

# EDUCATE - CONNECT - INSPIRE

## NEEDHAM SOCCER CLUB 7<sup>th</sup>/8<sup>th</sup> 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 “Commitment Phase”

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.



# BAYS U14

## SEASON GOALS – 7<sup>th</sup> & 8<sup>th</sup> 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.

- Consistently placing players in competitive environments will provide opportunities to both expose and build character in our young people. Focusing on the long-term preparation for high school and life beyond sports is our Top Priority!
- Continue to stress importance of having total confidence on the ball by linking the tactical advantages it provides for the team.
- To communicate with players the importance of preparation, attitude, focus and demeanor in everything we do.
- Plan for success! Lead by Example! Players at this age pick up on everything we do as coaches. We **MUST** be confident in our approach to our session and message as we lead these groups of young men and women with positivity!



# BAYS U14 & Up

## Ball Mastery Goals



### 1v1 Moves

**Maradona** – Legendry escape turn coined by Diego Maradona of Argentina. Using the sole of both feet perform a slight pull back with your dominant foot while simultaneously spinning in a 360degree motion and catching the ball with the sole of your opposite foot to pull the ball back in front of you.

**Cristiano Chop**- Often used on the outside of the field as a way to cut into goal. Speed Dribbling with the outside foot (foot closest to the sideline) breaking stride to quickly chop the ball using the big toe of the outside foot behind your plant foot to cut the ball in towards goal.

### Escape Move

**Foot Flap** – The Legendary Ronaldinho of Brazil was famous for this escape move. In one step, using the outside of your foot, you start by taking the ball with the little toe to the outside, but before your foot hits the ground, at the flap of your ankle, use the inside of your foot to take the ball inside back inside.

**Inside/Out Hesitation** – Catching the ball with the inside of your foot appearing to take it in one direction, plant foot is used as a juke step before taking second touch with outside of the same foot to go in the other direction.

**Inside/Out Scissor** – Same as above but adding a scissor with either foot to help fake defender and take the ball away into space.

# 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. Moving Without the Ball
3. COD & Switching the Point of Attack
4. Combination Play
5. Speed of Play
6. Finishing
7. Playing in Gaps & Between lines
8. Man-up Situations; 2v1s, 3v2s etc.
9. Finishing from Wide Areas
10. Coaches Choice



# Session One

## Introduction to Team

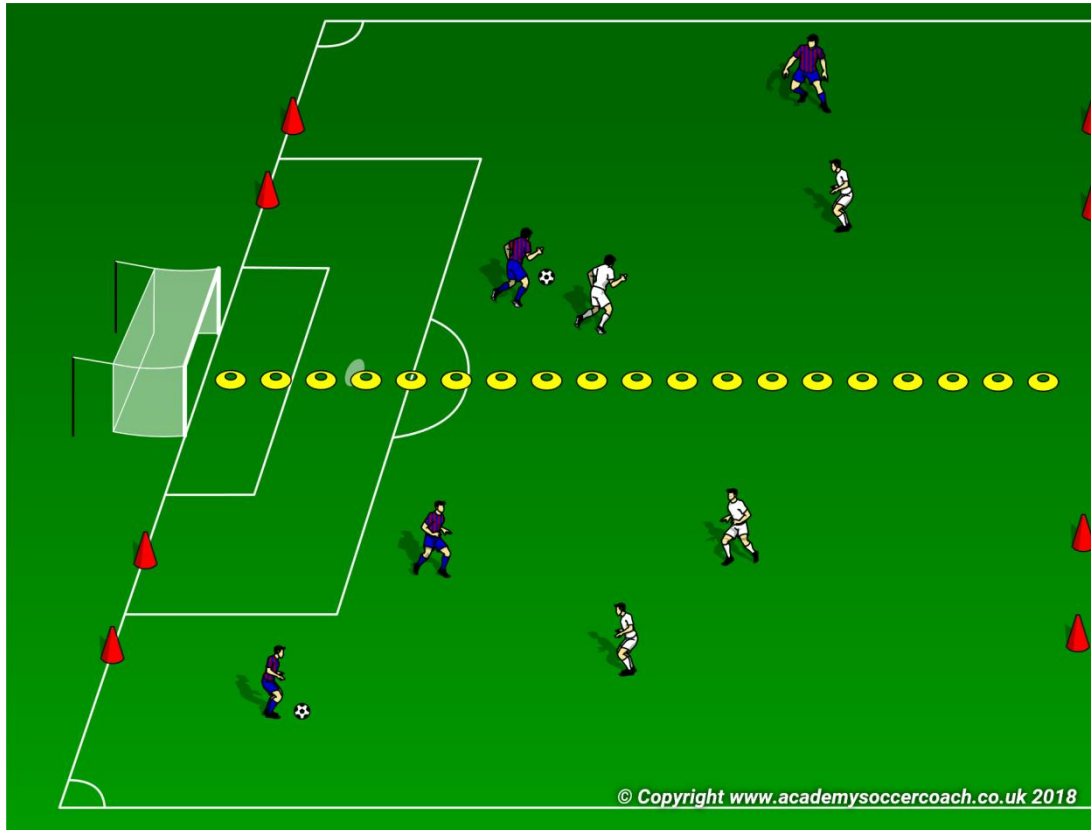


First Session of the Season is an opportunity to get the kids excited for another season, set some guidelines and expectations for the team!

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



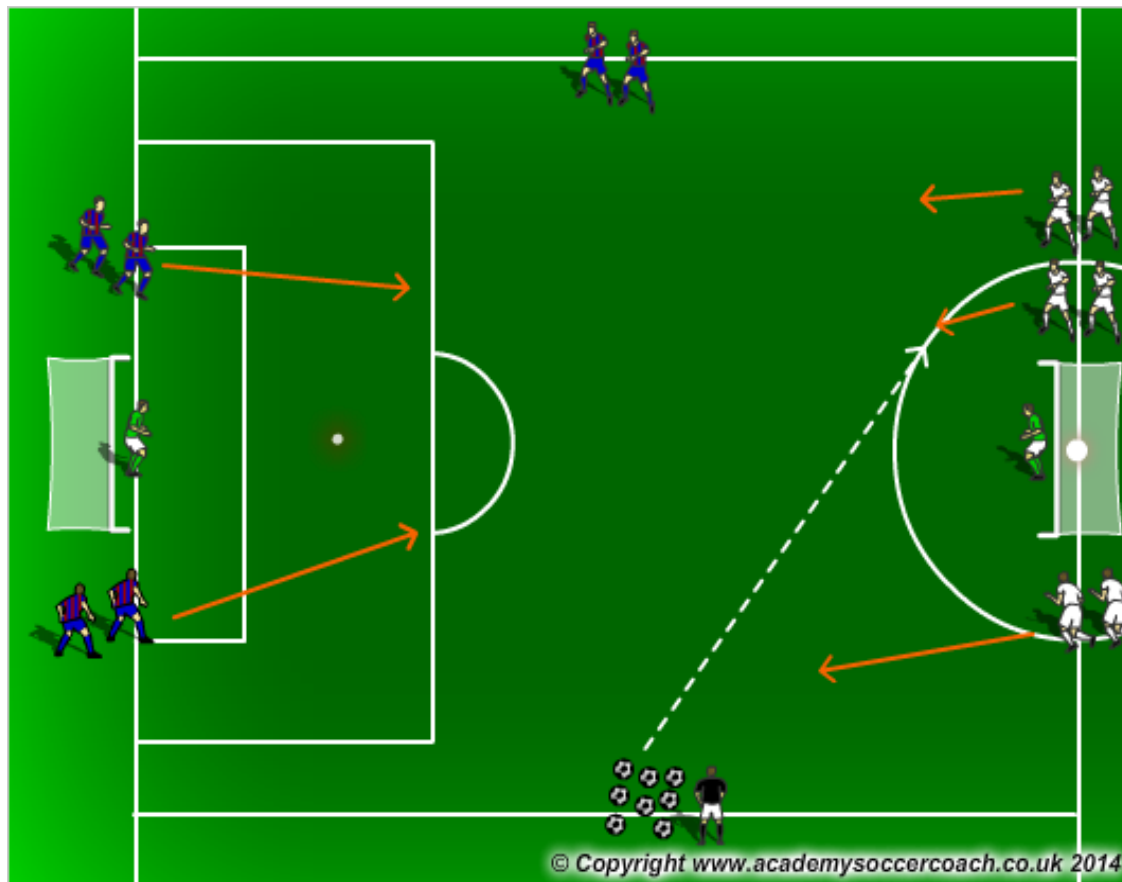
**Description:** Split players into 4 random teams. Set up 2/3 fields w/ goals at end with cones about 4 feet apart. Give a ball to each field and let them play! Passing the ball, ON THE GROUND, through the gates to score.

**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.

# 3v2 Transition to Goal



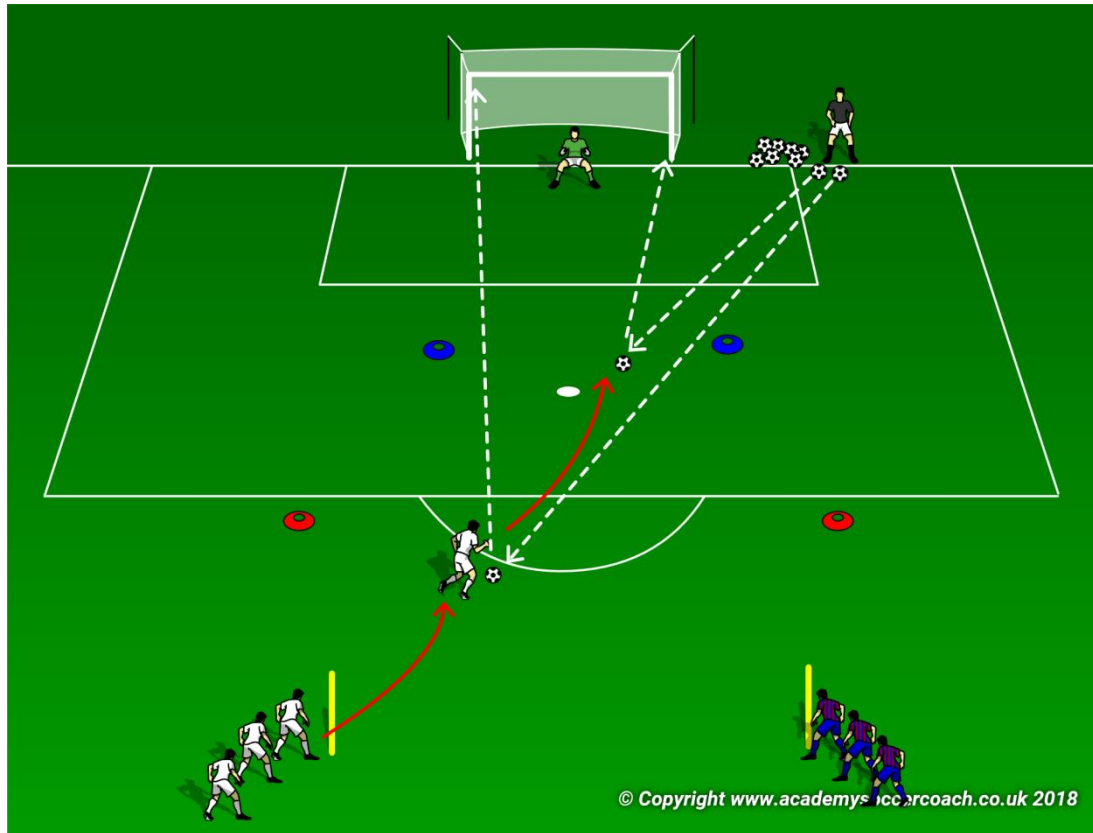
**Area:** Half Field with 2 Goals Squeeze Sideline and tweak based on age of players

**Description:** Coach plays pass into team of 3 (white team) who attack 3v2 to goal. If the attacking team score then round is over. If the attacking team miss or the ball goes out of play Coach plays pass square to a player on halfway line to create a counter attack 3v3

**Coaching points:** Player on ball in the 3v2 should attack the defender (invite pressure, destroy pressure with pass) and slip pass into one of the other two attacking players. Timing of pass, aggressive wide runs. Quality of lead pass (allow forward to finish first time).

Transition in the 3v3 at speed both sides of the ball, quick support to player on the ball

# 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.

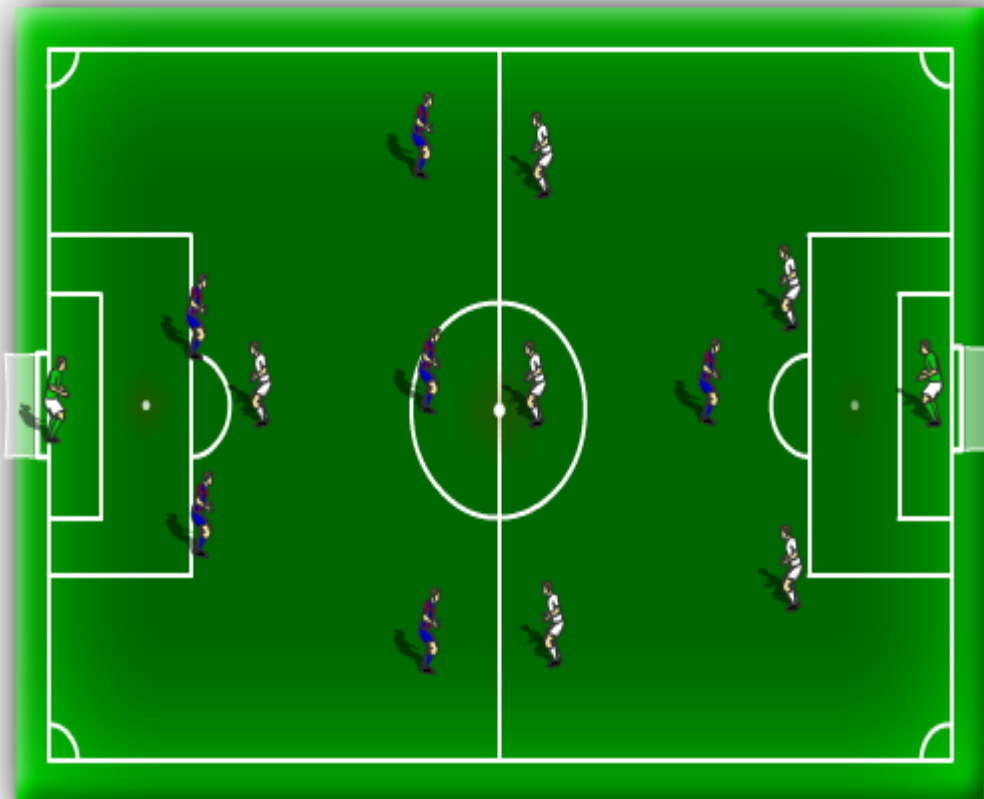
**Progression:** 1) Each player receives pass from coach at each shooting line. 2) Players must shoot first time! 3) Players must score at least 1 goal to stay alive in the game and return to the back of their line! 4) If they miss, they are out! (Begin Helping to collect balls for server). 5) Last team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



# Moving Without the Ball

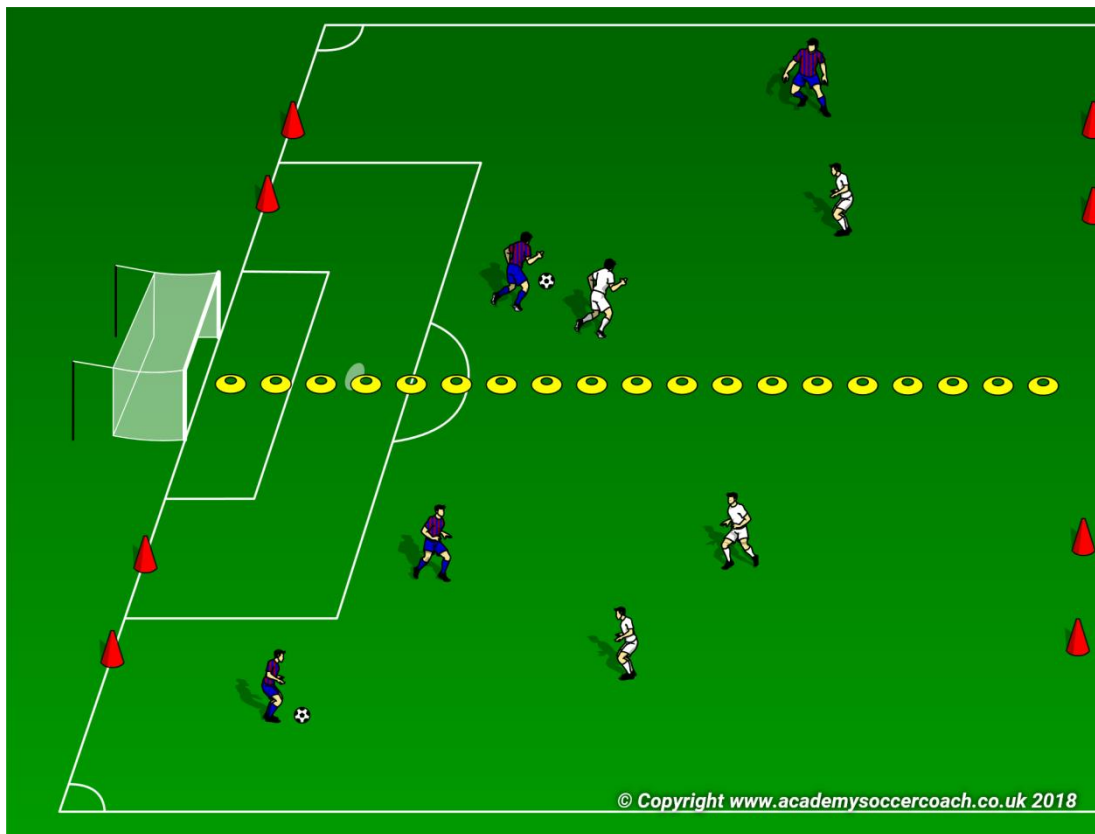


In Session two we want to start stressing the importance of moving without the ball to support our teammates.

At this age, we would like our players to start understanding how important the work we do off the ball is in order to help our team keep possession. Starting with developing good habits of passing and immediately moving to a new space.

When, Where and How we move matters! Make the game easier for your teammates by giving them time, space and options!

# 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.



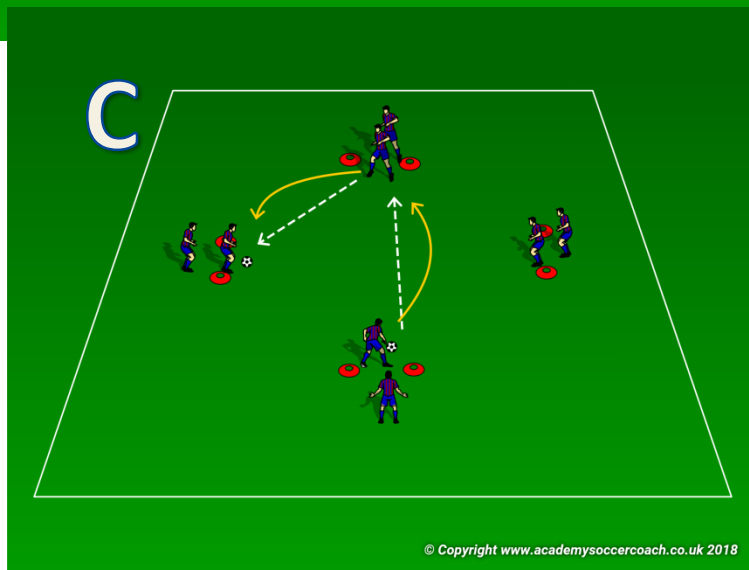
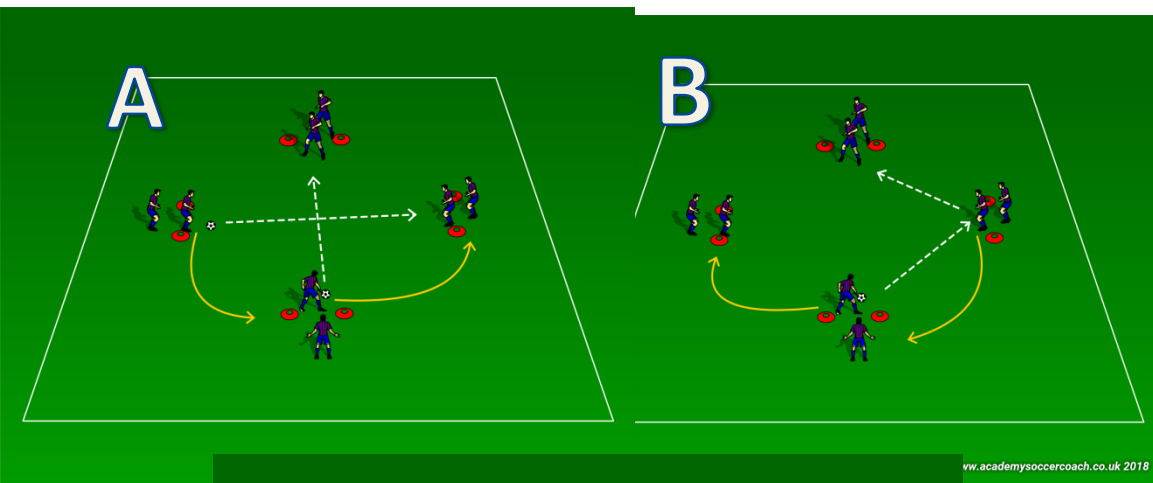
# Pass & Move Activation

**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!



# 3 vs 3 + OUTSIDE BUMPERS



**Area:** Set-up a 25 x 25 yard area. In the playing area add two target goals/gates with poles or cones. On the outside of the area add two small goals.

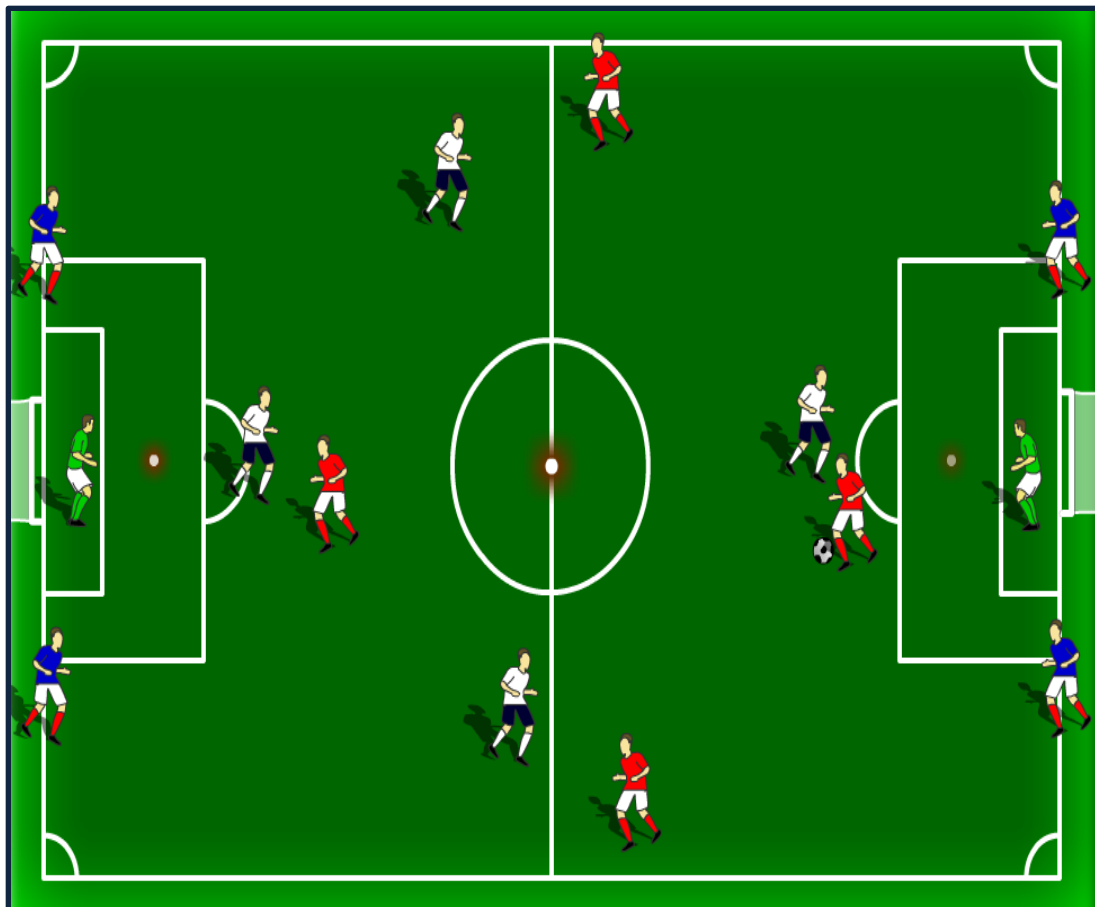
**Description:** Players in teams of 5. 3 vs 3 in the playing area. Other two players on outside cones as targets. Play possession soccer, using team mates and target players. After set number of passes (3-5) go to target gate or goal.

Take out the goals to simplify activity

**Coaching Points:** Try to play quickly, 2/3 touches if possible. 1<sup>st</sup> touch to space.

**Progression:** Add Neutral players inside the area. Reduce the number of touches allowed. Transition movement of the outside target players. Make it a condition that you have to use outside targets before scoring.

# 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.



# Change of Direction & Switching the Field

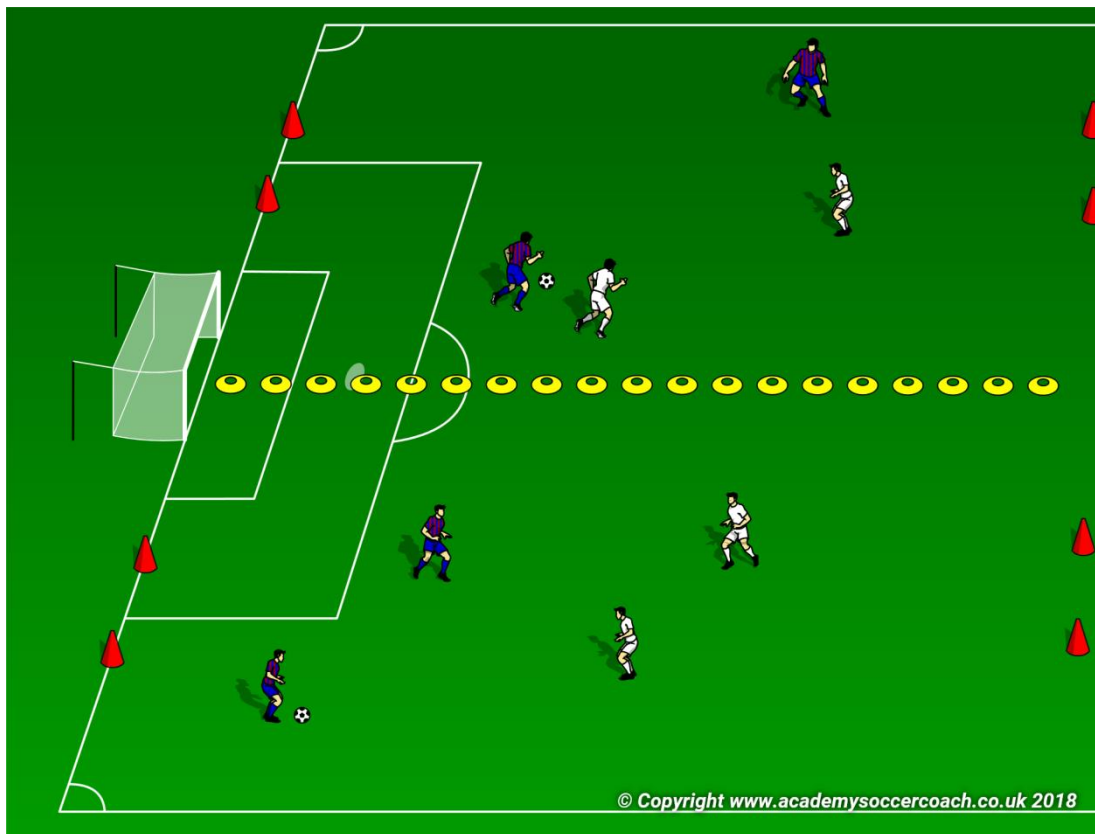


Now we look to make the connection between COD moves and how they can be utilized to help keep position.

We want to stress the importance of continuing to develop our players technically while starting to speak to the team about how these technical elements are crucial to our tactics like switching the point of attack.

When, Where and How we perform these COD moves helps us get out of tight situations with high pressure and move into open space quickly to attack the defending team where they have low numbers.

# PLAY 2v2



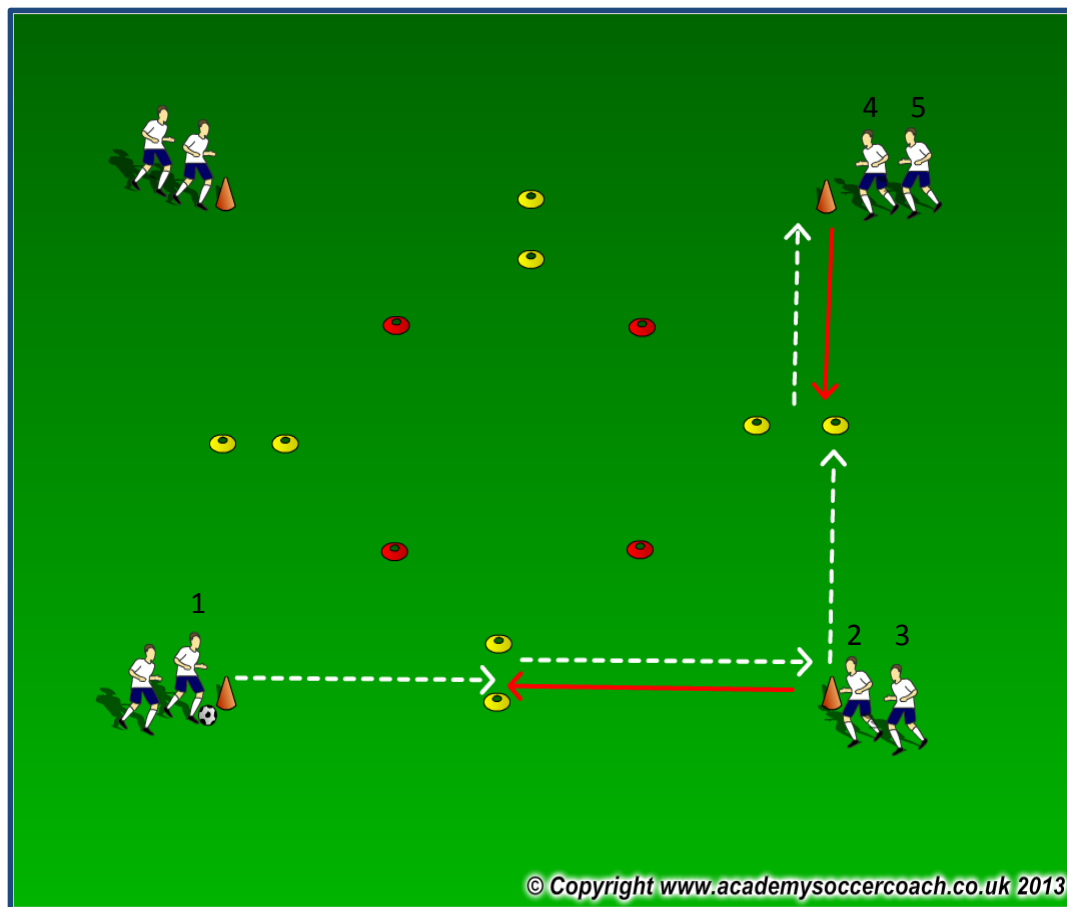
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**Progression:** Mix/rotate teams after 5 minutes or so. After a few games, allow players to pass the ball, on the ground, through the gates to score.

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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.

# The Zegrab



**Area:** 30x30 yard grid with 2 yard gates

## Description:

Separate the team into 4 groups and place on the corners of the grid as shown. To begin player 2 to accelerate to the yellow gate, receive the pass from 1, 4 repeats and connects with 5 and so on.

## Progression 1:

2 accelerates to the yellow cone to receive from 1, 4 then accelerates to their gate to receive from 2 and continue

## Progression 2:

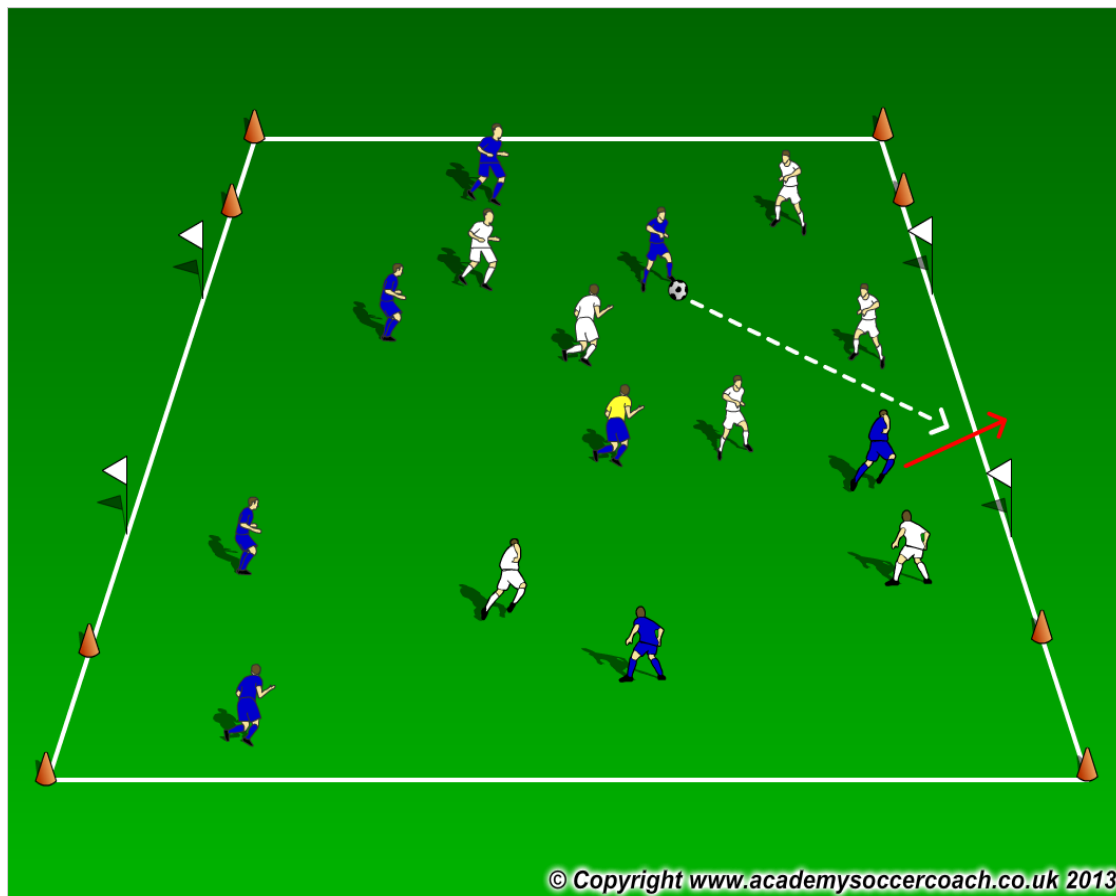
Player 2 accelerates to the red cone, 1 passes to 3 and completes a 1-2 with 2. as that happens, 4 accelerates to the red cone, 2 passes to 5 and 5 completes a 1-2 with 4 and so on.

## Coaching Points:

Scan, See pass two,  
Creative receives,  
Open up hips and shoulders,  
Weight of pass,



# CHANGING THE POINT OF ATTACK



**Area:** 45 x 30 with 8 yard cones gates and 12 yard poles goal

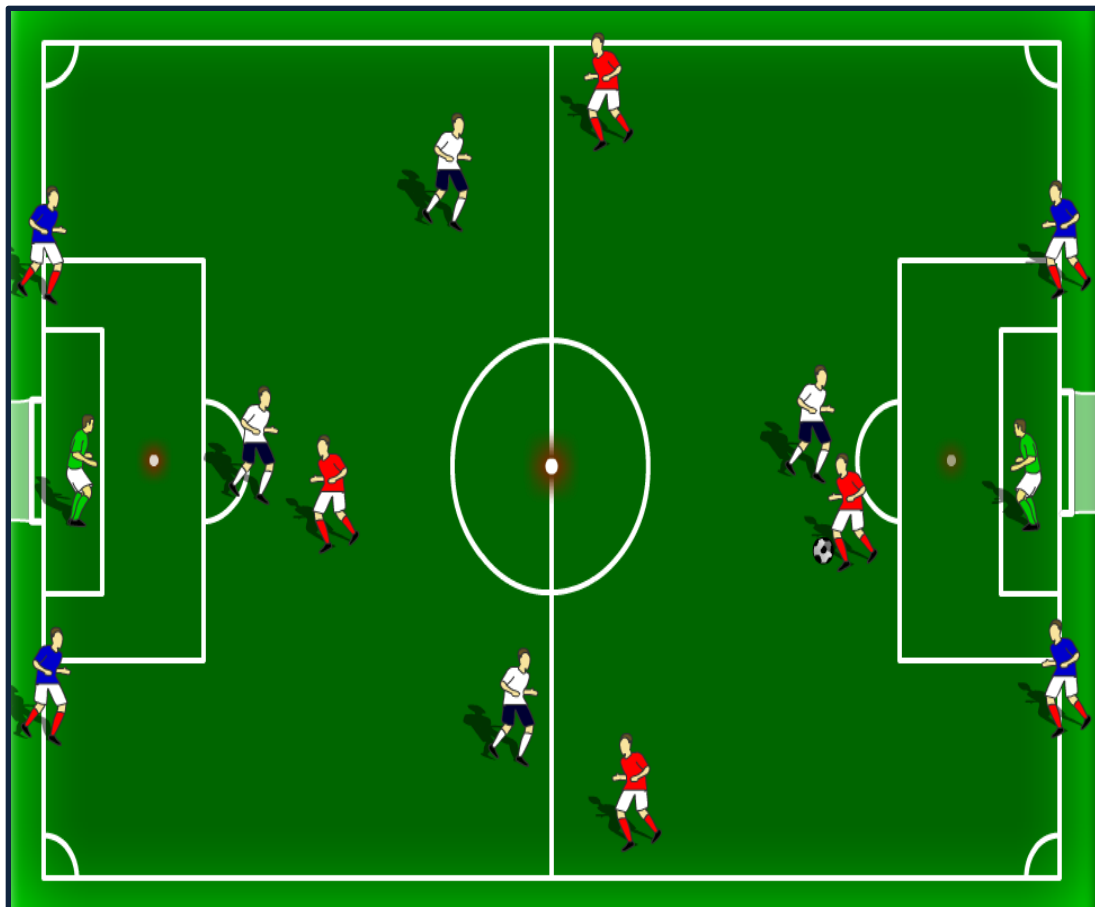
**Description:** Play 7 vs 7 + 2 or 6 vs 6 + 2 based on the numbers in the group. For a smaller play 5 vs 5 + 1. Players look to gain possession and play a pass into a wide player for 1 touch to get into the cone gate for two points. 2<sup>nd</sup> option is to play a pass through the poles, defending team cant defend past the poles. Must be received past the line.

**Coaching Points:**

Head on a swivel to see both sides of the field  
Timing of movement of players in the outside areas, especially when wide player passes ball back to pivot player.....time run up the field

THE RUN DICTATES THE PASS

# 7 vs 7: TARGET GAME



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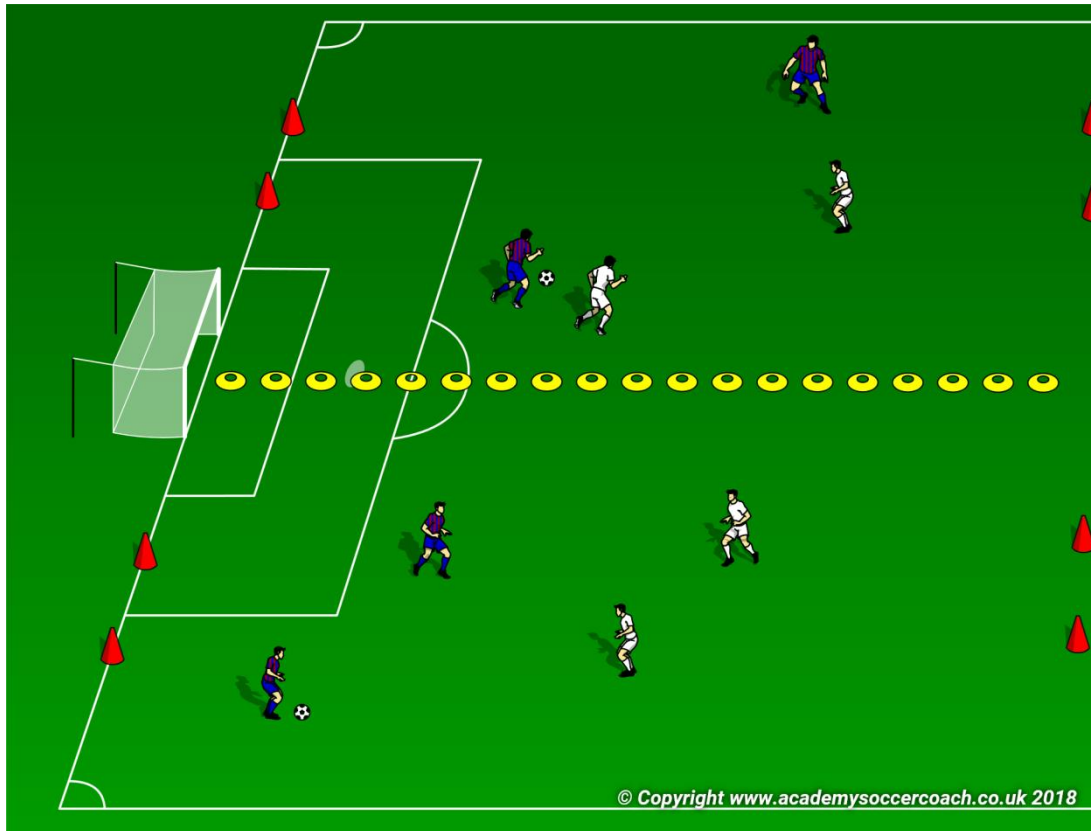
# Combination Play

Week 4 is a good time to start talking about Combination Play among our teammates.

Are we able to move the ball quickly? How can we move on and off the ball to help create space to combine with teammates? How can we use angles to our advantage?

A little movement goes a long way to creating enough space to play quickly. Using 1 and 2 touches keeps the ball moving and keeps the defense moving. As long as the defense is moving it makes it harder for them to get set up and organized to slow you down!

# PLAY 2v2



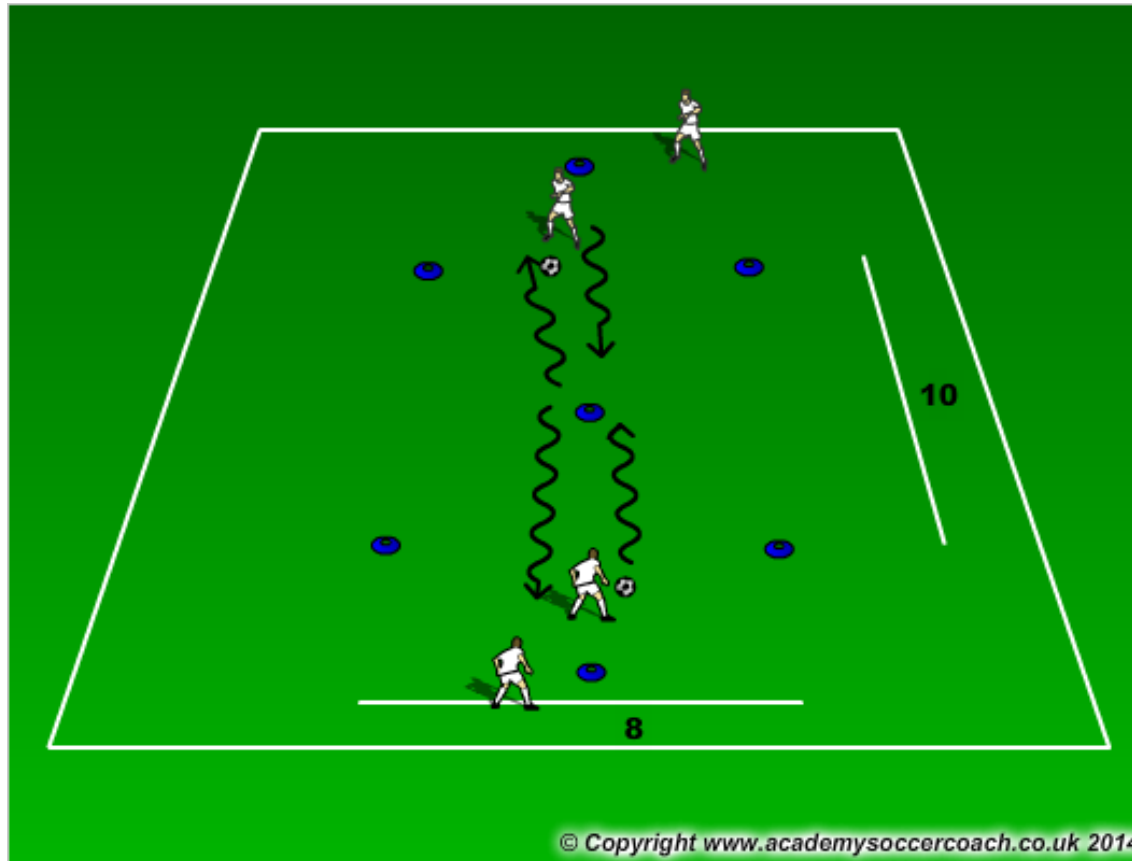
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# BAYERN MUNICH: PHASE 2



**Area:** 10 x 8 Hexagon

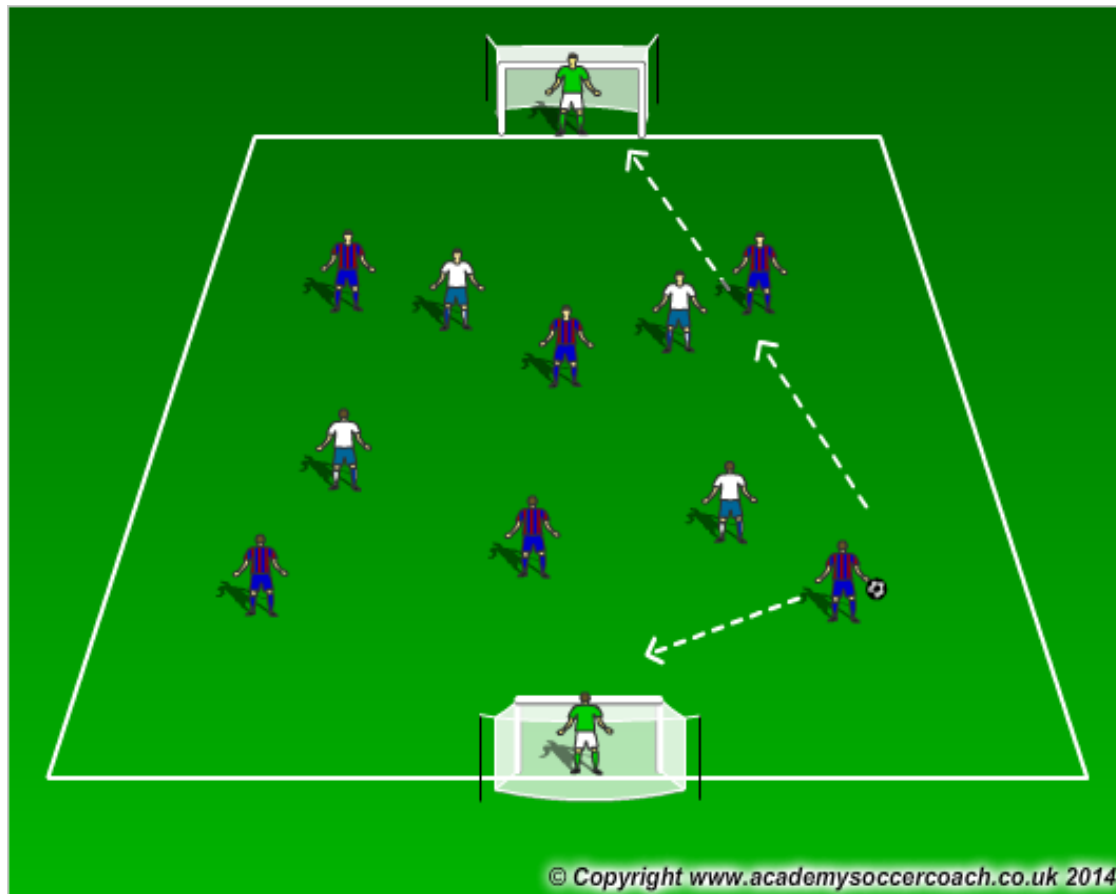
**Description:** In 4 players perform different Ball mastery sequences in to the center cone

# 1 Double touches into the cone and play to next player waiting

# 2 Double touches with a figure 8 around to the blue discs on the way back

(lots of variations within this , set up for ball mastery and COD moves)

# POSSESSION vs ATTACK

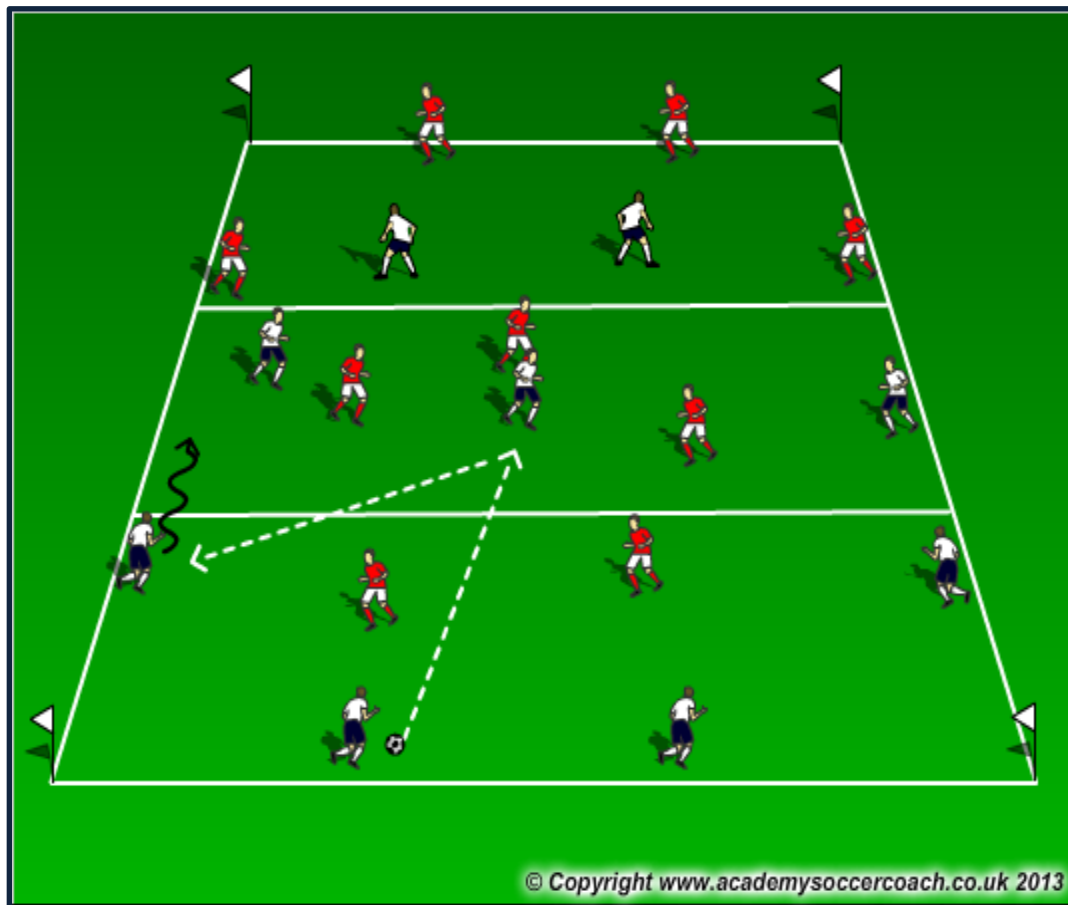


**Set-up:** 60 x 40 yard area. 6 vs 4 in the area with a GK in each target goal. 1 ball in the area with a supply of balls on the outside.

**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.

# 8 VS 8 ZONAL POSSESSION



**Area:** 60x40 yard grid

**Description:**

Separate players into 4-3-2 and must stay in their third of the field. Objective is to stop ball behind opposing line (flags).

Attacking players can advance into next third of field only on: Change in point of attack or 3rd man combination

**Coaching Points:**

Quality Passes

Good Angles of Support

Play simple passes

Good body angle to receive ball

Don't give the ball away

Know options before receive ball

Prepare feet to receive ball

Scan, know where defenders are

**Progression**

Advancing attacking player cannot be tracked to start....then CAN be tracked

Unlimited touches



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# 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

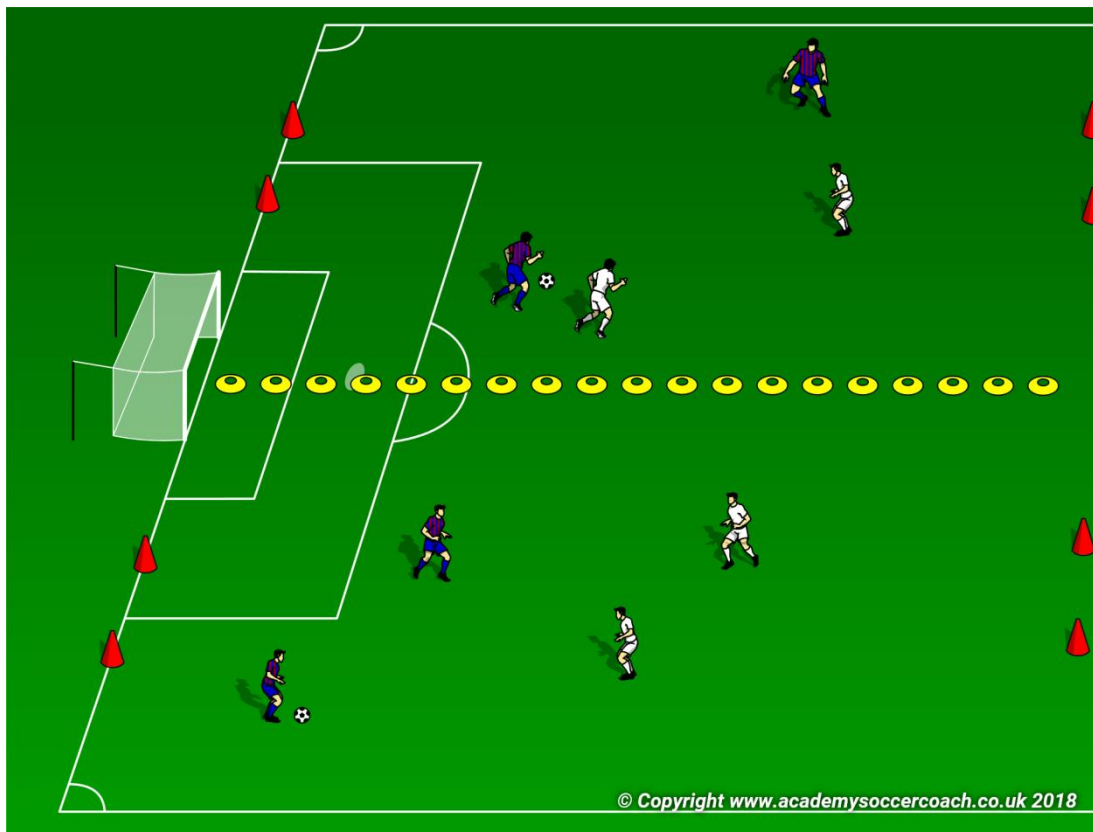


Now that we have spent a little time on the ball and have built some confidence combining with our teammates, we want to start focusing on how quickly we can move the ball on the ground.

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



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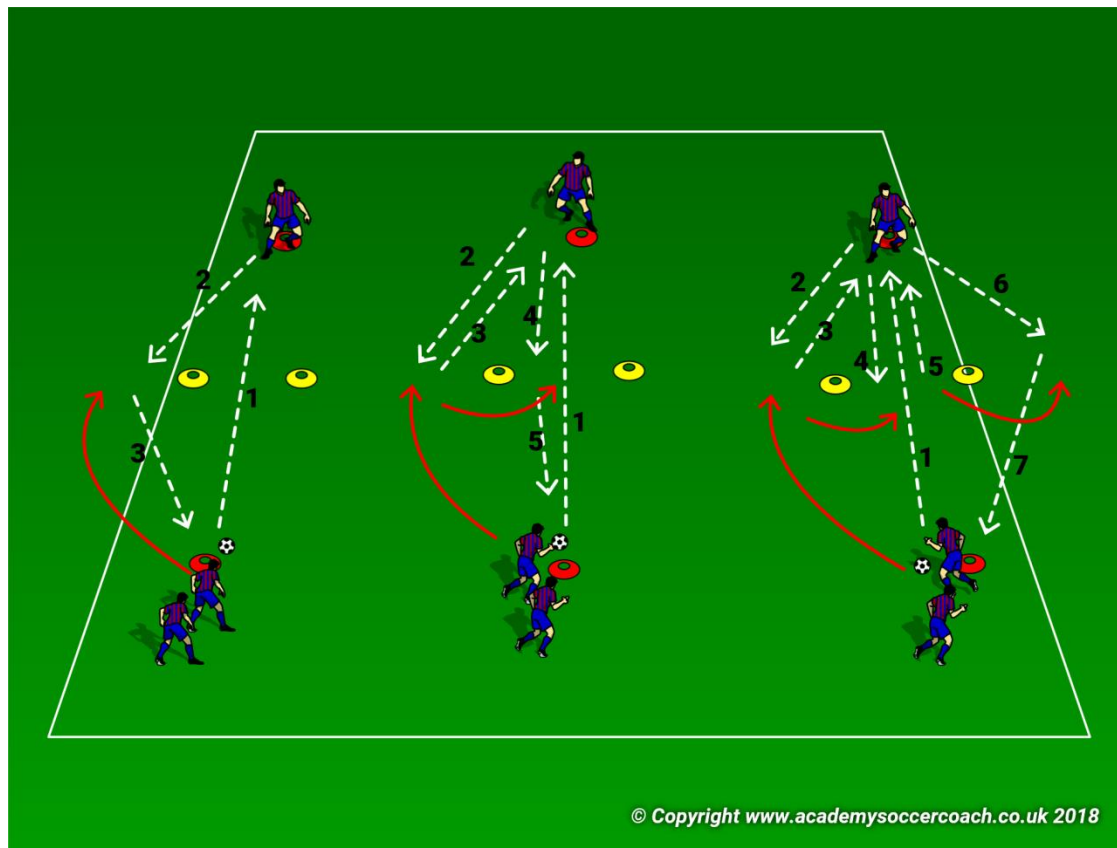
**Progression:** Mix/rotate teams after 5 minutes or so. After a few games, allow players to pass the ball, on the ground, through the gates to score.

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# Electronica



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

**Description:** 1<sup>st</sup> 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 VS 1 TRANSITION



**Area:** 20x20 with 4 x 10x10 Grids

**Description:** Separate players into teams of 3, if you have more players in the group then simply have a team out waiting to go in. Blue team play 3v1 against white team. After 5 passes blue team look to play to one of the 3 open orange players. As soon as pass is connected then other two oranges support to create 3v1 with a new white defender closing ball down. Blue team re-organize to fill three open squares. White remain defenders for 2 minutes. How many times can you consecutively switch play.

**Coaching points:** Make area as big as possible. Invite pressure to destroy pressure. Quick support to create numbers up. Composure on the ball, know when to slow game down. Protect ball.

**Progression:** Now add transition, when defending team wins it ball is played to open team and team that gave ball away defend.

Importance of transition moment.

# 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



# Finishing!

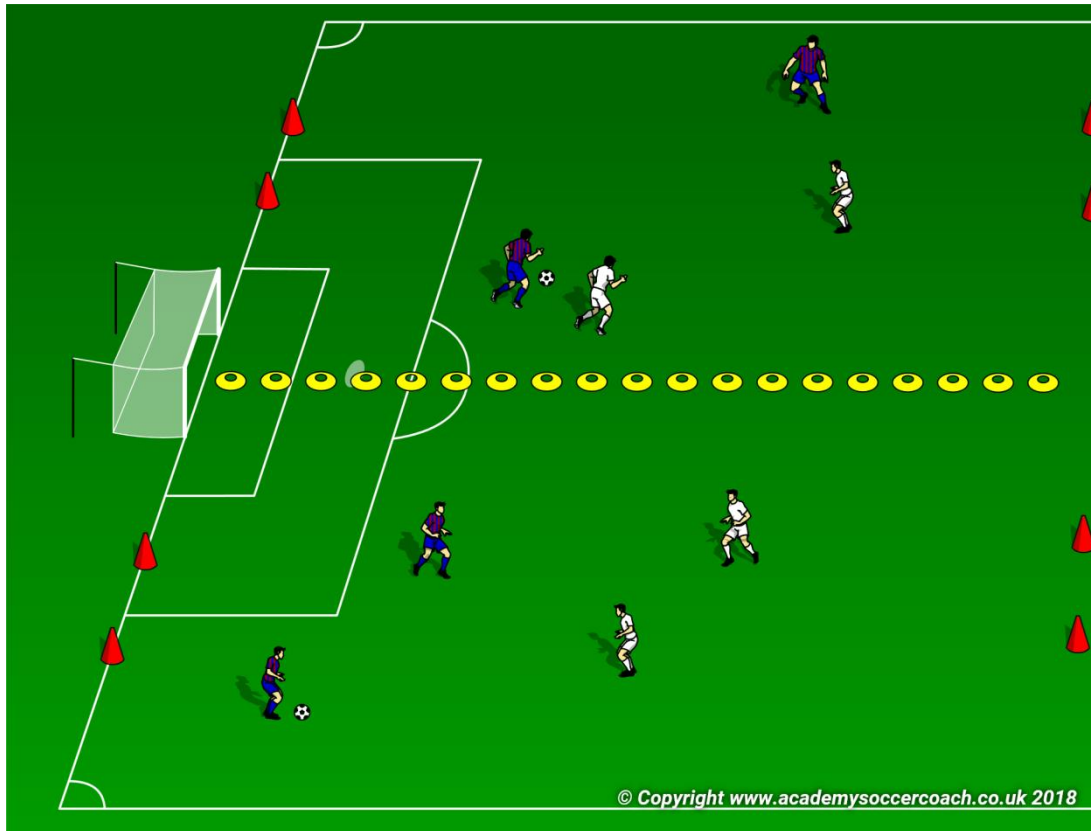


Session six is a good time to start working on finishing!

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



**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.

# Barca Passing Sequence to Goal



**Area:** Edge of the Box

**Description:** Passer plays 1-2 with striker and threads a through ball past the mannequins for the striker to finish.

Progression:

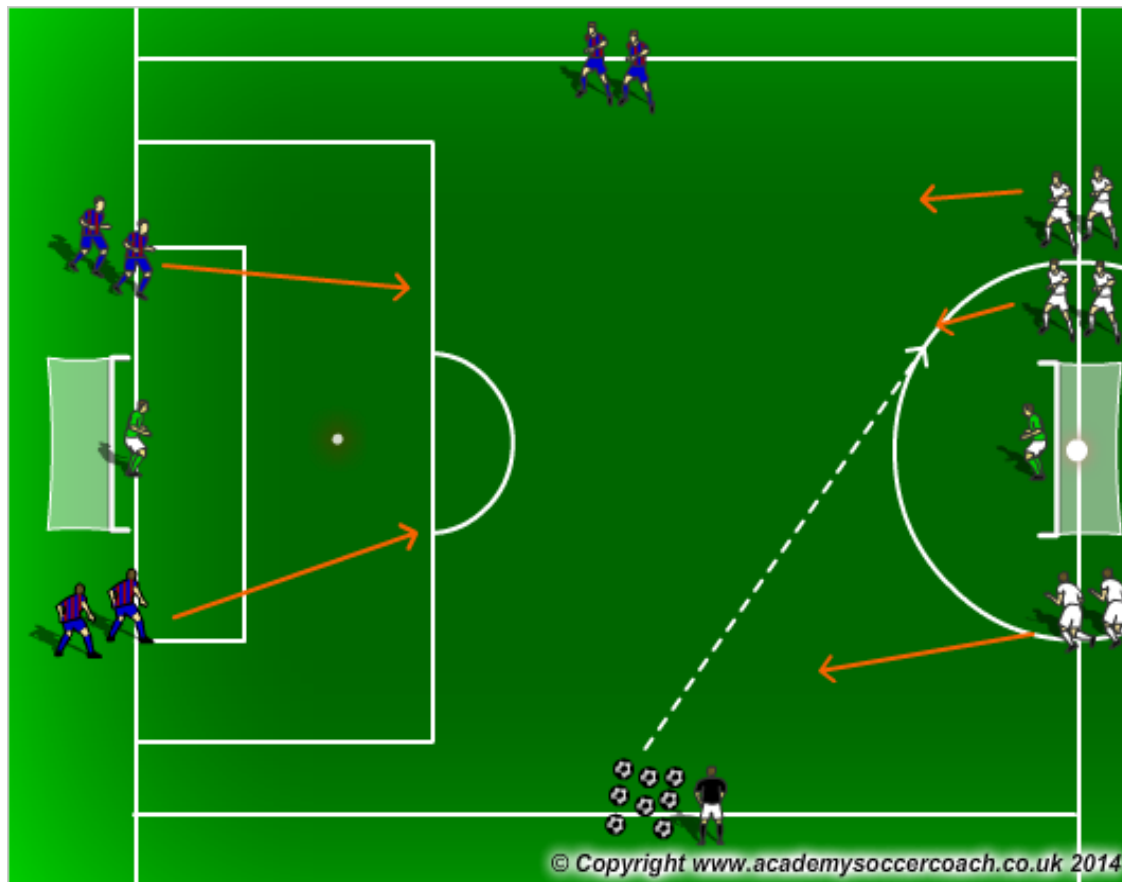
Double Pass

Passer turns striker and is played through by forward.

**Coaching Points:**

- Striker checks away creating separation from defender
- Quality first pass into checking player
- Take care of the set ball
- Good angle and weight of pass through cones
- Striker watches off sides on bent run

# 3v2 Transition to Goal



**Area:** Half Field with 2 Goals Squeeze Sideline and tweak based on age of players

**Description:** Coach plays pass into team of 3 (white team) who attack 3v2 to goal. If the attacking team score then round is over. If the attacking team miss or the ball goes out of play Coach plays pass square to a player on halfway line to create a counter attack 3v3

**Coaching points:** Player on ball in the 3v2 should attack the defender (invite pressure, destroy pressure with pass) and slip pass into one of the other two attacking players. Timing of pass, aggressive wide runs. Quality of lead pass (allow forward to finish first time).

Transition in the 3v3 at speed both sides of the ball, quick support to player on the ball

# 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 2<sup>nd</sup> 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



# Playing in Gaps & Breaking Lines



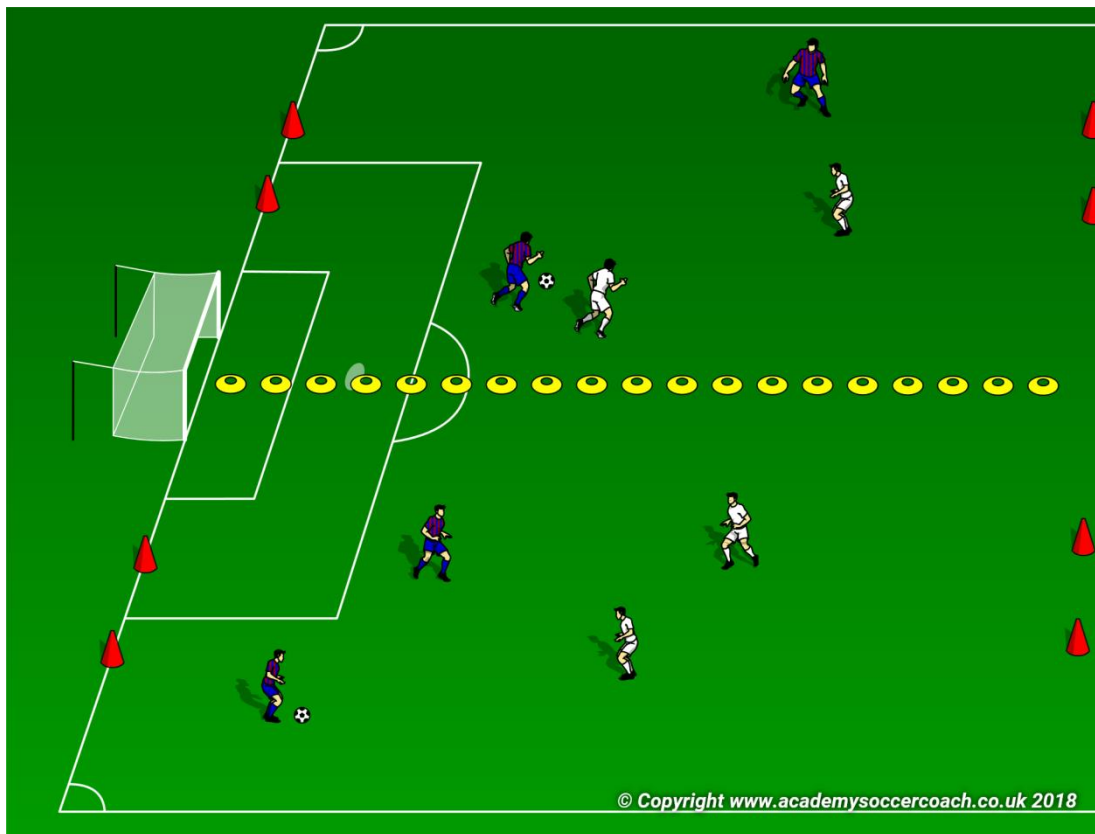
As a team it is important that we understand how we try to break the defensive lines of our opposition.

As coaches, we often talk about “Switching the Field” or “Building Out of the Back” or “Play Out and Around”. However an inevitable that we will have to play passes to teammates in between gaps.

Start by establishing the language of, what is a line of defense with your team? Simply put, the lines of defense is the imaginary line the can be drawn across the field connecting the defenders or midfielders or forwards. A “4-4-2” formation for example often has 3 “lines” we need to bypass before we are in on goal.

Use the activities and coaching points throughout this session to discuss with your team’s the important things we need to do in order to play in these gaps and break these lines.

# PLAY 2v2



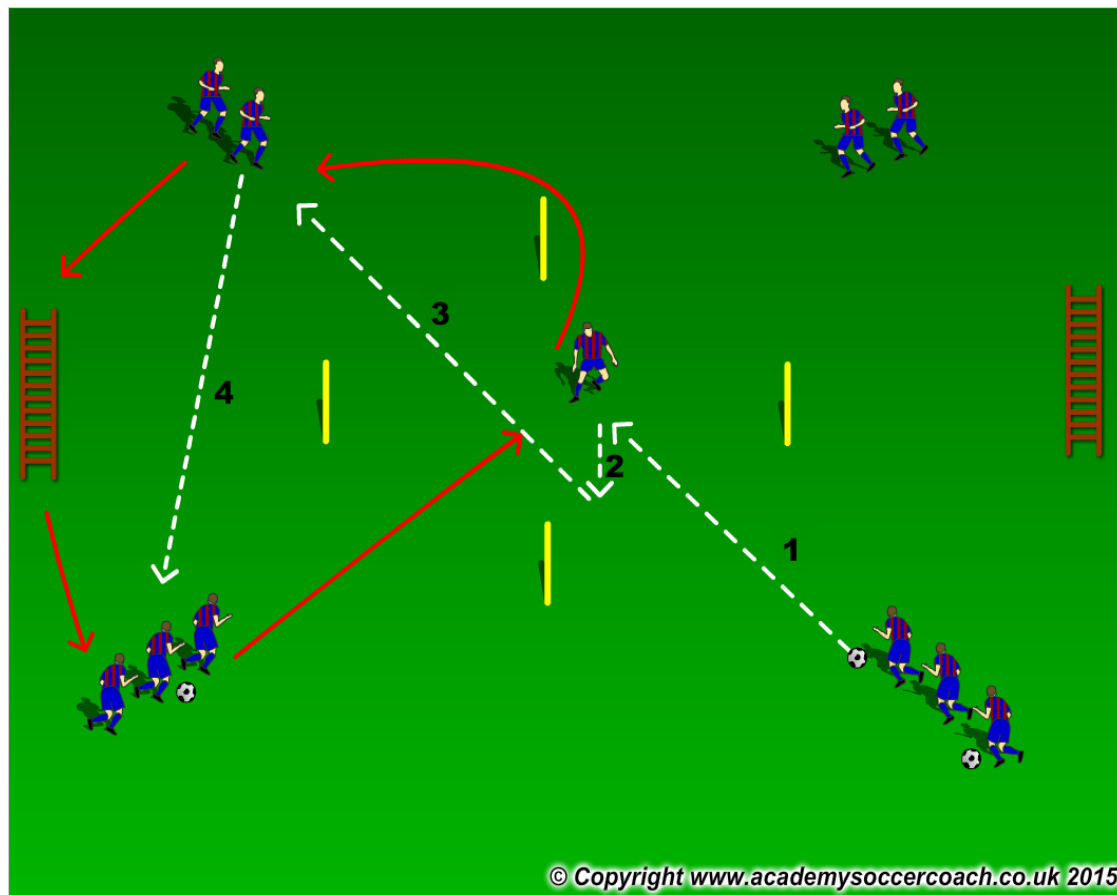
**Description:** Split players into 4 teams. Set up goals at end with cones about 4 feet apart. Give a ball to each field and let them play! Dribbling the ball through the gates to score.

**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.

# Playing in Gaps



**Area:** 20x20 Area

**Description:** Split group into 4 corners. Players at the bottom with a ball. First player in line enters the diamond on the jog, player at front of the other line makes pass # 1. Player in diamond receives pass on the run and passes the ball to opposite corner. Ball is then passed to the back of the line at the bottom. Everyone follows their pass. The player who made pass # 1, now makes the run into the diamond and repeats going to the opposite corner/direction.

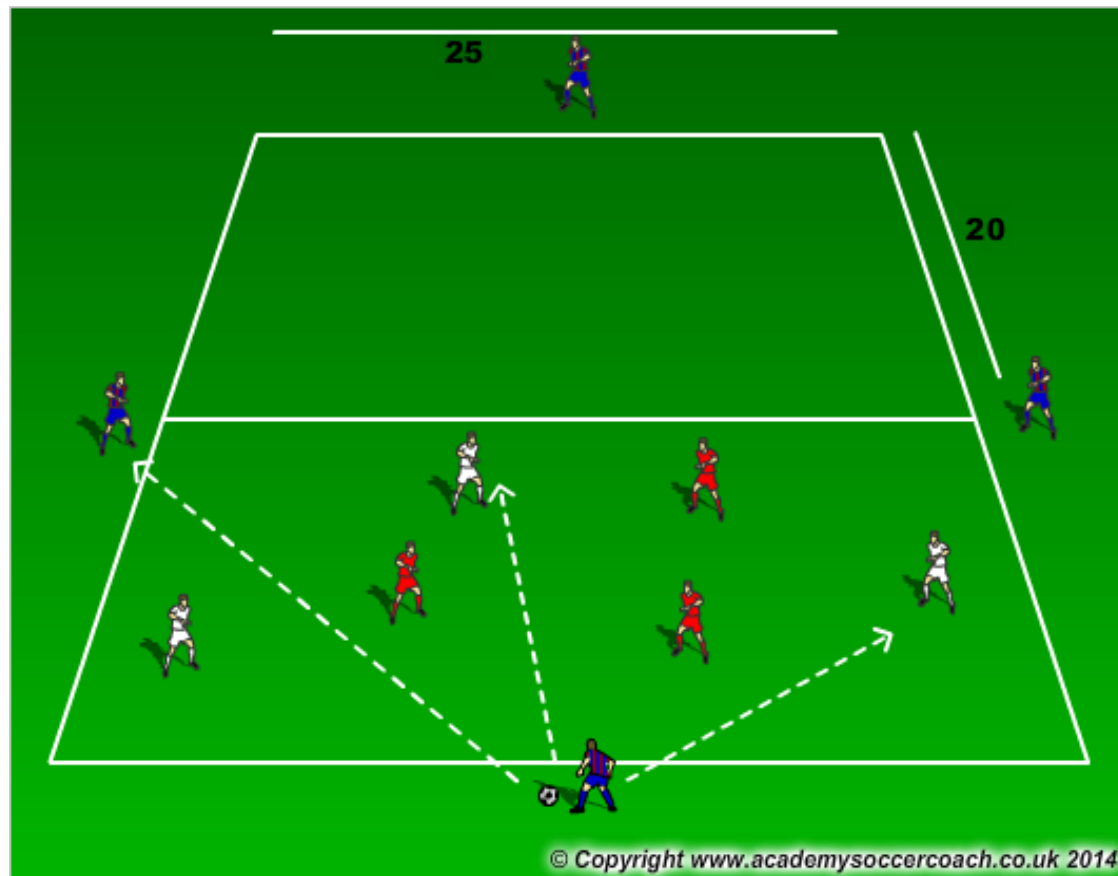
**Progression:**

- # 1 – 1 time pass # 2 – Pass and Set
- # 3 – Pass, Set & 1,2 pass on outside corner

**Coaching Points:**

Timing and Weight of pass into middle. The run always dictates the pass. Quality of first touch on the receive in middle. Set and spin out around cone to allow room to play. Scan Shoulder & footwork to position body to where you want to go next with ball.

# BREAKING THE LINES OF PLAY



**Area:** 2 rectangles 25 x 20. Balls with coaches on either side of middle channel. 3v3 + 4 or 4v4 + 4 depending on numbers

## Description:

Coach plays pass into outside blue team. Player deep in the grid can move side to side. 2 players waiting on halfway line must stay on that halfway mark (this forces the team in possession to open hips up). White team combine with blue team for 5 passes. After 5<sup>th</sup> pass look forward to switch grid to deep player waiting. White can play this pass directly OR combine with blue on halfway line. If RED win it, same game, 5 passes to advance

**Coaching Points:** Make area large enough to create space to play. Head on a swivel, scanning for defenders. Look UP the field 1<sup>st</sup>.....play in layers, always looking for the deep layer first. Hips open when receiving ball.

**Progression:** You can now advance ball whenever it is on (look up the field first)

# 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.

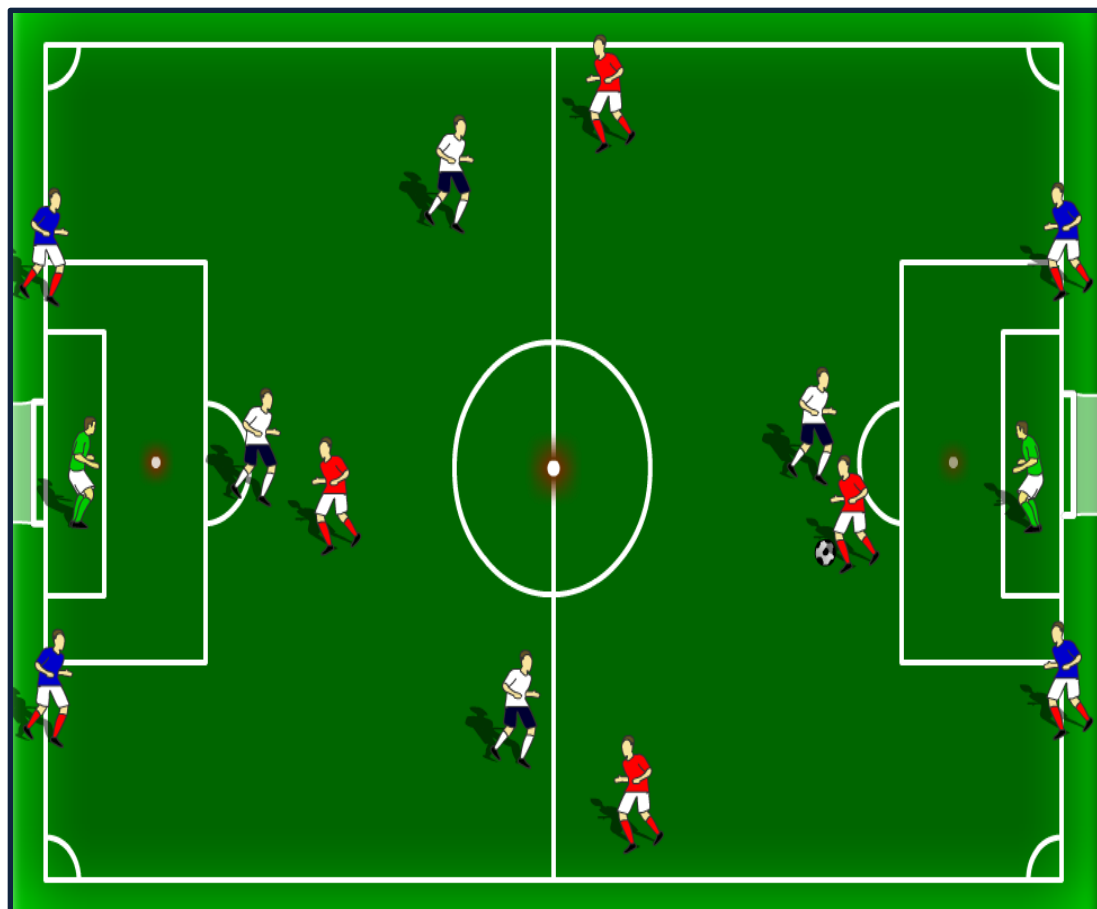
2 vs 2 + 1 neutral in each zone.

Play a regular game attempting to use the neutrals to create an overload

**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.

# 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.



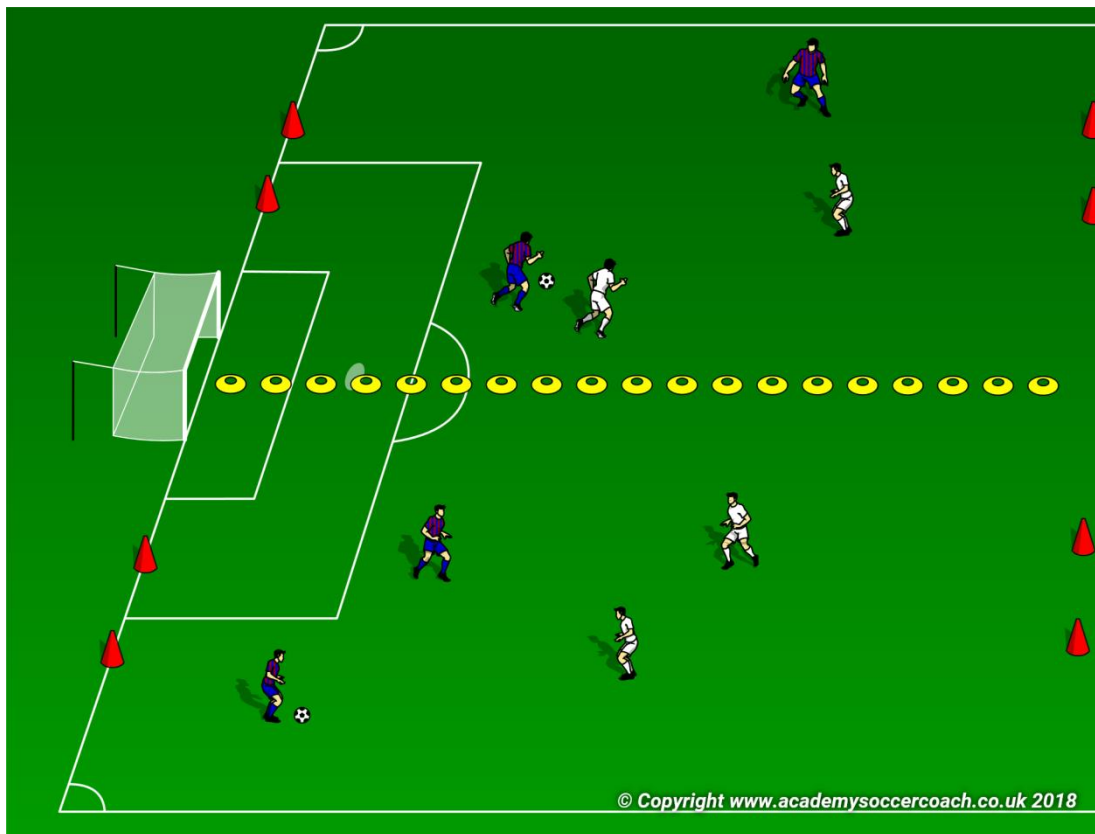
# Man Up Situations: 2v1's & 3v2's

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 (speed of play, combination play, playing in gaps) that we have already discussed this season to make the most of the extra player in the attack.



# PLAY 2v2



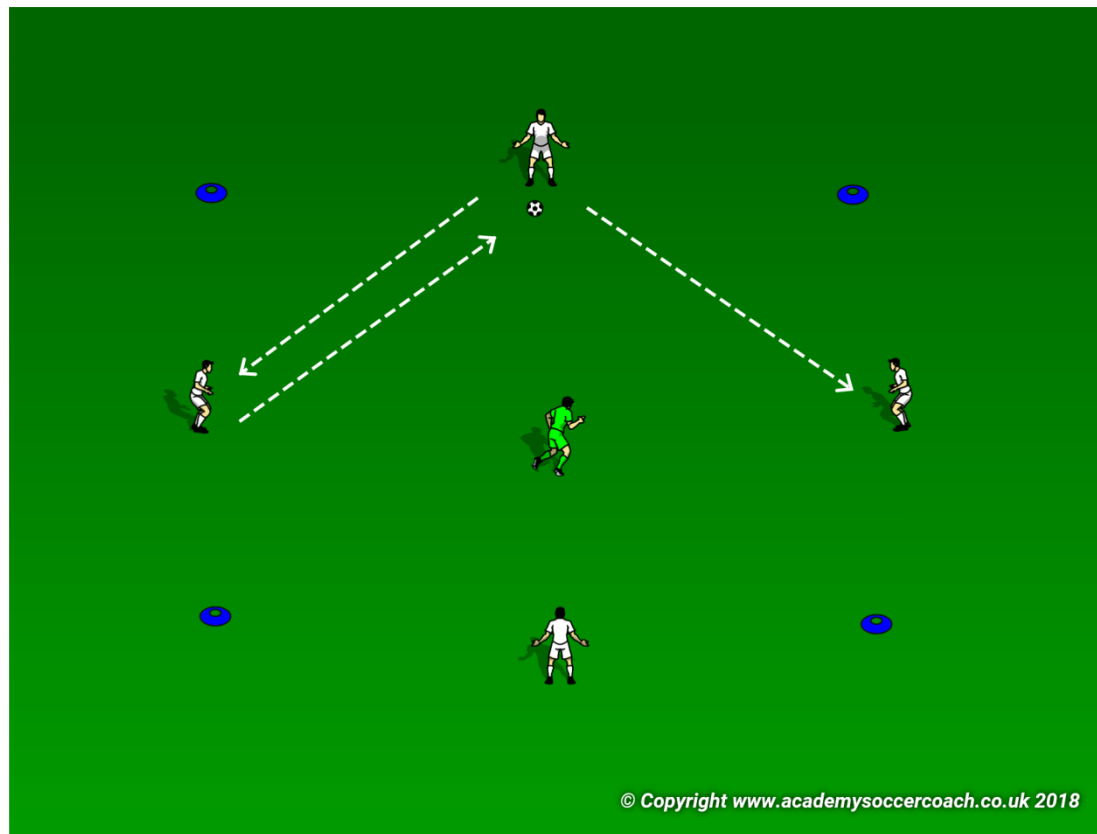
**Description:** Split players into 4 teams. Set up goals at end with cones about 4 feet apart. Give a ball to each field and let them play! Dribbling the ball through the gates to score.

**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.

# Monkey in the Middle



**Area:** Within your half of the field.

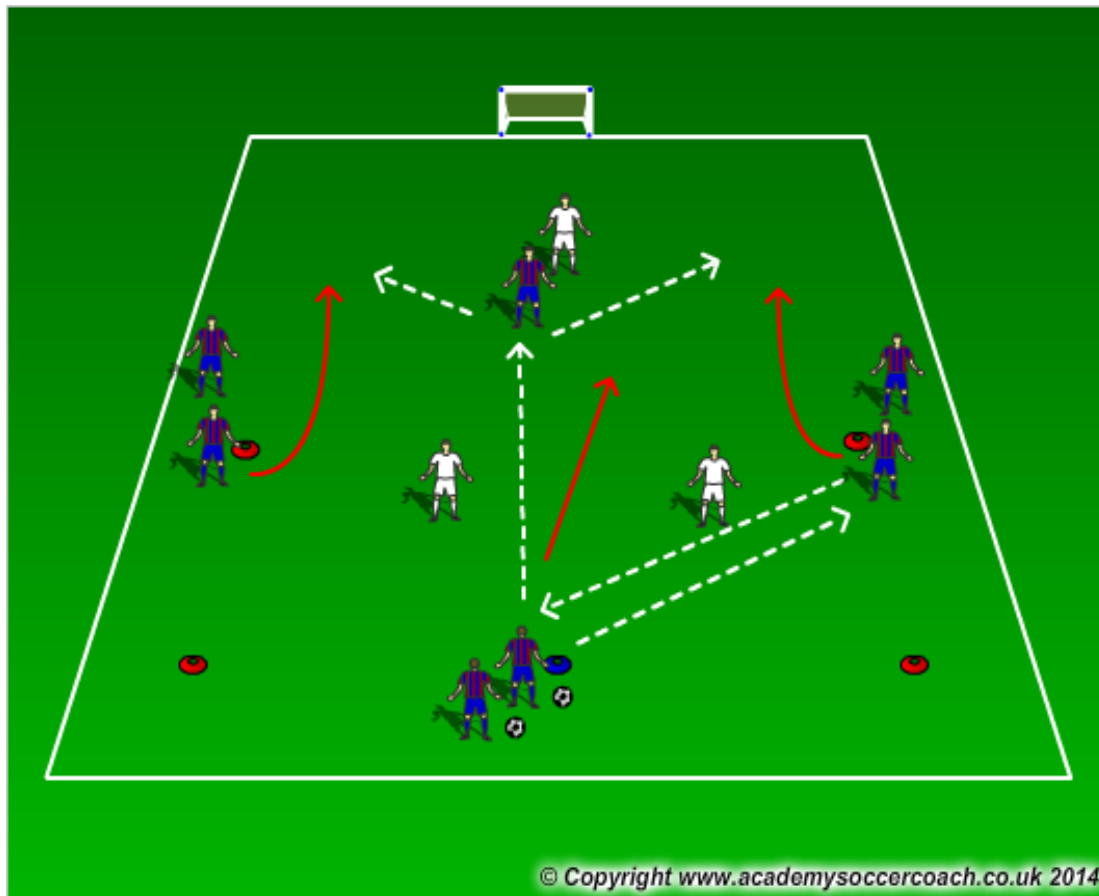
**Description:** The game is played as keep away. 1 defender in the middle. 4-5 players surround the box. The players on the outside must try to pass the ball amongst each other without dribbling. Every time they can successfully connect 5 passes they get a point.

**Progression:** 1) Add a defender to make more challenging 2) Add goals. Once the team gets 5 passes they will try to score play same game but everyone has a ball at their feet!

**Coaching Points:** Introduction to basic ABC'S  
A = Agility B = Balance C = Coordination  
S = Speed

Help players get familiar with playing area at the start of the session. Help players get to know each other by introducing themselves before each round. FUN & LIGHT way to get players engaged and tired to help focus with rest of session.

# 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)

# 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.

# 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.



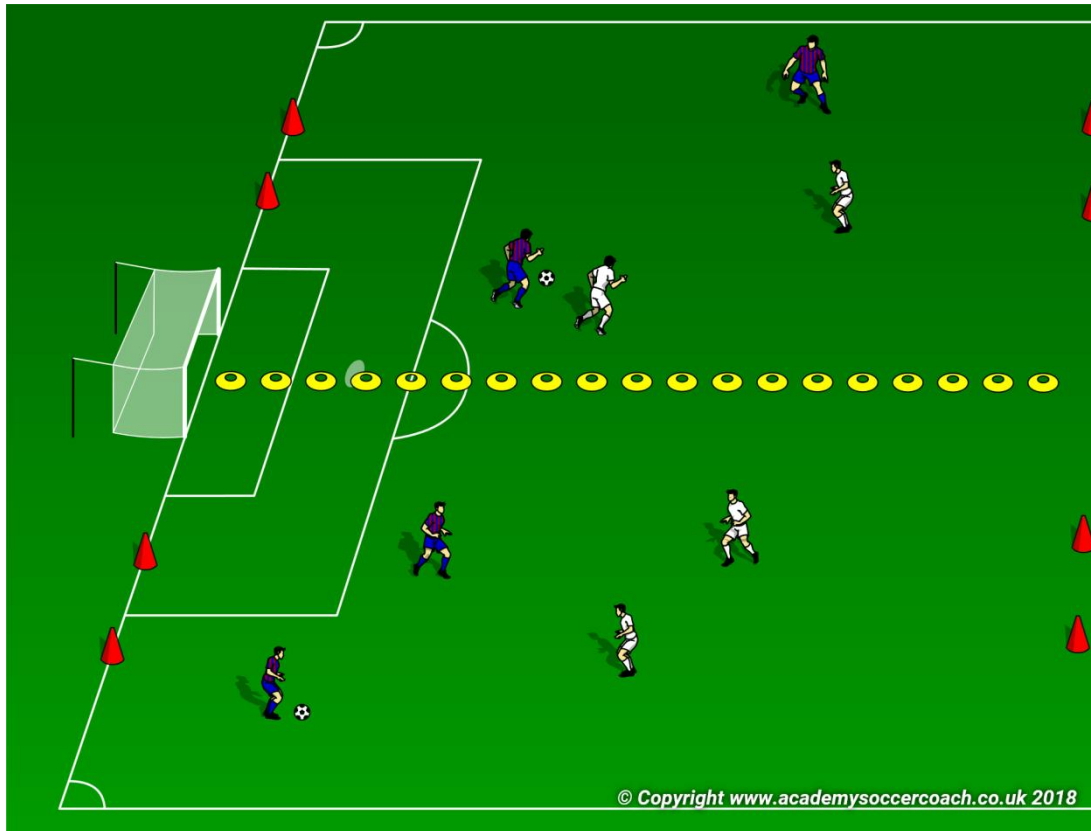
# Finishing From Wide Area's

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



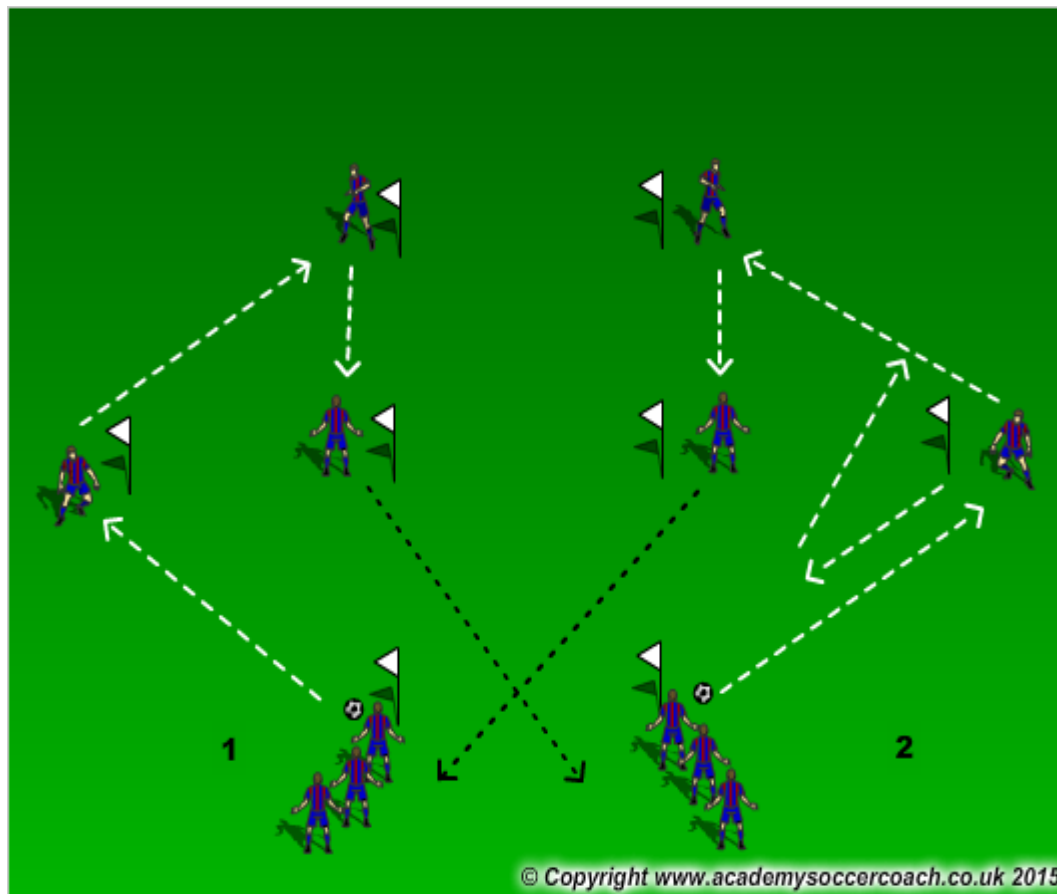
**Description:** Split players into 4 teams. Set up goals at end with cones about 4 feet apart. Give a ball to each field and let them play! Dribbling the ball through the gates to score.

**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 1<sup>st</sup> 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:**

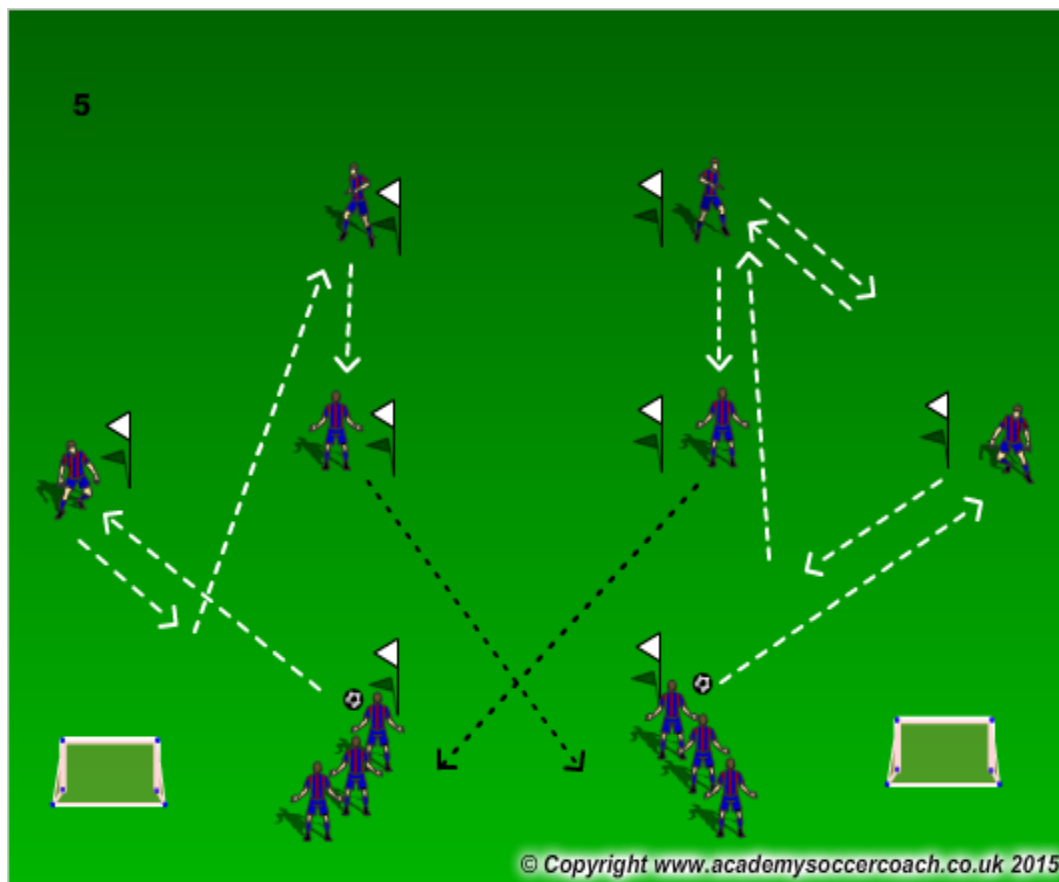
Repeat with player 1 and player 2 combining on a give and go.

## **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 COMBINATIONS: PHASE 5



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

**Description:** Multiple players on 1<sup>st</sup> cone/Flag. All with a ball.

1 player each on remaining cones/flags  
Add 1 goal at each station.

## **Phase 5:**

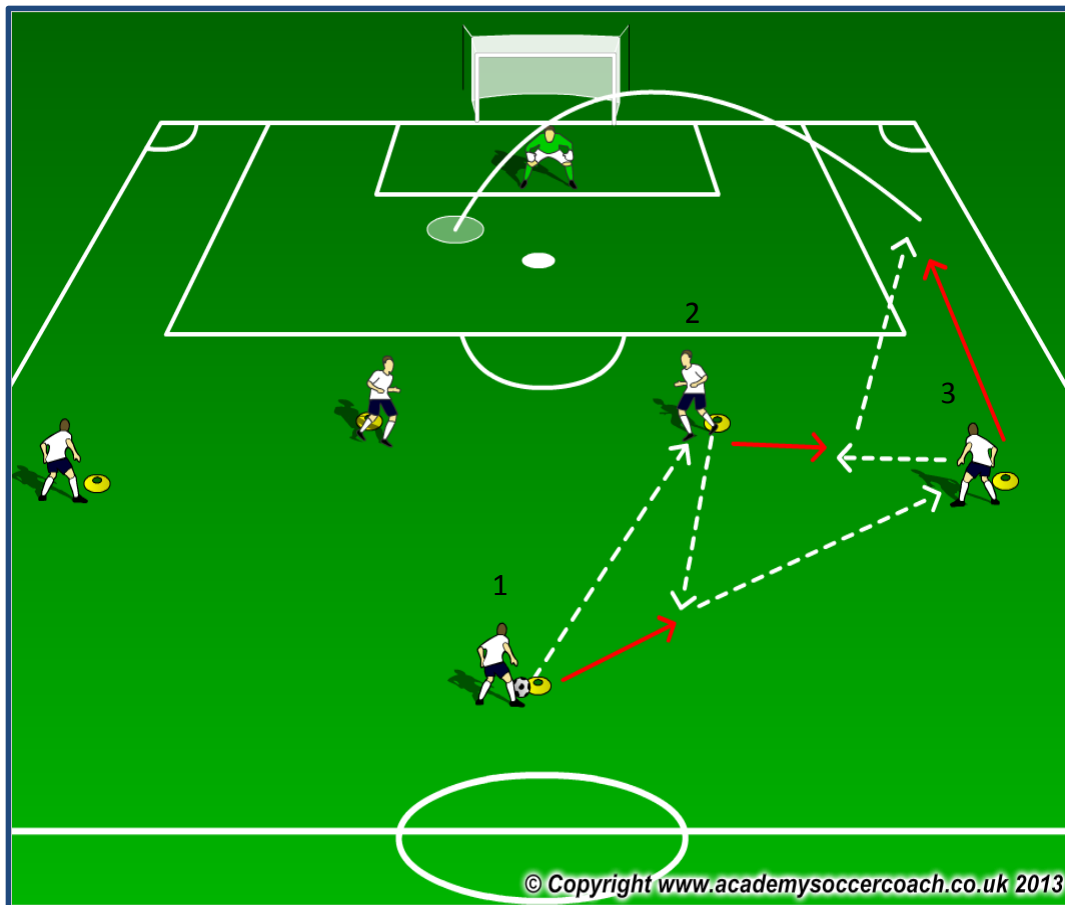
Player 1 passes to player 2 who lays the ball off to player 1. Player 1 passes to player 3, player 3 passes to player 4 who now turns and shoots at goal.

Opposite area repeats with an extra give and go combination between player 2 and player 3.

## **Coaching Points:**

- 1) Quality of the pass – zip it in
- 2) Movement before and after the pass
- 3) First touch in the direction you want to play
- 4) Communicate – demand the ball
- 5) Scan – where is the space?

# CROSSING AND FINISHING



**Area:** 30 yards from goal (11v11).

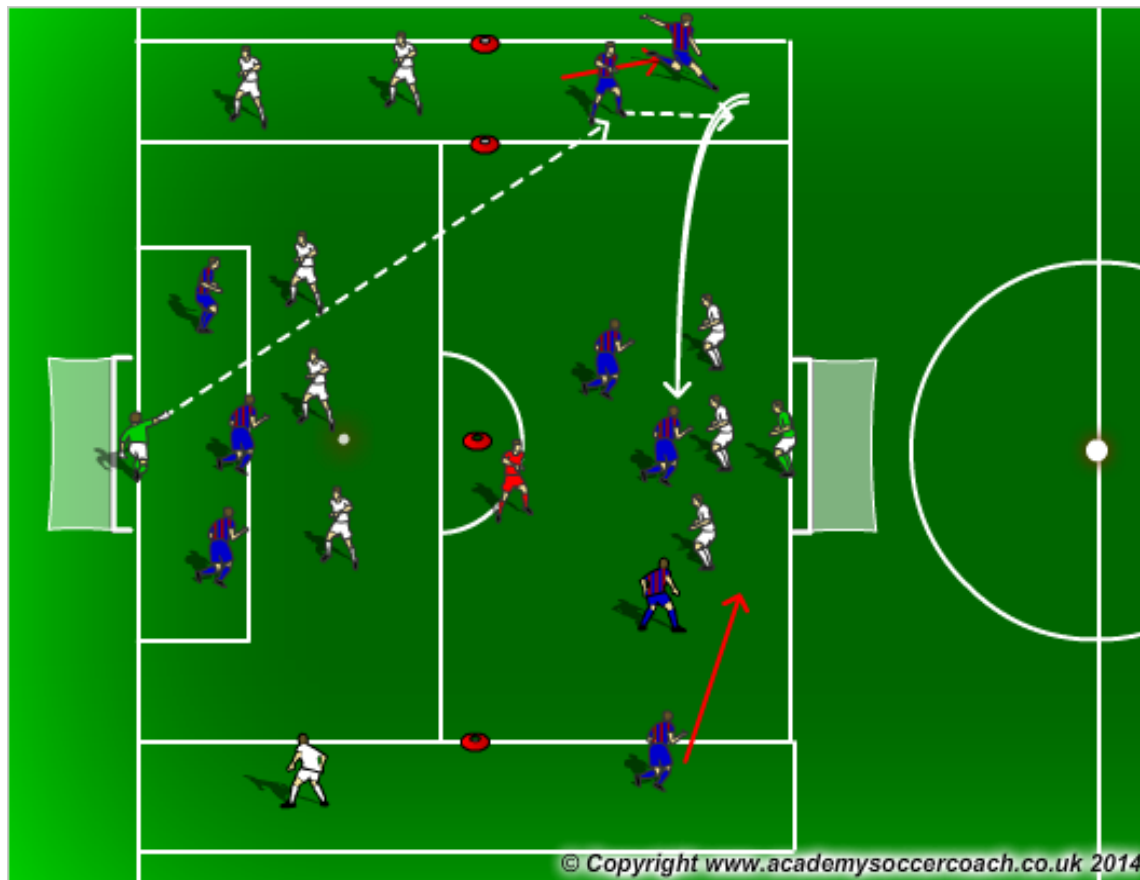
**Description:**

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

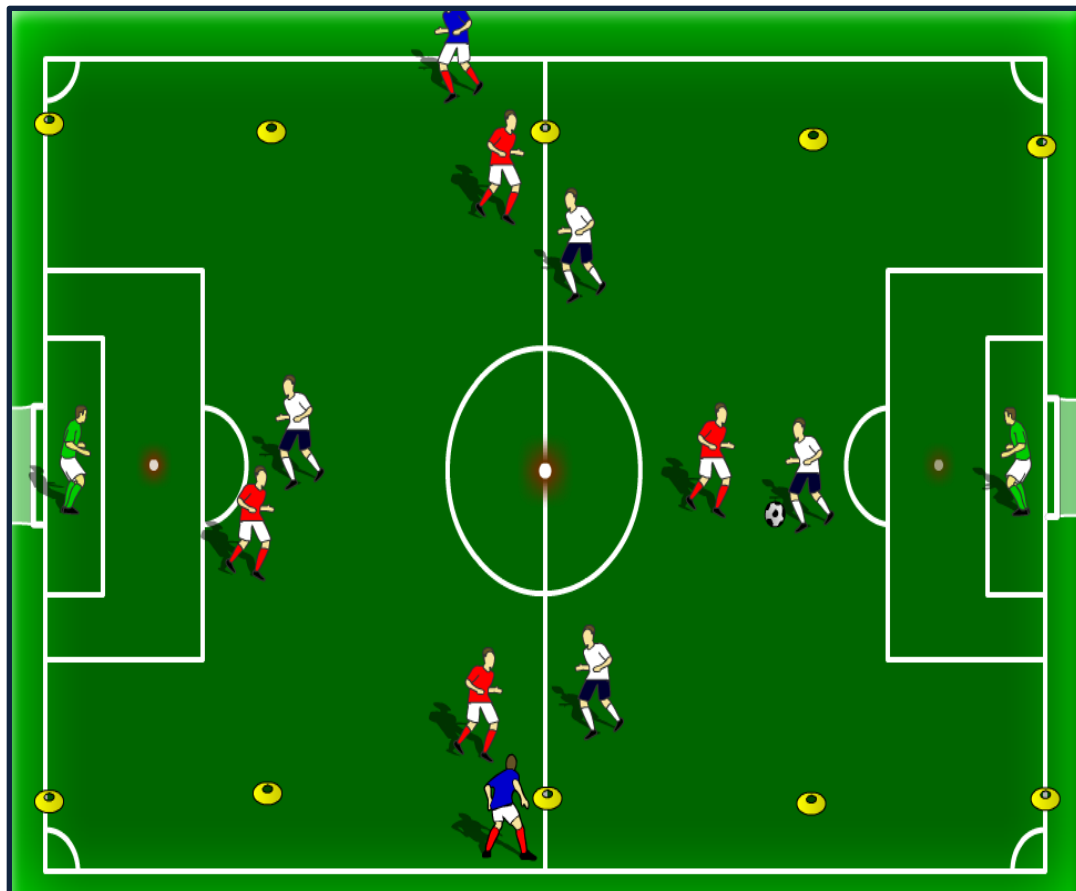
## Description:

- Separate group into two teams with a playmaker
- Ball start with keeper who throws ball to one of the wide players 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

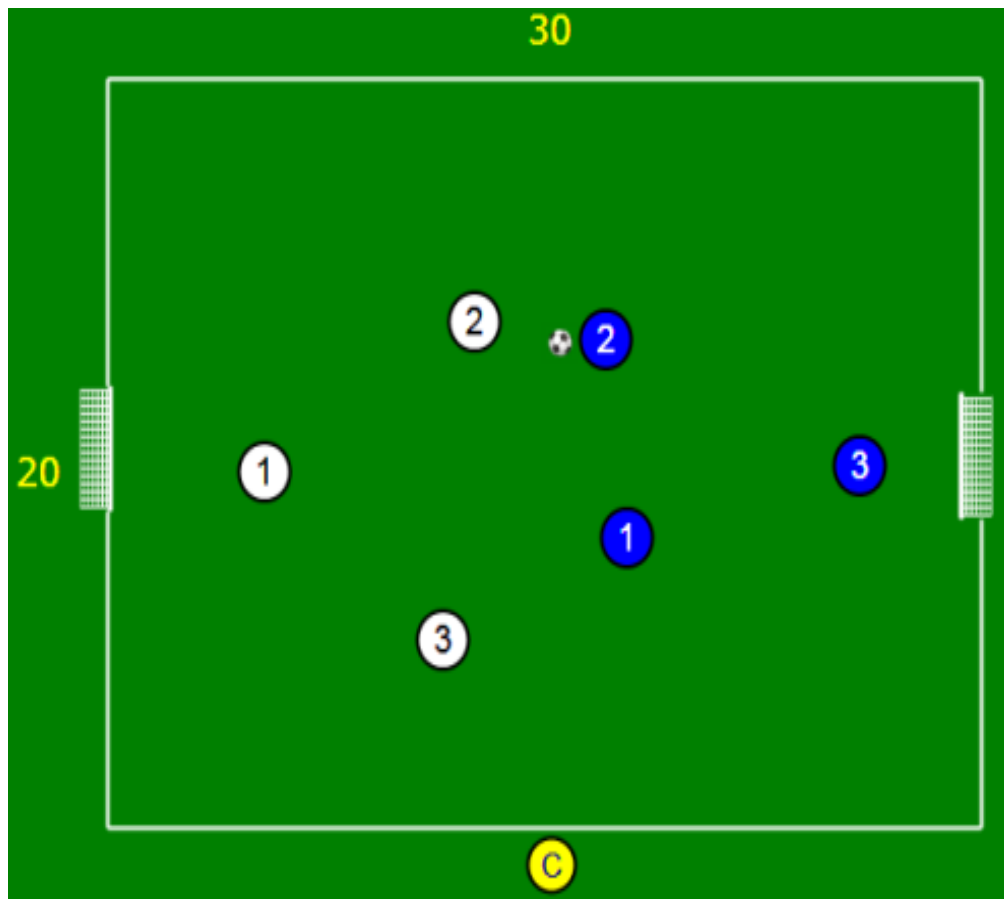


As with every season, we want the players leaving us excited for more!

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

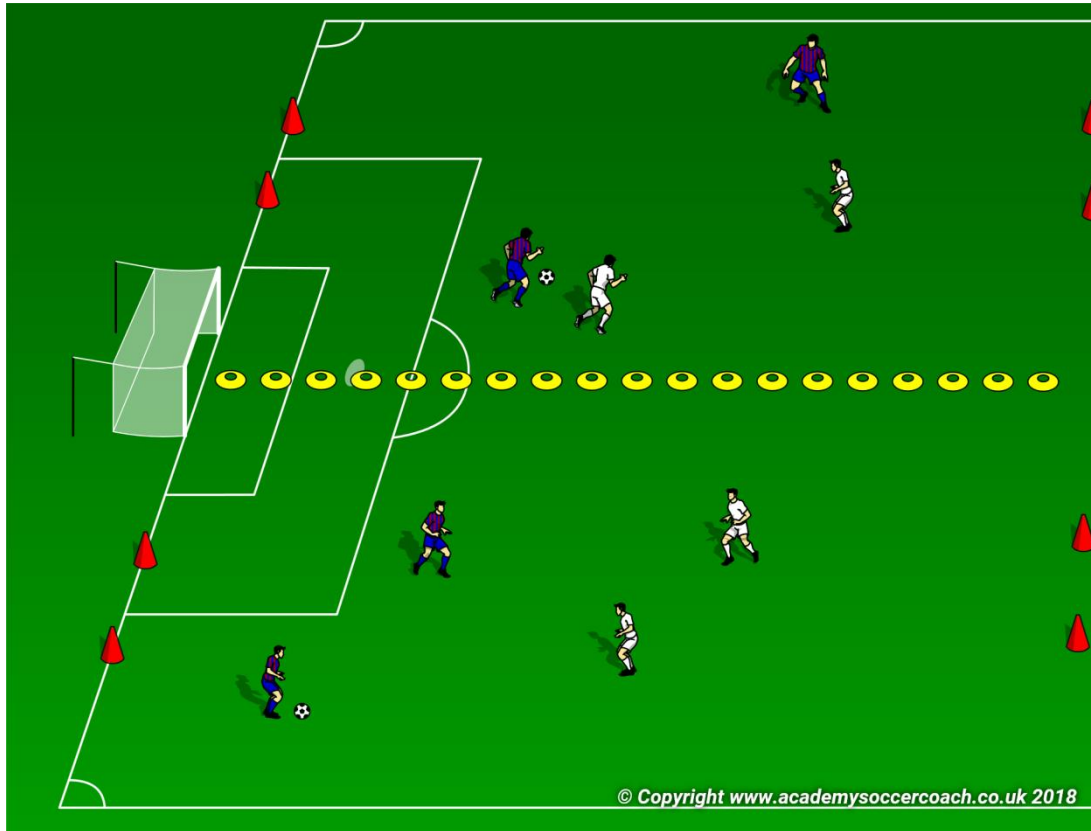
Loss – 2 points

Goal – 2 points

Assist – 1 point

Players keep their own scores.

# PLAY 2v2



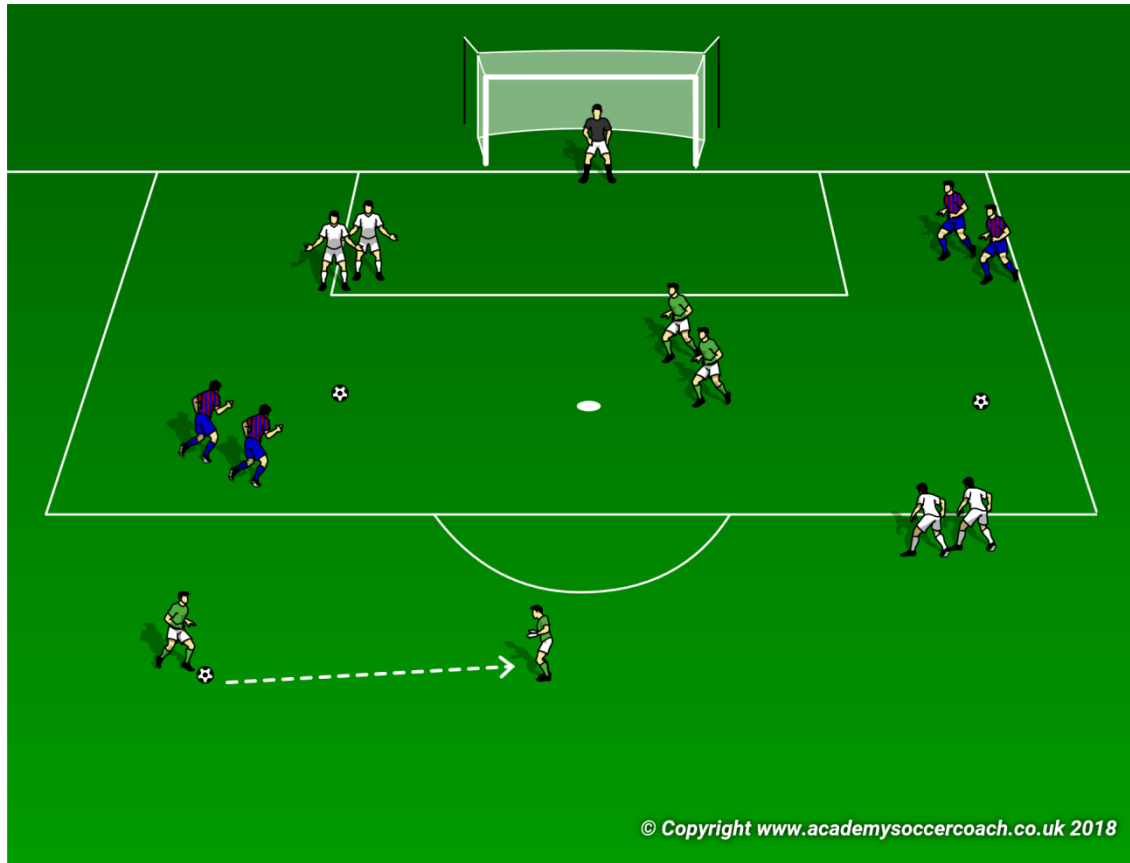
**Description:** Split players into 4 teams. Set up goals at end with cones about 4 feet apart. Give a ball to each field and let them play! Passing the ball, ON THE GROUND, through the gates to score.

**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



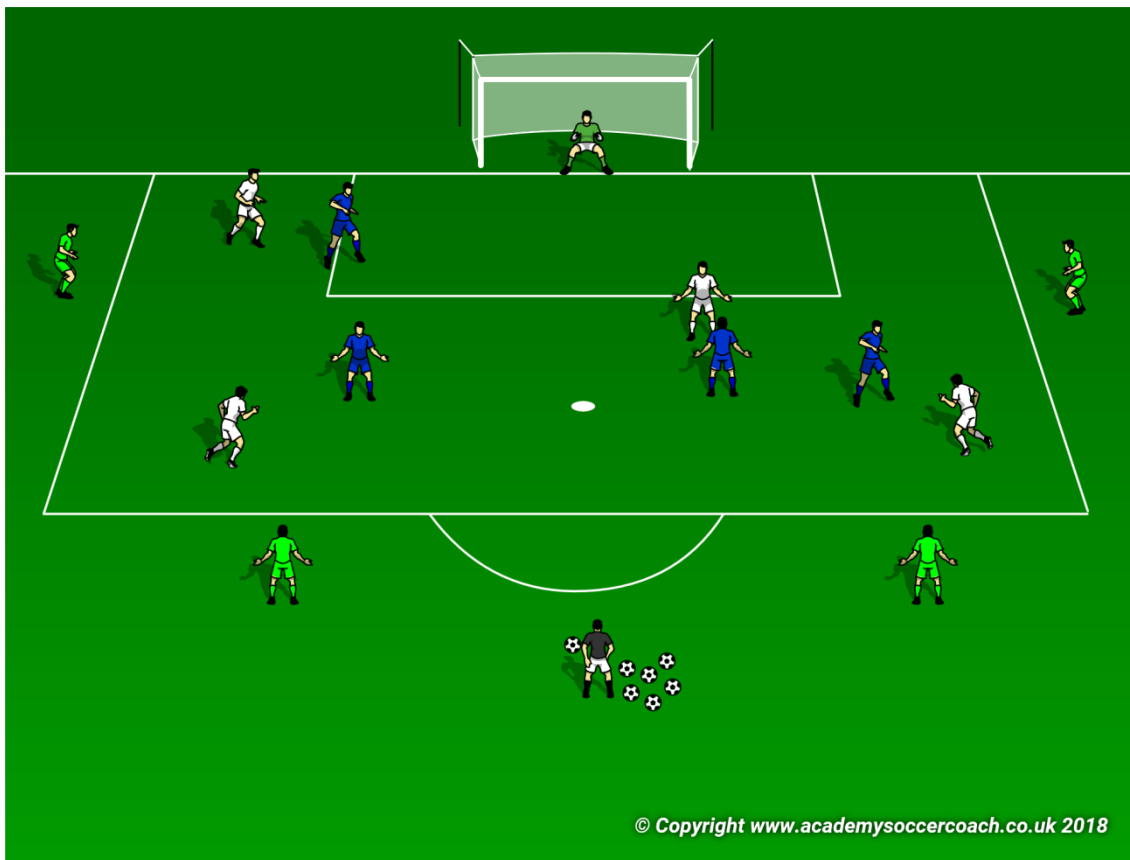
**Area:** 25 to 30 yards in front of goal.

**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 2<sup>nd</sup> 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