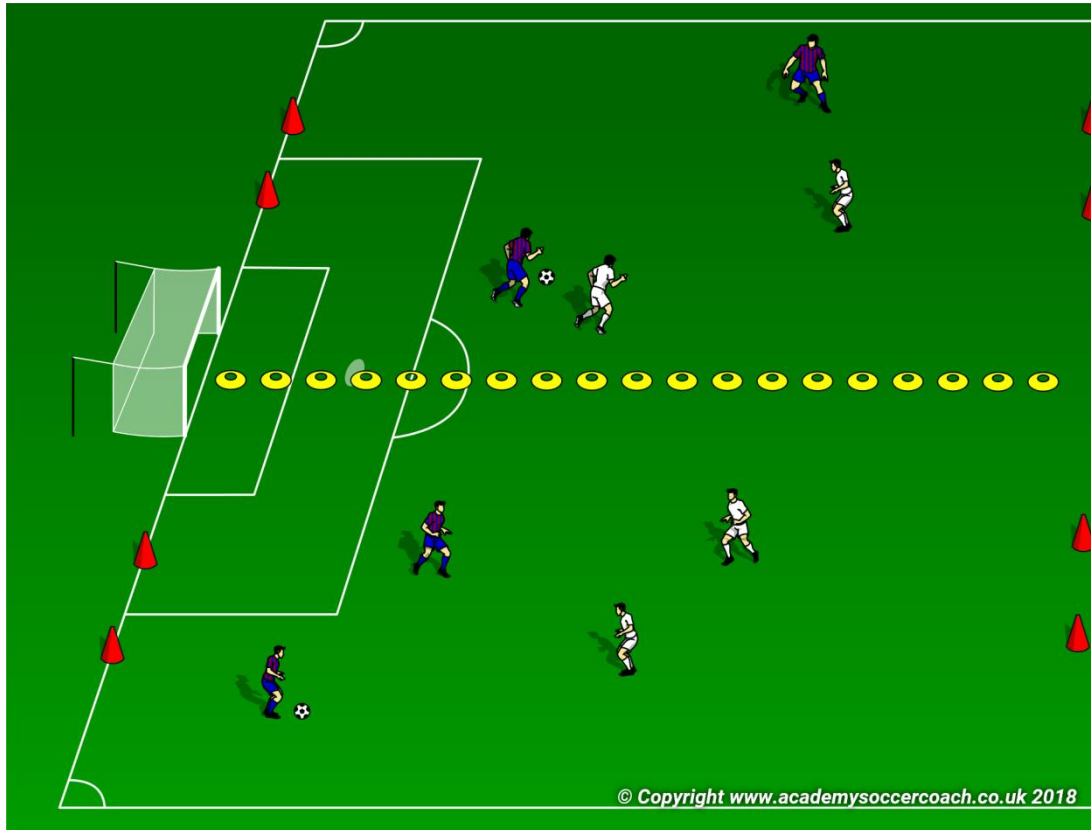


Session six is a good time to start working on finishing!

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, 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.

3 VS 1 To Goal

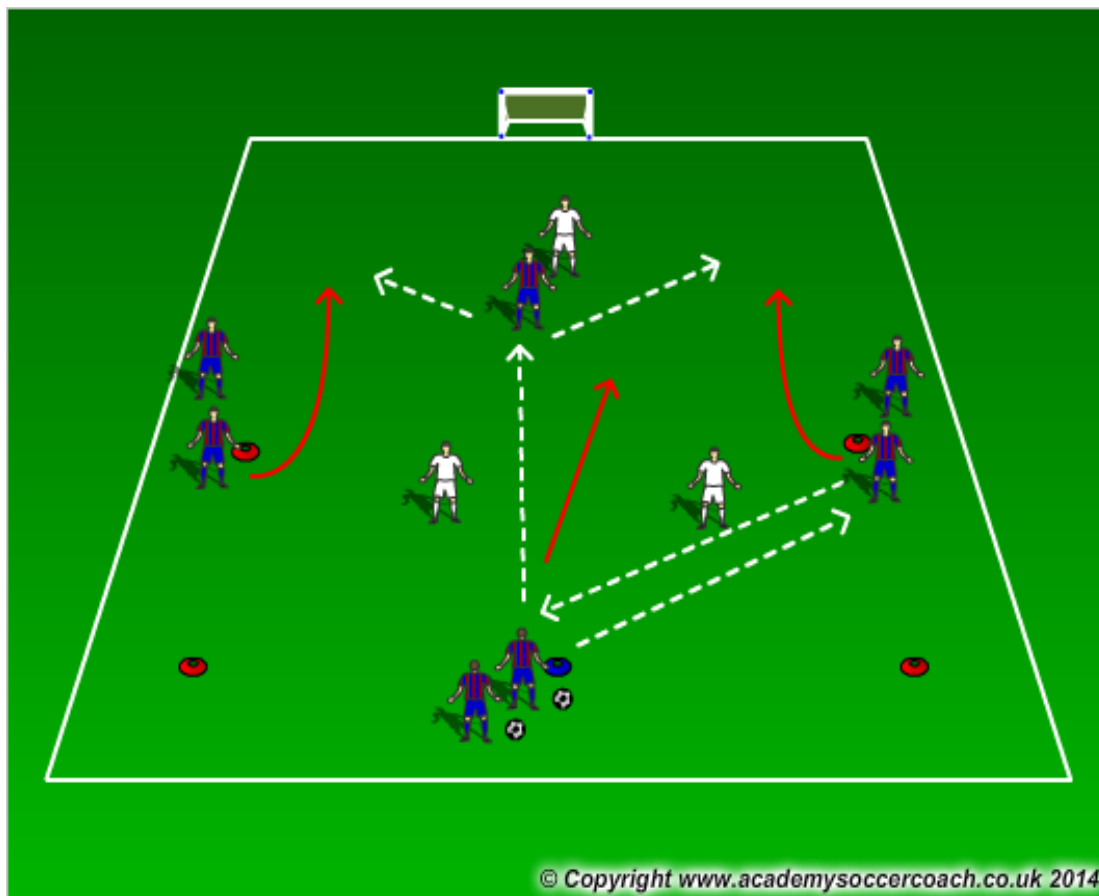


Set-up: Target goal on the end line. Attacking team set up at 3 different cones, set in a triangular formation 12-15 yards apart. Center attackers have a supply of balls. 1 defender in the center, between the 3 cones.

Activity: Player 1 passes to an outside player (Player 2 or 3). Player 2/3 passes back to Player 1. Player 1 passes to the opposite outside player. Activity is now 3 vs 1. Use combinations to create space and opportunities to shoot. Rotate positions.

Coaching Points: Passes to be hit with pace. 2 touch if possible. First touch forward or to the outside. Make the defender commit to the ball before passing. Use fakes when necessary.

2 VS 1 & 3 VS 2 OVERLOAD(S)



Set-up: Target goal on the end line. 40 x 60 yard area. First area is 30 x 25 yards, with 3 attackers vs 2 defenders. Second area is 30 x 35 yards, with 1 attacker and 1 defender. Supply of balls at the top of the area.

Activity: First area is 3 vs 2. First pass is free. Attempt to possess the ball and keep it away from the defenders. After completing 3 passes (4-6 passes for better players) attempt to pass the ball to the attacker in the next area. The player who passes the ball now joins to make a 2 vs 1. In the final area go to goal as soon as the opportunity arises. Rotate attacking and defending positions.

Coaching Points: Passes to be hit with pace. 2 touch play if possible. Use first time passes when under pressure or when the weight of pass allows. Use moves and shielding if the defenders pressure you. Try to move the defenders around and make them commit to the ball. Once pass is played to the next area, join the attack as quick as possible. Use movement and passing options from the Week 4 (lay-offs, overlaps, wide runs etc)

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



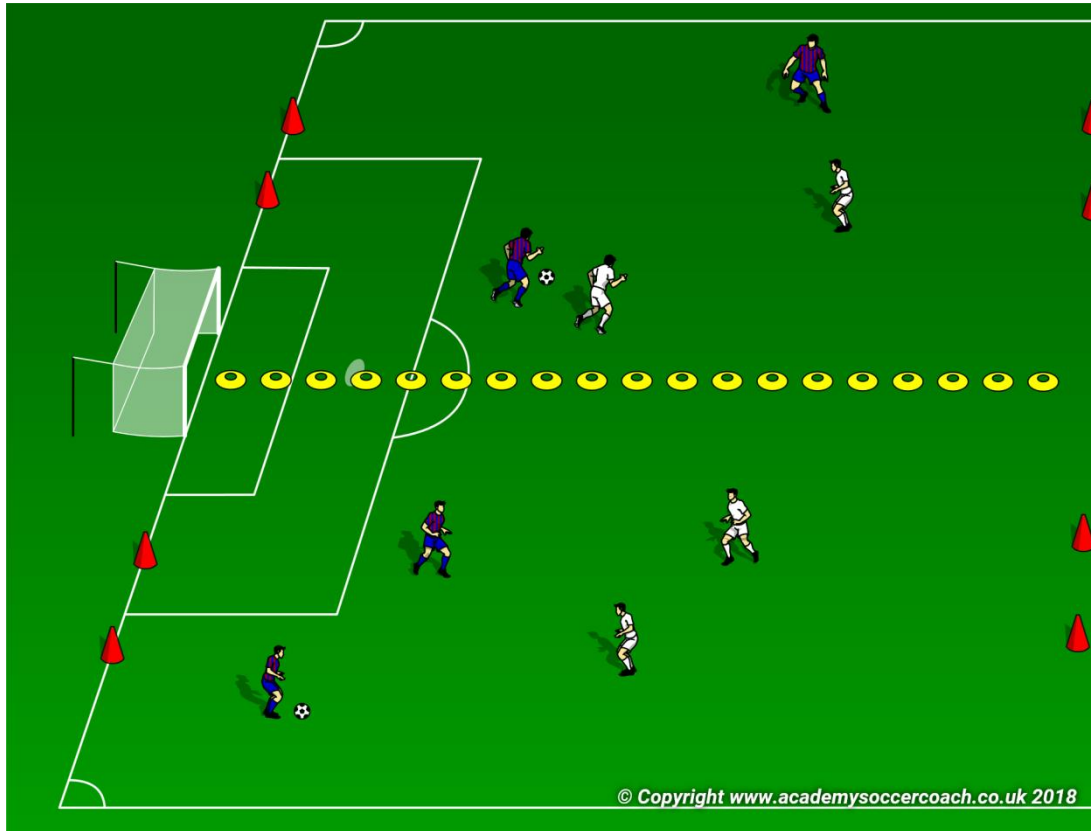
Combination Play

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.

PLAY 2v2, 3v3



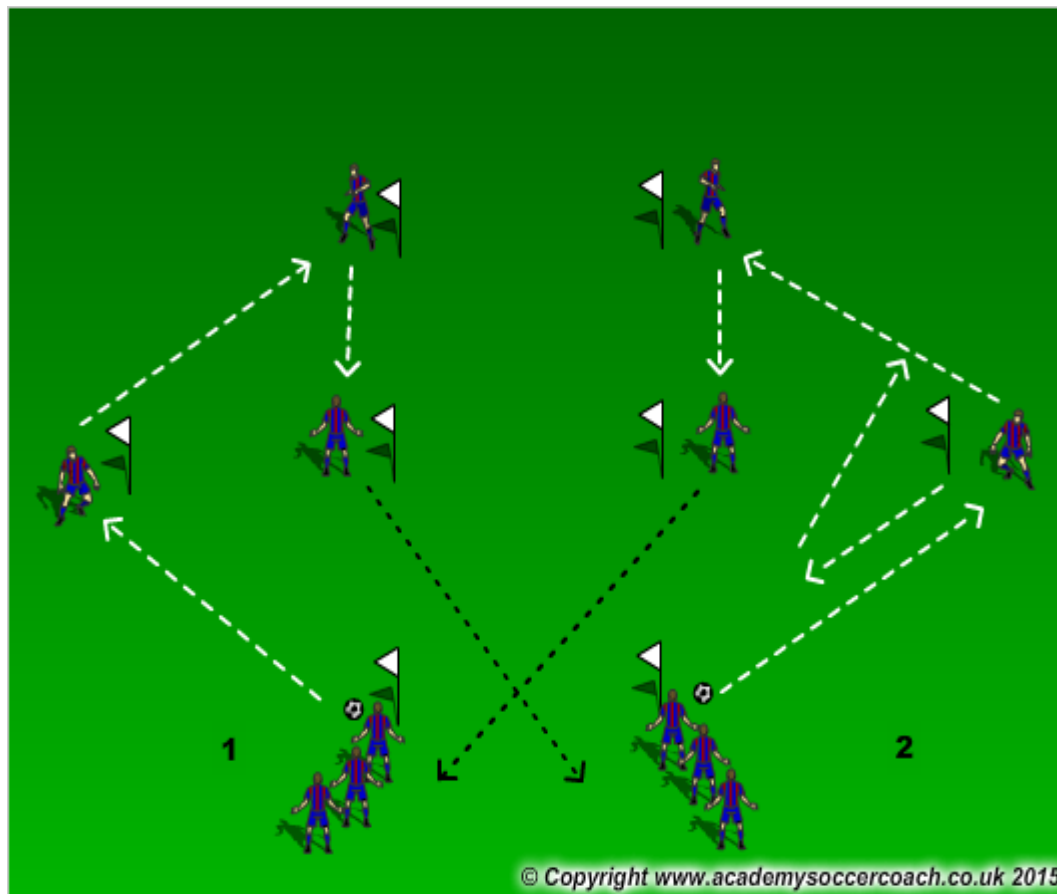
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Progression: Mix/rotate teams after 5 minutes or so.

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

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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.

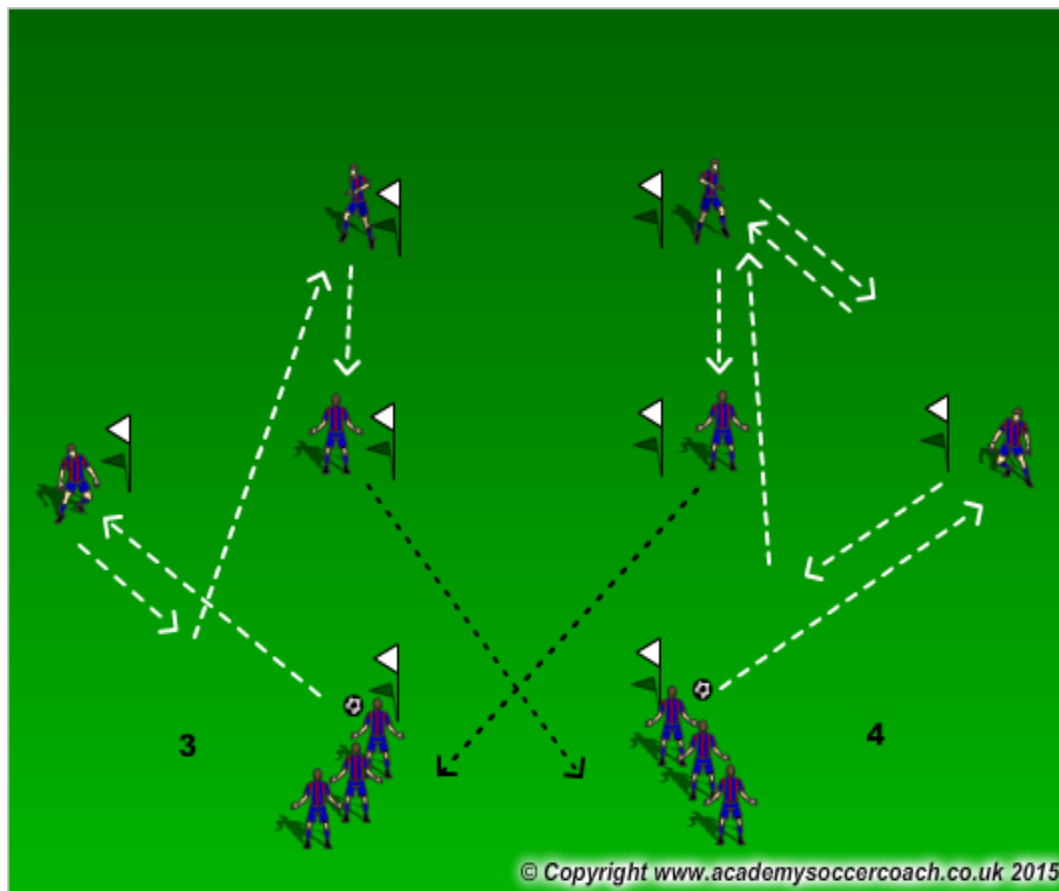
Phase 2:

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

PASSING WARM-UP: 2-3 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 3:

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

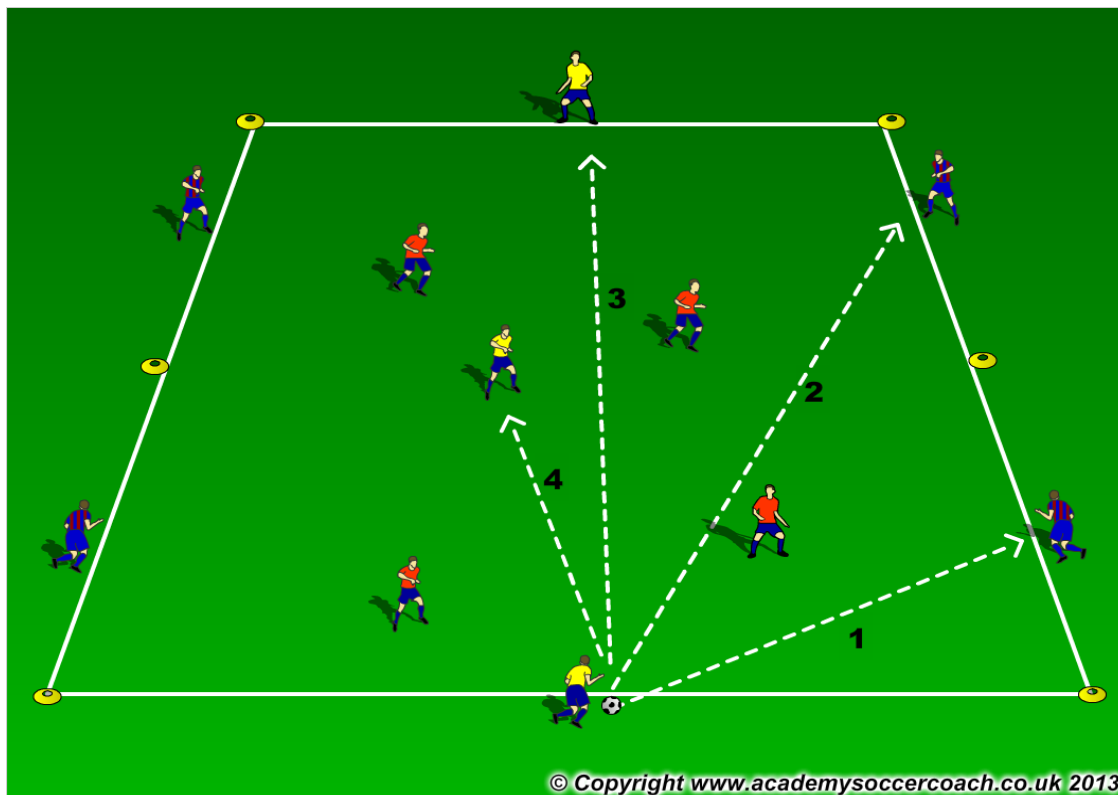
Phase 4:

Repeat with player 2 and player 3 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
Scan – before the pass comes to you

BREAKING THE LINES OF PLAY: PHASE 1



4 v 4 + 3 with transition (Playing between lines)

Area: 30 x 20 Grid.

Description: Two touch. Outside players must play/slide along lines. 1 point for moving ball from one neutral (yellow) to opposite neutral on other end of grid. 1 point for every 7-8 passes in a row.

Progression: Add Transitions. When possession is lost, defending team immediately transitions to outside, outside team quickly moves into grid to win ball back (transitions)

Coaching Points:

Players on outside of game must slide/scan as they move, looking to play between lines to yellows or other teammates. Quick movements/adjustments for team in possession to create angles for killer/splitting passes. Draw defenders towards ball, then quick ball movement to penetrate on other side of grid of through defenders. Instant transition to outside when possession is won (body shape - facing field). Avoid "giving away" passes with eyes and shoulders - disguise by getting quick look before ball arrives. Focus on how good shape (spread out) gives team in possession options. When you get spread out, all you need is a little movement off the ball to create lots of passing options.



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6 VS 6 + 6 GAME



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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.



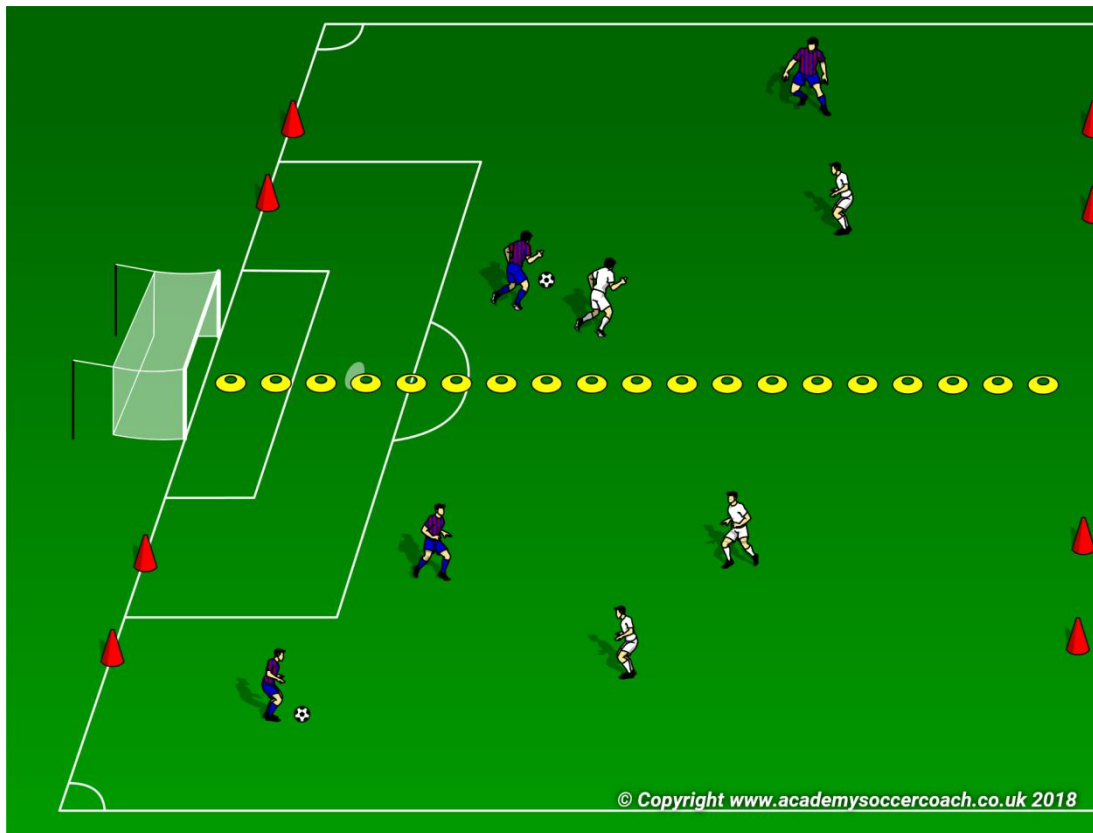
Switching the Point of Attack



Another tactical focus for week nine tied into our technical warm up as we begin to explain how having a quick turn out of pressure can open up a pass to the other side of the field where a teammate is free in space.

Introducing idea's 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 switching the field quickly.

PLAY 2v2, 3v3



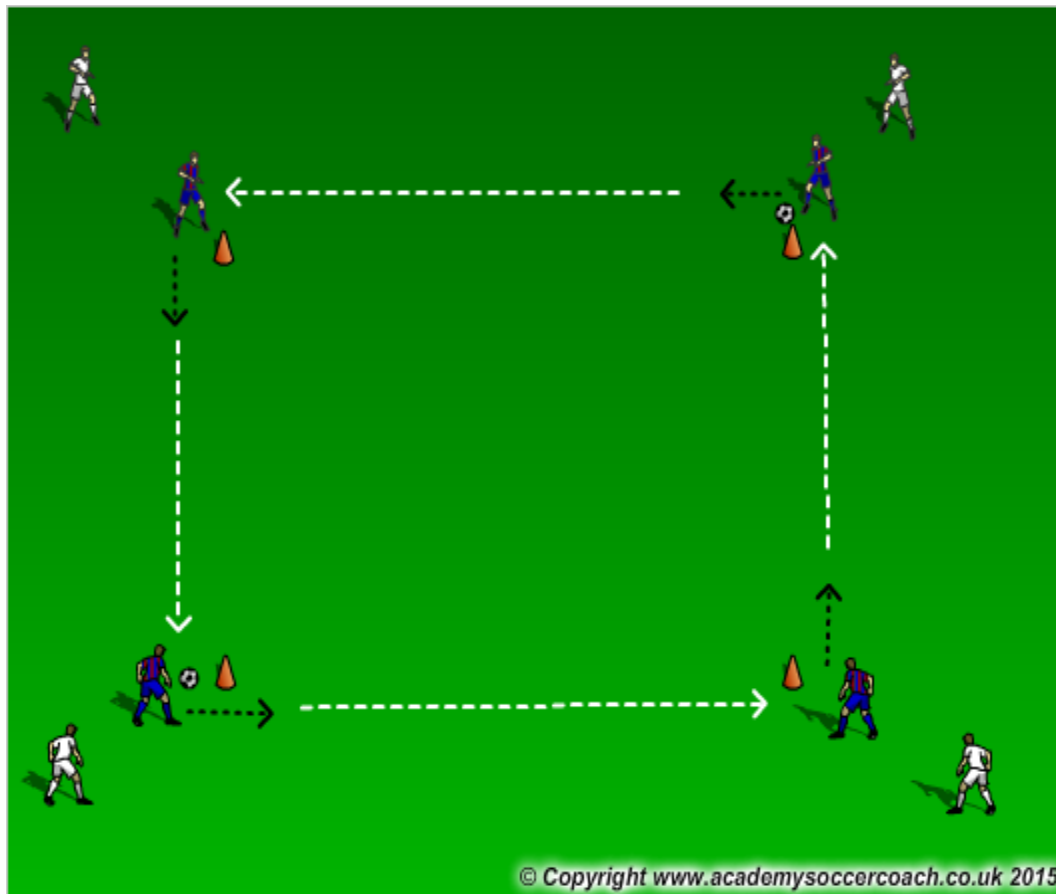
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Progression: Mix/rotate teams after 5 minutes or so.

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PASSING DIAMOND



Area:

20 x 20 Diamond

Description:

1 or 2 players at each cone (1 working, 1 waiting)

Ball is passed around the outside of the cones by players who follow their pass to the next cone after passing

Coaching Points:

Can you get the ball around the square in 8 seconds.....

Tight first touch, get the ball off your foot as soon as possible

SCAN – when you think its coming, when you know its coming, when its on its way

Progressions:

Add a second ball. Add check to and away

PASSING DIAMOND: GIVE AND GO's



Area:

20 x 20 Diamond

Description:

Ball is passed around the outside of the cone by players who follow their pass to the next cone after passing.

Combination – Player 1 pass to Player 2, Player 2 lay-off to Player 1 and then movement around the cone, Player 1 pass into player 2's path. Repeat around the area.

Coaching Points:

Movement before the pass (check to)

Movement after the pass (spin away)

Speed of the pass and lay-off is important

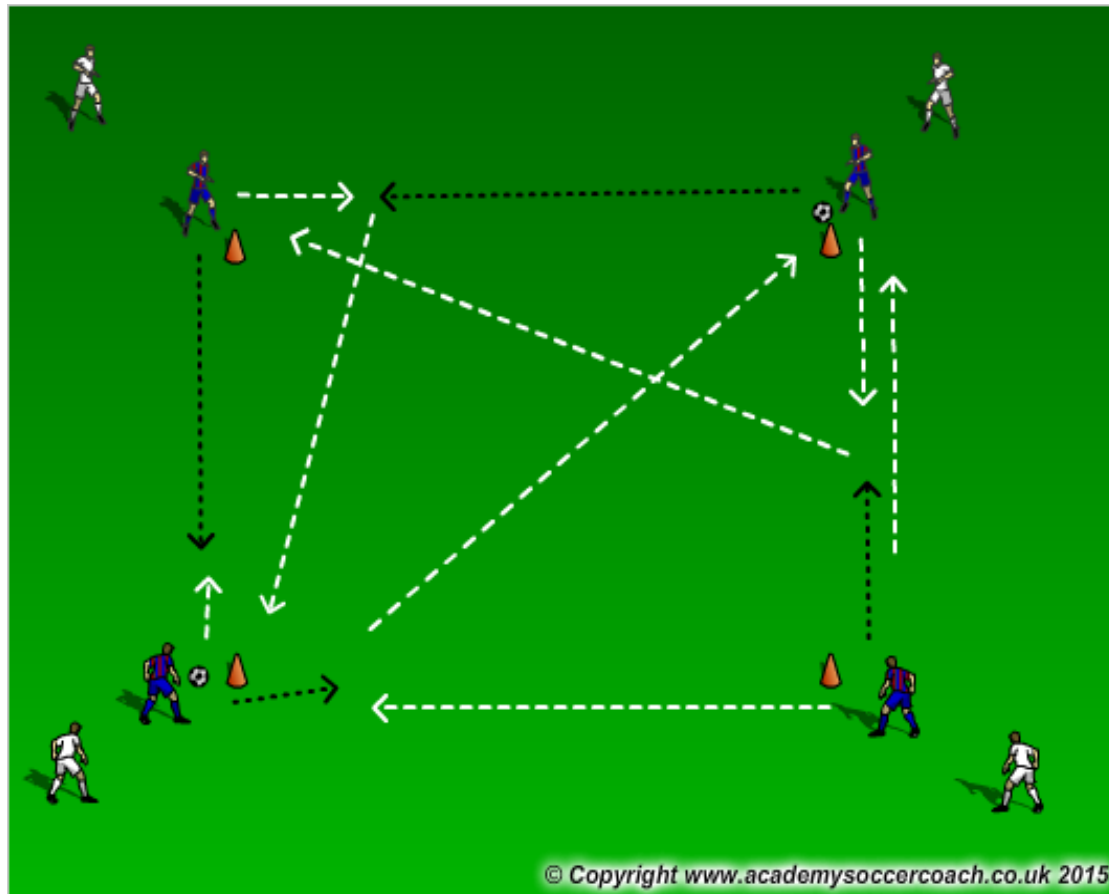
Do not get too close to each other and 'kill' the space.

2 touch if possible

Progression:

Add a second ball

DIAMOND PASSING: 2-3 COMBINATIONS



Area:

20 x 20 Diamond

Description:

Ball is passed around the outside of the cones poles by players who follow their pass to the next cone after passing

Combination – Player 1 passes to Player 2 (who checks to the ball), Player 2 lays the ball off, Player 1 Passes to Player 3. Player 3 lays the ball off, Player 2 Passes to Player 4. Player 4 lays the ball off to Player 3, Player 3 passes to Player 1. Repeat.

Coaching Points:

Speed of the pass – ping it in, keep it on the ground

Lay-off – take the speed off the ball and lay-off into players path

Movement – Meet the ball, move after the pass, change speed

SPOA Diamond Passing



Area: 20 x 20 Diamond with cones inside

Description:

4 vs 4 (plus neutrals, dependent on #'s)
2 players on the outside cones
2 players on inside of the area
Play a possession game, attempting to link up with the outside players.

Coaching Points:

Speed of the pass important to play through the gaps
First touch – important to create space
Combinations – try to connect passes in the center area to move the ball to the outside

Progressions:

Limited touches for outside players
Rotate outside positions to change the direction of play

CHANGING POINT OF ATTACK: W/ GOALS



Area: 45 x30 yard grid (depending on numbers). This game can be played 6v6 to 8v8 depending on numbers and with 2 advanced targets instead of 4

Description: Team in possession looks to switch point of attack quickly to create chances against goalkeeper in each goal. Game changes direction on a goal.....quick transition. Defending team looks to score on small goals or blocking dummies. Defending team MUST have all players in two thirds of field.

Coaching Points:

- 1) Width when in possession
- 2) Scan to see opposite side of field
- 3) Pivot player looks forward first
- 4) Try to create 2v1s in all areas of field
- 5) Outside players get high up the field



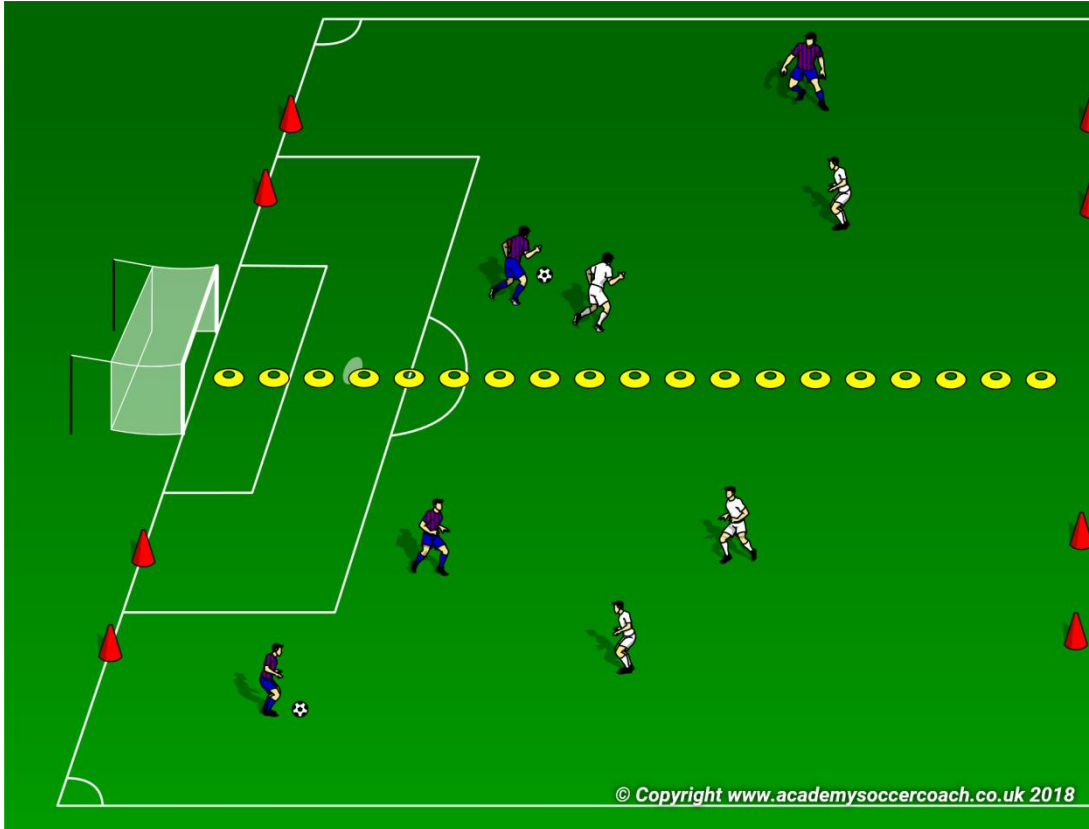
Finishing From Wide Area's

More often than not we are forced to attack the wide area's of the field as the defense stays tight in the middle of the field.

Use these activities to practice creating chance's and ways to attack the end-line to work on finishing from wide area's.

Speak to players about how we can create danger for the opposition by attacking the end-line and forcing the defense to turn and face their own goal. Getting numbers in the box is very important to give our flank players options to serve the ball to a teammate in different scoring area's in front of goal.

PLAY 2v2, 3v3



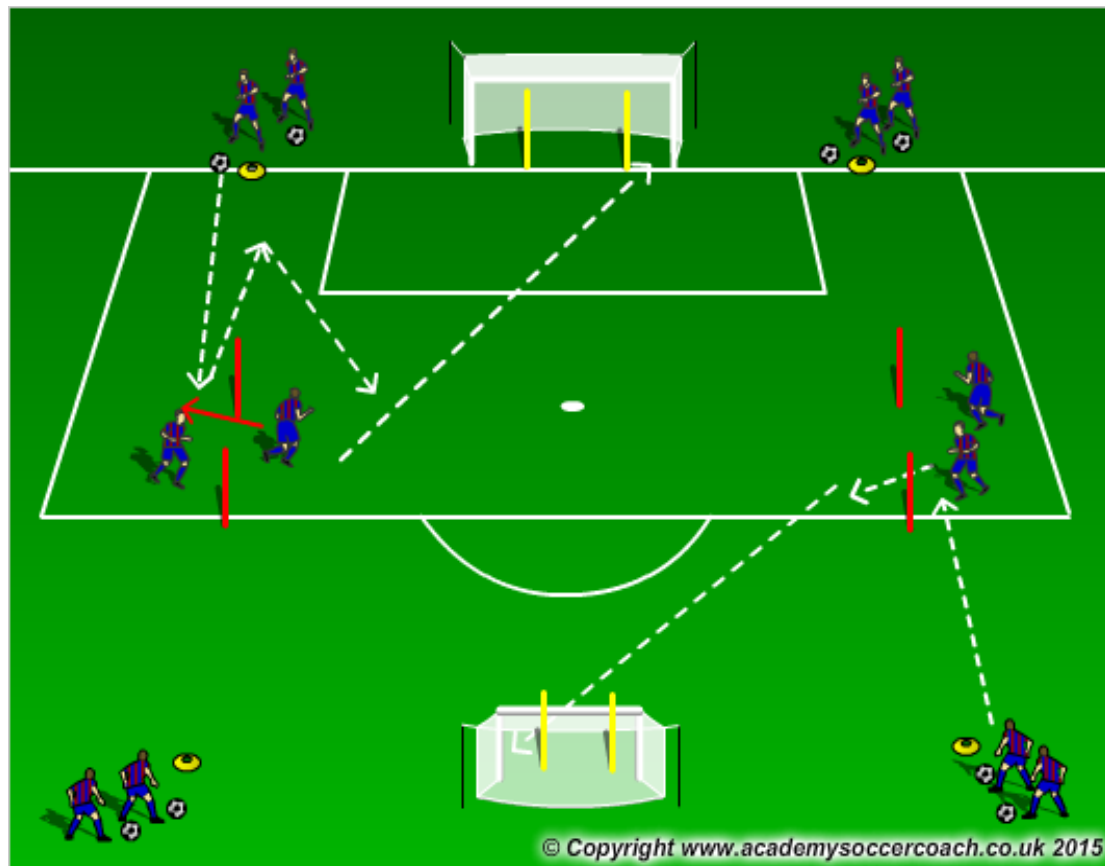
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FINISHING: COMBINATIONS TO GOAL



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

Coaching Points: 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

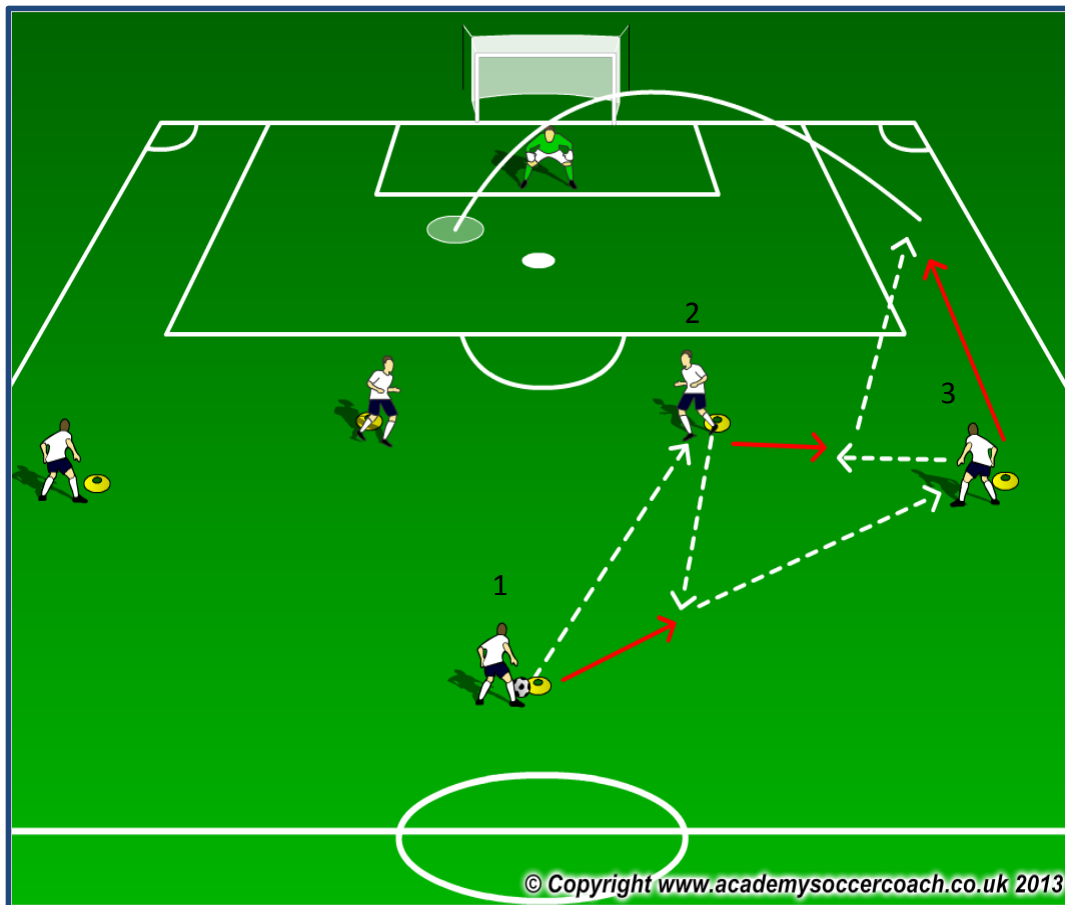
Progressions:

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

CROSSING AND FINISHING



Area: 30 yards from goal (11v11).

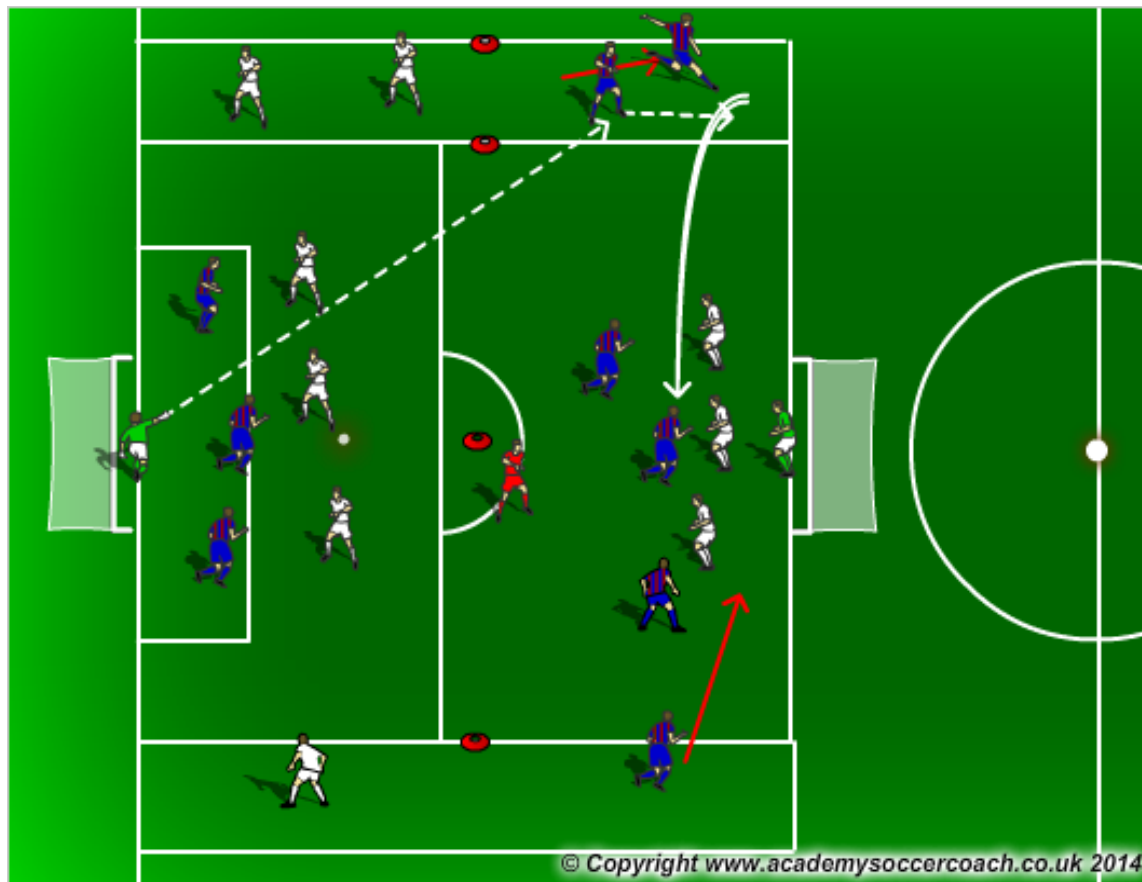
Description:

Place starting cones as shown. 1 completes a 1-2 off 2 and then completes a short pass with 3. 3 plays a 1-2 off 2 and delivers a cross for 1 and 2 to sprint on to. Then repeat alternating sides..

Coaching Points:

- 1) First time play.
- 2) Appropriate choice of cross depending on movement.
- 3) Movement from 1 and 2 must be game realistic when breaking into the box. 1 bursts to the near post and 2 peels to the back representing splitting the defenders view.

Defense Vs. Attack With Service



Area: Width & depth of 18 yard box with halfway line, add a 5 yard channel either side

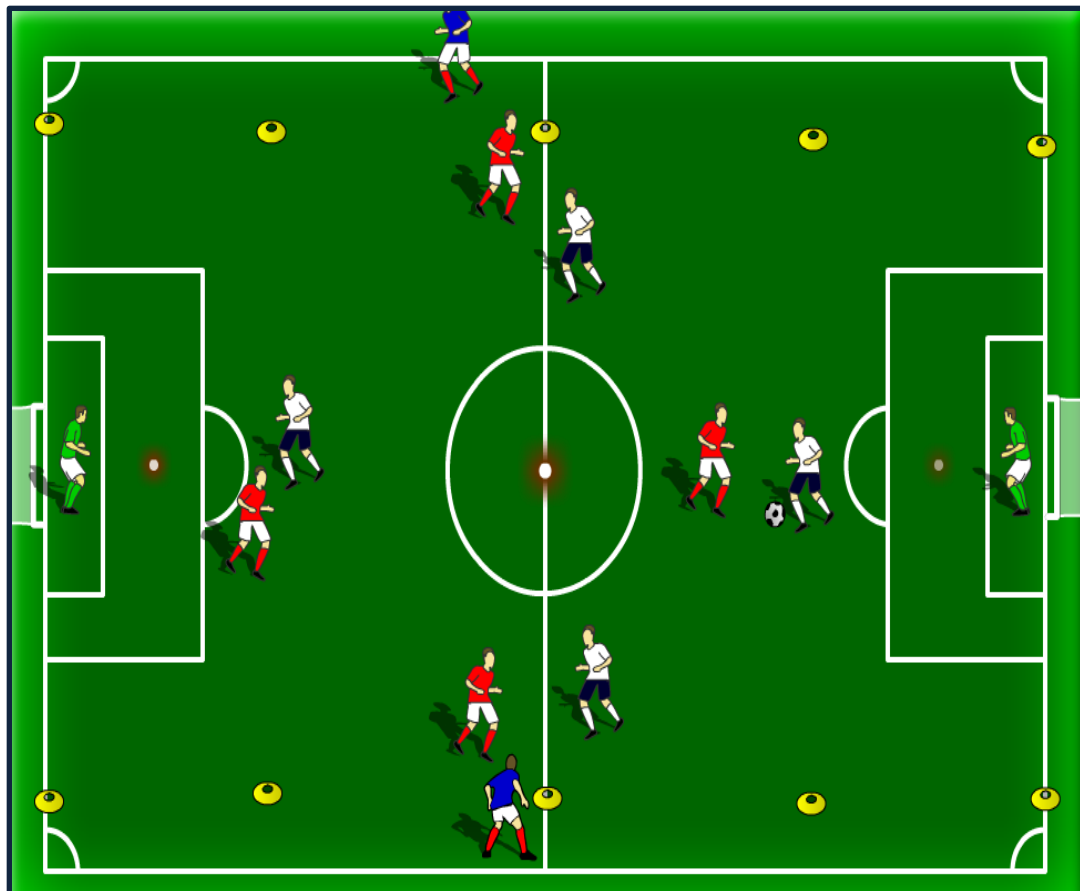
Description:

- Separate group into two teams with a playmaker
- Ball start with keeper who throws ball to one of the wide plyers who controls ball, waits for overlap, feeds lead pass for a serve into area
- Attackers attack cross, defenders defend
- PM can attack both ends to overload attack
- If you score, ball starts again with your keeper, if you miss, ball starts with opposite keepers
- If ball goes out of play, start with keeper

Coaching Points :

- Quality of serve, pick head up before serving ball into center
- Creating separation as a forward, timing of opposite movement
- Look for cut ball as well as whipped serve.

5 VS 5 WITH WINGERS



Area: 30x25 yard field, Create a channel 5 yards in from the touch line.

Description: Players play 5v5 plus 2 wingers in the channel. This is a regular game and the wingers give an advantage to the attacking team. Goals can be scored like a regular game.

Coaching points: Quick on the ball in front of goal, connect with wingers, forwards time run for cross, hit the target, aim for the corners



Coaches/Players Choice

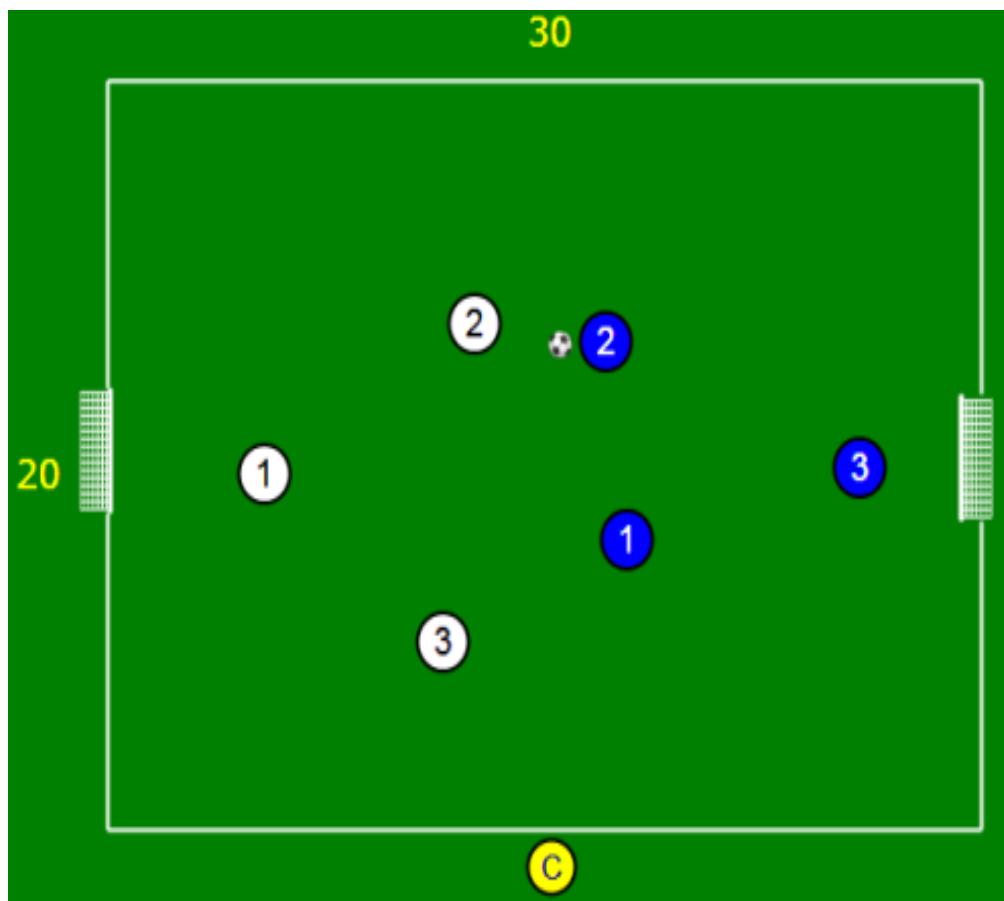


As with every season, we want the players leaving us excited for more!

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

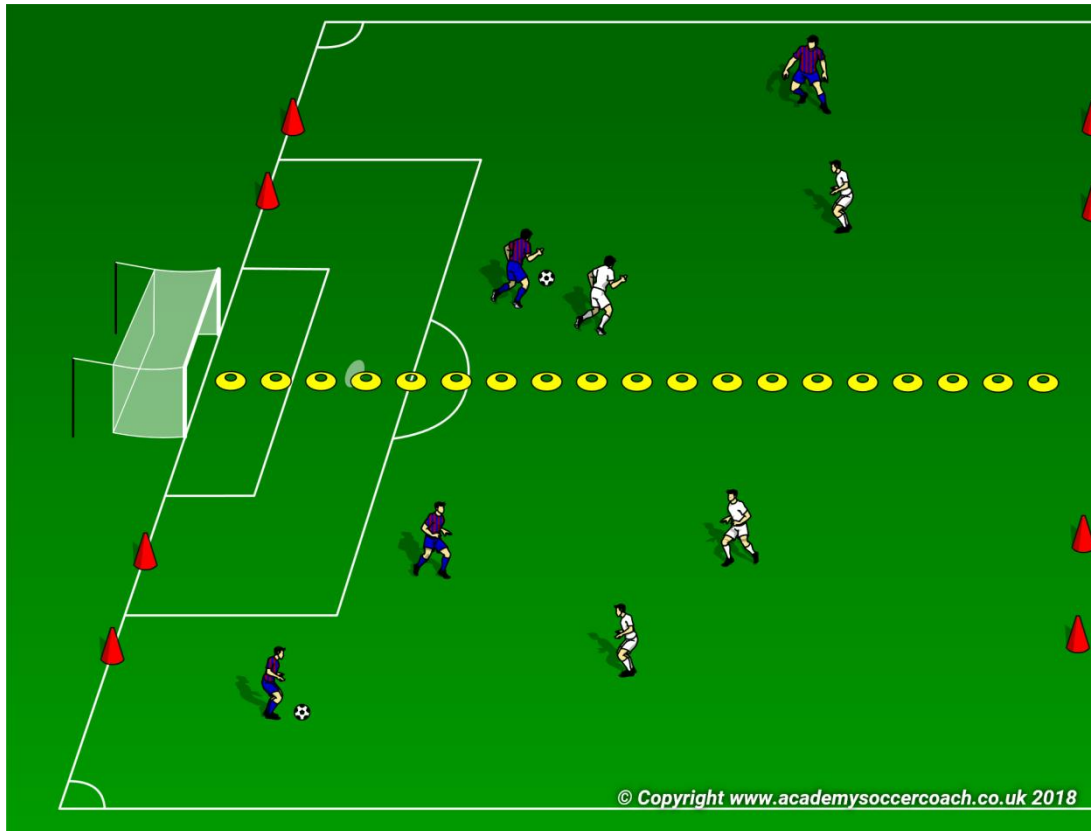
Loss – 2 points

Goal – 2 points

Assist – 1 point

Players keep their own scores.

PLAY 2v2



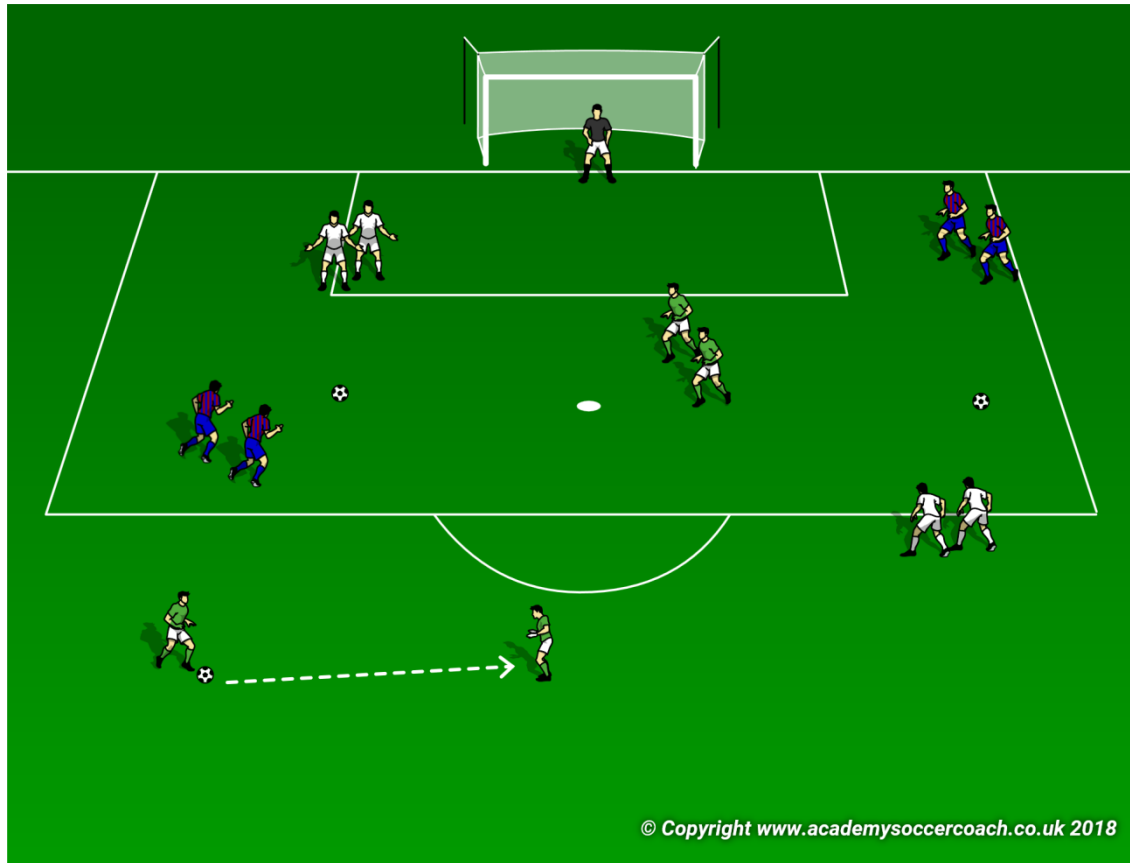
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World Cup



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