



11 v 11

Coaching guide

Grassroots development

EDUCATE . CONNECT. INSPIRE



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## AREA OF FIELD: Build Up

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 119 120 121 122 123 124 125 126 127 128 129 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147 148 149 150 151 152 153 154 155 156 157 158 159 160 161 162 163 164 165 166 167 168 169 170 171 172 173 174 175 176 177 178 179 180 181 182 183 184 185 186 187 188 189 190 191 192 193 194 195 196 197 198 199 200 201 202 203 204 205 206 207 208 209 210 211 212 213 214 215 216 217 218 219 220 221 222 223 224 225 226 227 228 229 230 231 232 233 234 235 236 237 238 239 240 241 242 243 244 245 246 247 248 249 250 251 252 253 254 255 256 257 258 259 260 261 262 263 264 265 266 267 268 269 270 271 272 273 274 275 276 277 278 279 280 281 282 283 284 285 286 287 288 289 290 291 292 293 294 295 296 297 298 299 300 301 302 303 304 305 306 307 308 309 310 311 312 313 314 315 316 317 318 319 320 321 322 323 324 325 326 327 328 329 330 331 332 333 334 335 336 337 338 339 340 341 342 343 344 345 346 347 348 349 350 351 352 353 354 355 356 357 358 359 360 361 362 363 364 365 366 367 368 369 370 371 372 373 374 375 376 377 378 379 380 381 382 383 384 385 386 387 388 389 390 391 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406 407 408 409 410 411 412 413 414 415 416 417 418 419 420 421 422 423 424 425 426 427 428 429 430 431 432 433 434 435 436 437 438 439 440 441 442 443 444 445 446 447 448 449 450 451 452 453 454 455 456 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 472 473 474 475 476 477 478 479 480 481 482 483 484 485 486 487 488 489 490 491 492 493 494 495 496 497 498 499 500 501 502 503 504 505 506 507 508 509 510 511 512 513 514 515 516 517 518 519 520 521 522 523 524 525 526 527 528 529 530 531 532 533 534 535 536 537 538 539 540 541 542 543 544 545 546 547 548 549 550 551 552 553 554 555 556 557 558 559 560 561 562 563 564 565 566 567 568 569 570 571 572 573 574 575 576 577 578 579 580 581 582 583 584 585 586 587 588 589 590 591 592 593 594 595 596 597 598 599 600 601 602 603 604 605 606 607 608 609 610 611 612 613 614 615 616 617 618 619 620 621 622 623 624 625 626 627 628 629 630 631 632 633 634 635 636 637 638 639 640 641 642 643 644 645 646 647 648 649 650 651 652 653 654 655 656 657 658 659 660 661 662 663 664 665 666 667 668 669 670 671 672 673 674 675 676 677 678 679 680 681 682 683 684 685 686 687 688 689 690 691 692 693 694 695 696 697 698 699 700 701 702 703 704 705 706 707 708 709 710 711 712 713 714 715 716 717 718 719 720 721 722 723 724 725 726 727 728 729 730 731 732 733 734 735 736 737 738 739 740 741 742 743 744 745 746 747 748 749 750 751 752 753 754 755 756 757 758 759 760 761 762 763 764 765 766 767 768 769 770 771 772 773 774 775 776 777 778 779 780 781 782 783 784 785 786 787 788 789 790 791 792 793 794 795 796 797 798 799 800 801 802 803 804 805 806 807 808 809 810 811 812 813 814 815 816 817 818 819 820 821 822 823 824 825 826 827 828 829 830 831 832 833 834 835 836 837 838 839 840 841 842 843 844 845 846 847 848 849 850 851 852 853 854 855 856 857 858 859 860 861 862 863 864 865 866 867 868 869 870 871 872 873 874 875 876 877 878 879 880 881 882 883 884 885 886 887 888 889 890 891 892 893 894 895 896 897 898 899 900 901 902 903 904 905 906 907 908 909 910 911 912 913 914 915 916 917 918 919 920 921 922 923 924 925 926 927 928 929 930 931 932 933 934 935 936 937 938 939 940 941 942 943 944 945 946 947 948 949 950 951 952 953 954 955 956 957 958 959 960 961 962 963 964 965 966 967 968 969 970 971 972 973 974 975 976 977 978 979 980 981 982 983 984 985 986 987 988 989 990 991 992 993 994 995 996 997 998 999 1000 1001 1002 1003 1004 1005 1006 1007 1008 1009 1010 1011 1012 1013 1014 1015 1016 1017 1018 1019 1020 1021 1022 1023 1024 1025 1026 1027 1028 1029 1030 1031 1032 1033 1034 1035 1036 1037 1038 1039 104

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# Coaching philosophy

**PLAYER  
CENTERED**

**DEVELOPMENT  
BASED**

**EXPERIENCE  
DRIVEN**

## LEARNING CULTURE

1. **Player-centered** environment meeting the players learning needs.
2. **Safe** environment role modelling positive behavior
3. Active learning through **collaboration** and **adaptation** based on the needs of the players.
4. **Passion** that inspires players to have fun, develop and love the game.
5. **Growth mindset** through continuous coach development
6. **Enjoyable, inspirational**, and **positive** experience.



## U14 Session Plan: U14 Five Helpful Tips

### U14 five HELPFUL TIPS

- 1** – U14 players enjoy competition so introduce points systems for exercise/games, clearly explain rules and challenging players to compete with winning and losing teams.
- 2** – U14 players move to 11v11 on larger field so small sided games should increase in numbers to teach in larger connected group sizes.
- 3** – U14 players should continue to master the ball with moves, creativity and technical guidance through a variety of exercises to foster the love for the game.
- 4** – U14 players understand connected group concepts/tactics through small sided games and exercises. Provide a variety of game-like situations to challenge players to increase game understanding and decision making.
- 5** – U14 players still learn best when observing so demonstrate, a picture paints a thousand words. Utilizing freeze moments in games can help to show players larger pictures.



# ELEMENTS OF A GRASSROOTS SESSION

## **Organized**

Reviews session plan, exercises are set up in advance and easy to transition between.

## **Game-Like**

Exercises are game realistic and reflect the objective of the session.

## **Repetitions**

Keeps players engaged by maximizing the appropriate number of repetitions.

## **Challenging**

Manages the exercise to find the right balance between too easy and too difficult.

CHECK AND ADAPT BASED ON THE 4 ELEMENTS BEFORE  
UTILIZING THE COACHING TOOLKIT

## **Coaching**

Communicates clear and concise coaching points using a variety of methods from toolkit

## **Enthusiasm**

Demonstrates positive energy and enthusiasm with players.



# U14 TRAINING

## U14 *"The Team and Me"*

- ✓ Train to compete during a game.
- ✓ Improve comfort with the ball.
- ✓ Improve relationship with teammates.
- ✓ Improve confidence to win the ball
- ✓ Development of the qualities for the position within the team

## Training B.L.O.C.K.S.

**Bed-In** the skill of the day.

**Learn** the new technical tools to enhance the skill.

**Orientate** the skill within the game.

**Challenge** the skill with a specific problem.

**Knowledge** Check for in-game knowledge of the skill.

**Solve** Can the players solve the problem.



# U14 - SESSION TOPICS & OBJECTIVES

- 1** **Topic** **Taking players on to advance**  
**Objective** Improve how to shield, scan, and use the correct foot
- 2** **Topic** **Escaping pressure to keep the ball**  
**Objective** Improve basic escape moves
- 3** **Topic** **Shooting to score goals**  
**Objective** Improve how to strike the ball in the corners
- 4** **Topic** **Defending as a group to regain the ball**  
**Objective** Learn how to defend in 3's (Pressure, Cover, Balance)
- 5** **Topic** **Passing to advance the ball forward**  
**Objective** Learn how to possess, progress, and penetrate
- 6** **Topic** **Combination play with a teammate**  
**Objective** Improve how to combine 1-2 with a teammate
- 7** **Topic** **Shooting to score goals**  
**Objective** Improve how to shoot low and with the correct foot
- 8** **Topic** **Defending as a group to regain the ball**  
**Objective** Improve how to defend in 3's (Pressure, Cover, Balance)
- 9** **Topic** **Taking players on 1v1 to advance**  
**Objective** Learn how to scan and shield the ball in 1v1's
- 10** **Topic** **Passing to unbalance the opposition**  
**Objective** Learn how to pass the ball to unbalance the opponent



## Week 1 Taking players on to advance

**OBJECTIVE** | Improve how to shield, scan and use correct foot

### COACHING POINTS

1. Check shoulders to scan the field
2. Keep your body in between opponent and the ball
3. Accelerate through the 1v1 move

### GUIDED QUESTIONS

1. When should we take an opponent on 1v1?
2. How can you find open space?
3. How can we protect the ball when doing a 1v1 move?


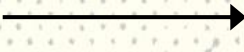
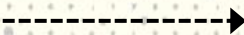
### KEY WORDS

Keep it close, Drive, Take Space, Pick head up

### PLAYER ACTIONS

Take on opponent

### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 

### TECHNICAL TOOLS

**Block 1:** Dribble past opponent; **Block 2:** Accelerate, Basic 1v1 Moves; **Block 3:** Shield, Scan, Correct foot



# 11 v 11

*Train to compete*

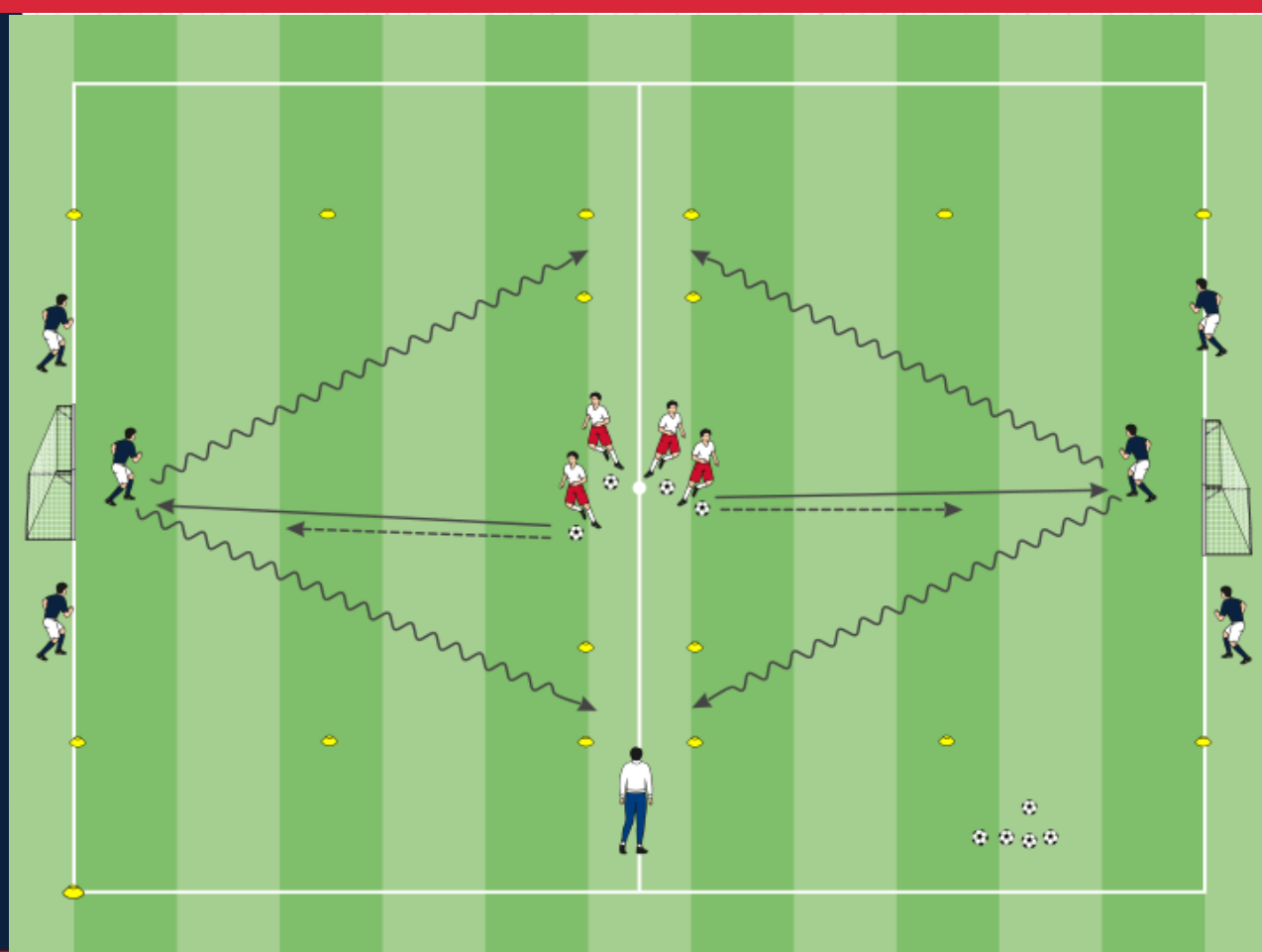
The team and me

Develop of the qualities for position within the team

Take on opponent  
Block 3

**PHASE 1 – 1v1 To Gates | 15 MINS**

**3 MINUTES PLAY | 1 MINUTE REST**



### AREA

10 x 15-yard space x 2 grids

### DESCRIPTION

Play 1v1 to multiple target gates. Defender (red) passes ball to attacker (blue) to start the game. Encourage players to find and exploit space, unbalance defender with 1v1 moves. Drive into space. Switch red and blue after 3 minutes.

### SCORING

Blue Dribbles through wide gate for one point.  
Red scores on mini goal

### MORE CHALLENGING

Play 2v2.

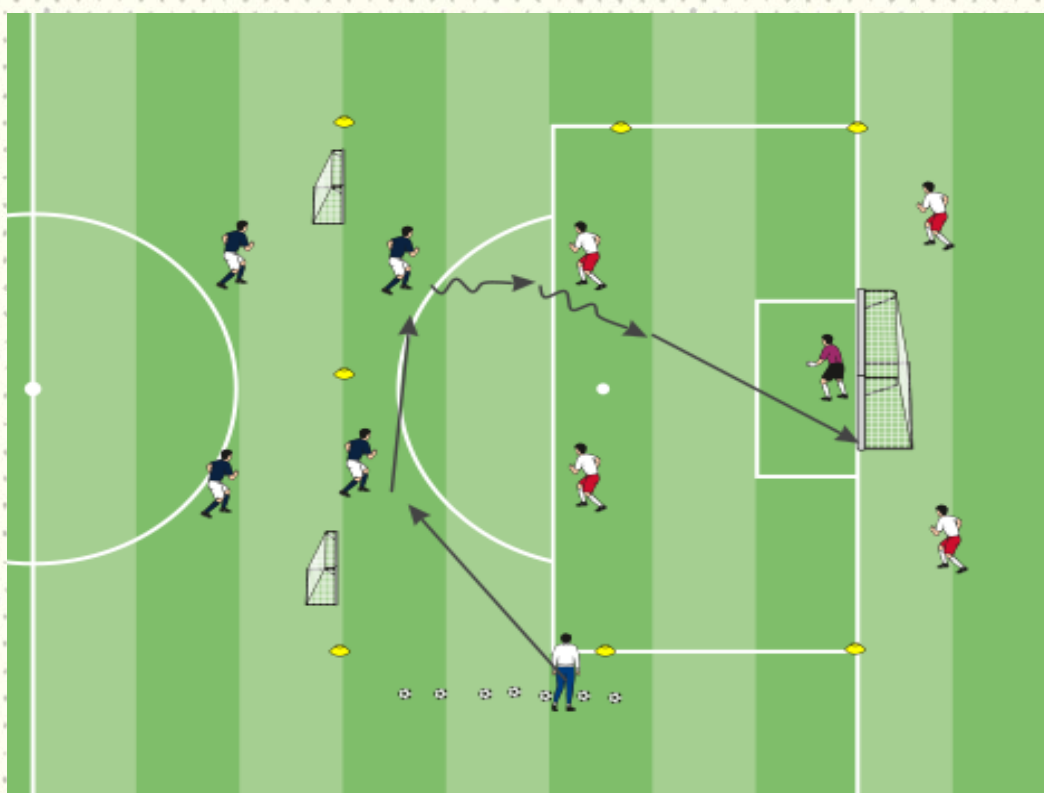


## Week 1

## Taking players on to advance

### PHASE 2 – 2v2 to Goal | 20 MINS

3 MINUTES PLAY | 1 MINUTE REST



#### AREA

25 x 44-yard area (width of 18-yard box) with 1 large goal and two counter goals or gates.

#### DESCRIPTION

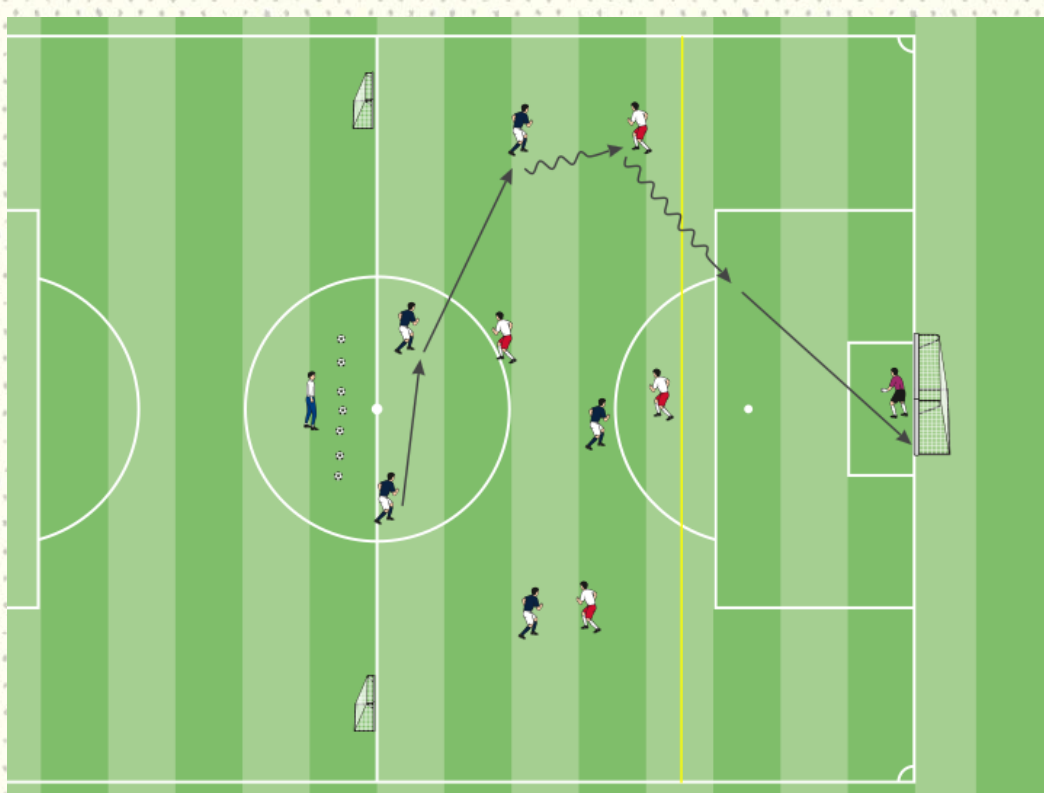
Split into 2 teams. Blue always attacks and starts with ball and try to get as many goals as possible. The reds can block and counter. Switch roles each round. When the ball leaves the field, the next wave quickly attacks.

#### MORE CHALLENGING

Add transition, if team score on goal they eliminate opponent and stay on until scored on. Ball starts with opponent to encourage quick transition.

### PHASE 3 – Target Passing Game | 20 MINS

4 MINUTES PLAY | 2 MINUTE REST



#### AREA

Half field, goal to counter goals. Create a restraining line 5 yards from the edge of the box.

#### DESCRIPTION

Teams play 5v4 plus a goalkeeper. The attacking team must dribble over the restraining line before scoring. Only 1 defender can enter the scoring zone after the attacker has passed the restraining line. Defenders score in the counter goals.

#### SCORING

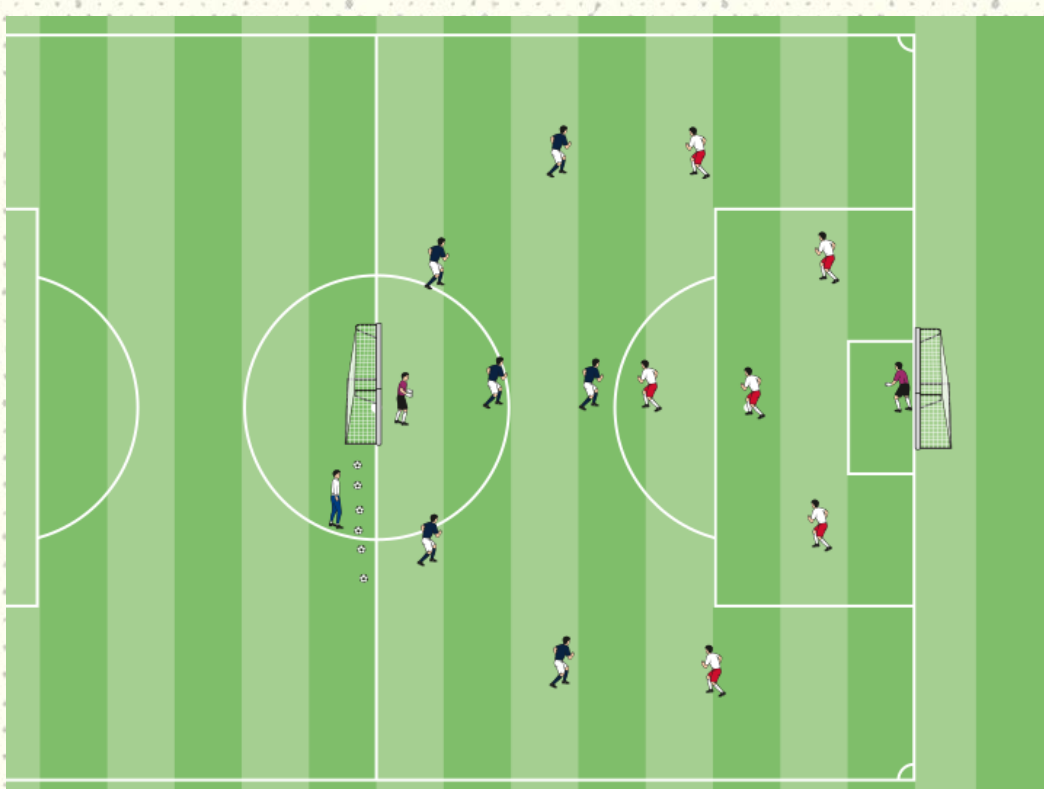
Attacking team score on large goal, defending team score on mini goals.

#### MORE CHALLENGING

Play 5v5

### PHASE 4 – Large Game | 25 MINS

10 MINUTES PLAY | 3 MINUTE REST



#### AREA

Half Field Game with 2 goals.

#### DESCRIPTION

Play 6v6 / 7v7 / 8v8, adjust based on numbers. Regular game rules encouraging players to take players on to advance ball in opponents half.

#### SCORING

1 point for scoring in respective goals



## Week 2

## Escaping pressure to keep ball

### OBJECTIVE | Improve Basic escape moves

#### COACHING POINTS

1. Keep your body in between opponent and the ball
2. Accelerate through the escape move
3. Drive into open space after you escape pressure

#### GUIDED QUESTIONS

1. When is a good time to use an escape move? Why?
2. How can I gain space after using an escape move?
3. What foot should I use to perform this escape move? Why?


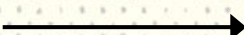

#### KEY WORDS

Protect, Drive, Take Space, Pick head up

#### PLAYER ACTIONS

Escape Pressure

#### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 

#### TECHNICAL TOOLS

**Block 1:** Shield; **Block 2:** Accelerate, Basic Escape Moves;  
**Block 3:** Scan, Correct Foot



11 v 11

*Train to compete*

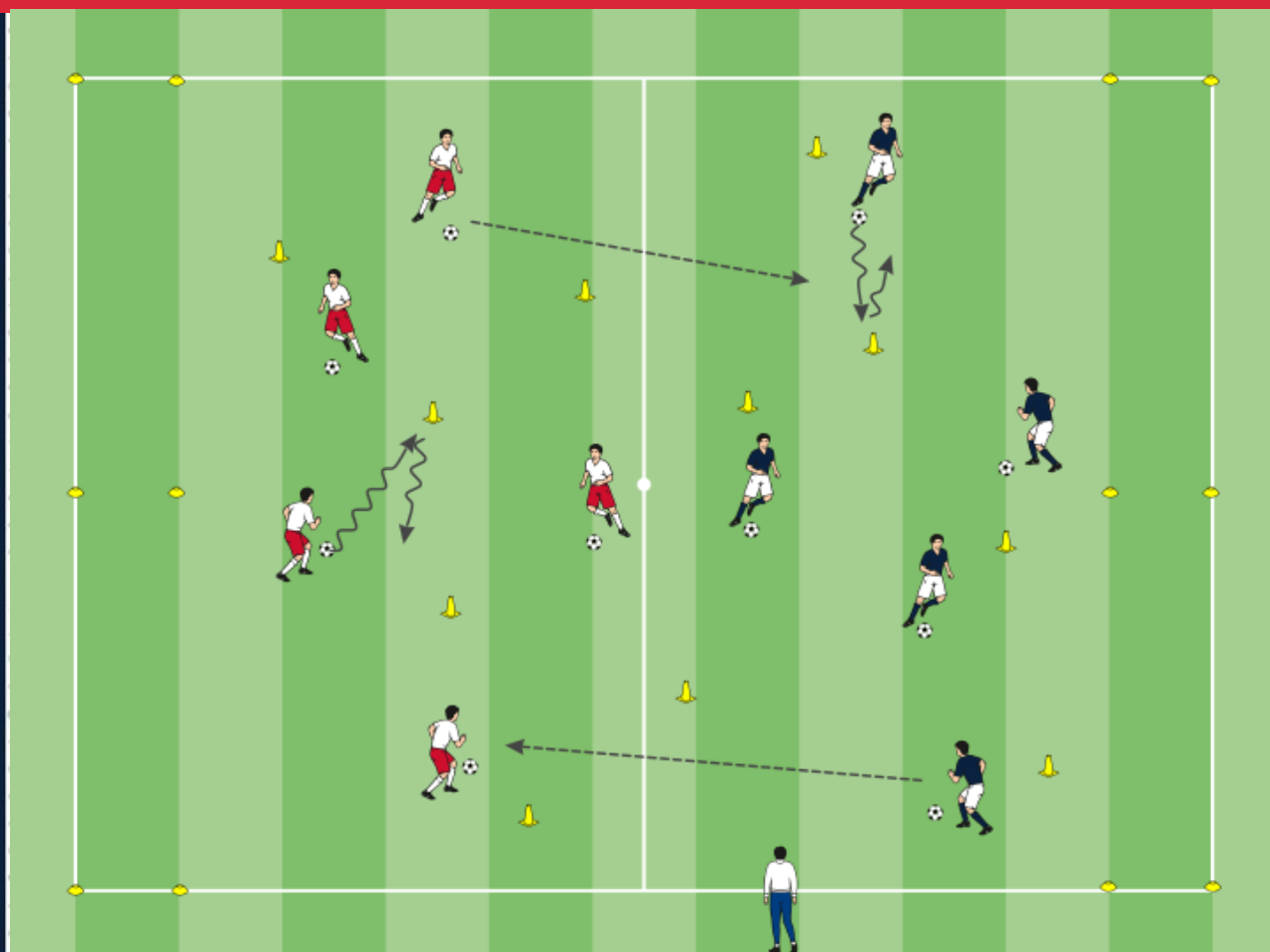
The team and me

Develop of the  
 qualities for position  
 within the team

Escape pressure  
 Block 2

### PHASE 1 – Escape Moves | 15 MINS

### 3 MINUTES PLAY | 1 MINUTE REST



#### AREA

30 x 25 in two halves with 5-yard end zone

#### DESCRIPTION

Split into two teams, players with ball each working on dribbling and escape moves (pull backs, change of directions) to cones. Number players in each team 1-5. Call out #1 and both #1s attempt to knock all opponents balls out of gird the fastest. Use escape moves to protect ball.

#### MORE CHALLENGING

Call multiple numbers.

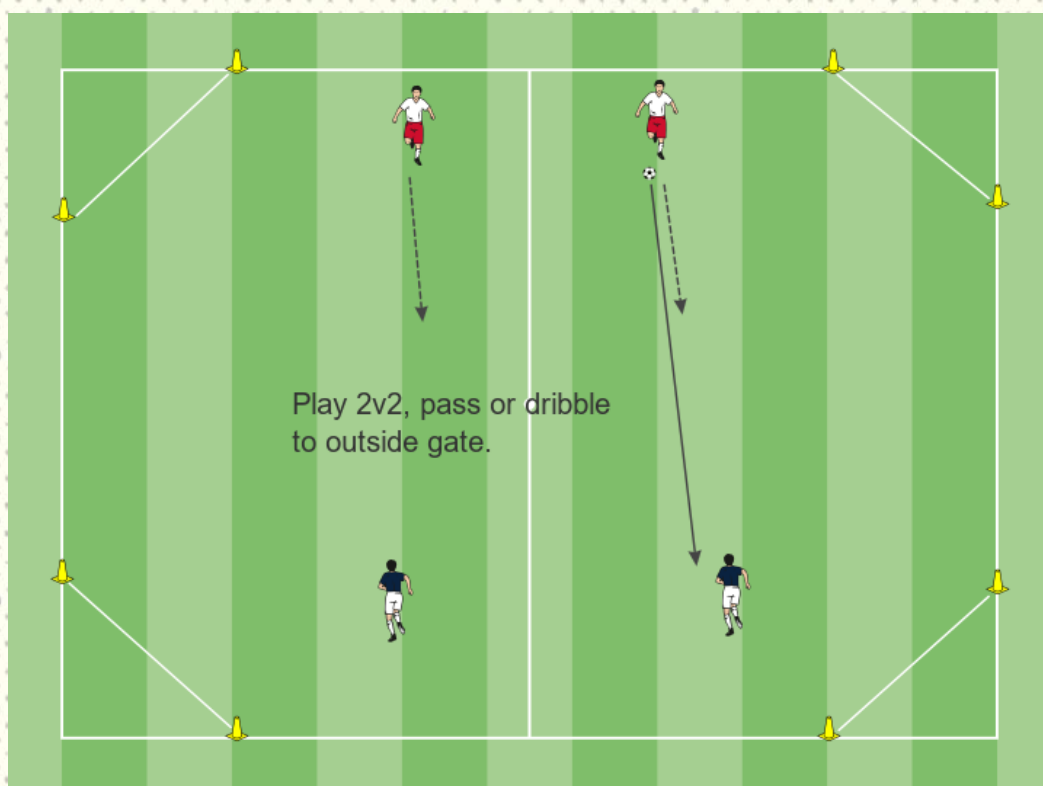


## Week 2

## Escaping pressure to keep ball

### PHASE 2 – End Zone Soccer | 20 MINS

3 MINUTES PLAY | 1 MINUTE REST



#### AREA

16 x 12 area with 3-yard gates in corners

#### DESCRIPTION

Red pass ball into blue to start. Play 2v2 with the option to pass or dribble forward. Utilize escape moves to escape pressure.

#### SCORING

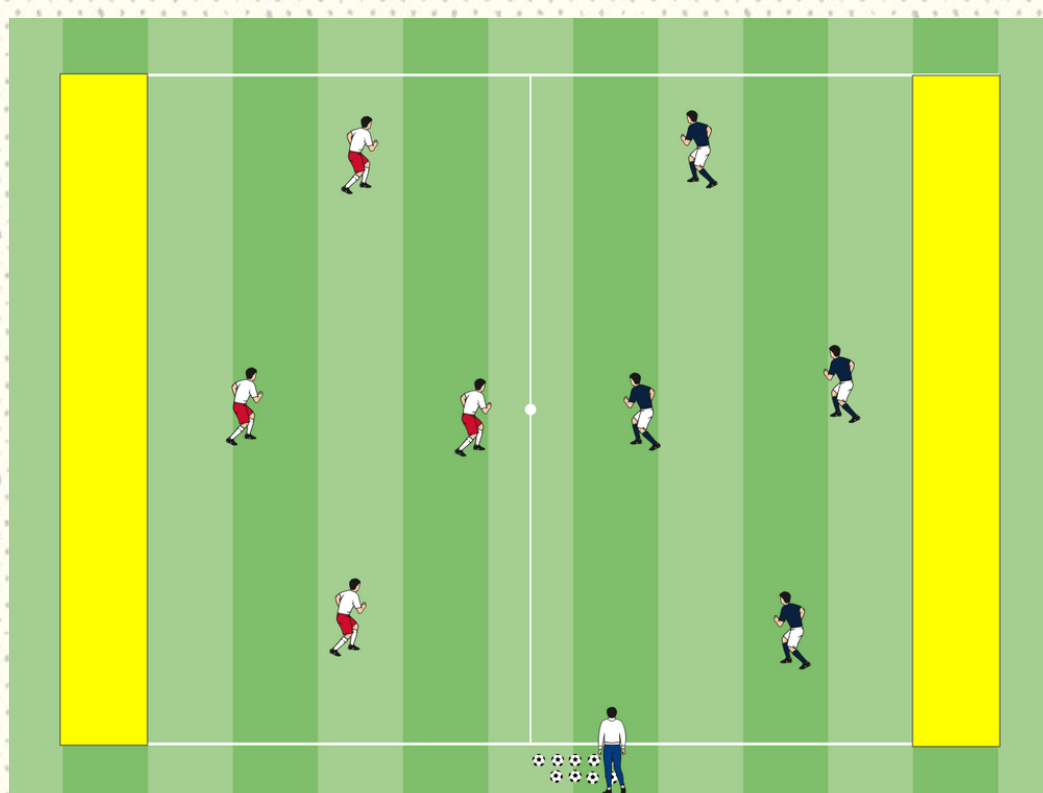
Dribble through opponents gates for a point. If defending team win ball, counter on opposite gates.

#### MORE CHALLENGING

Play 3v3

### PHASE 3 – Target Passing Game | 20 MINS

4 MINUTES PLAY | 2 MINUTE REST



#### AREA

30 x 25 yards, 5 yard end zone.

#### DESCRIPTION

Play 4v4 with end zones. Team in possession attempt to dribble into opponents end zone for a point. If ball goes out of play coach passes new ball in. Encourage players to look up and dribble into open space.

#### SCORING

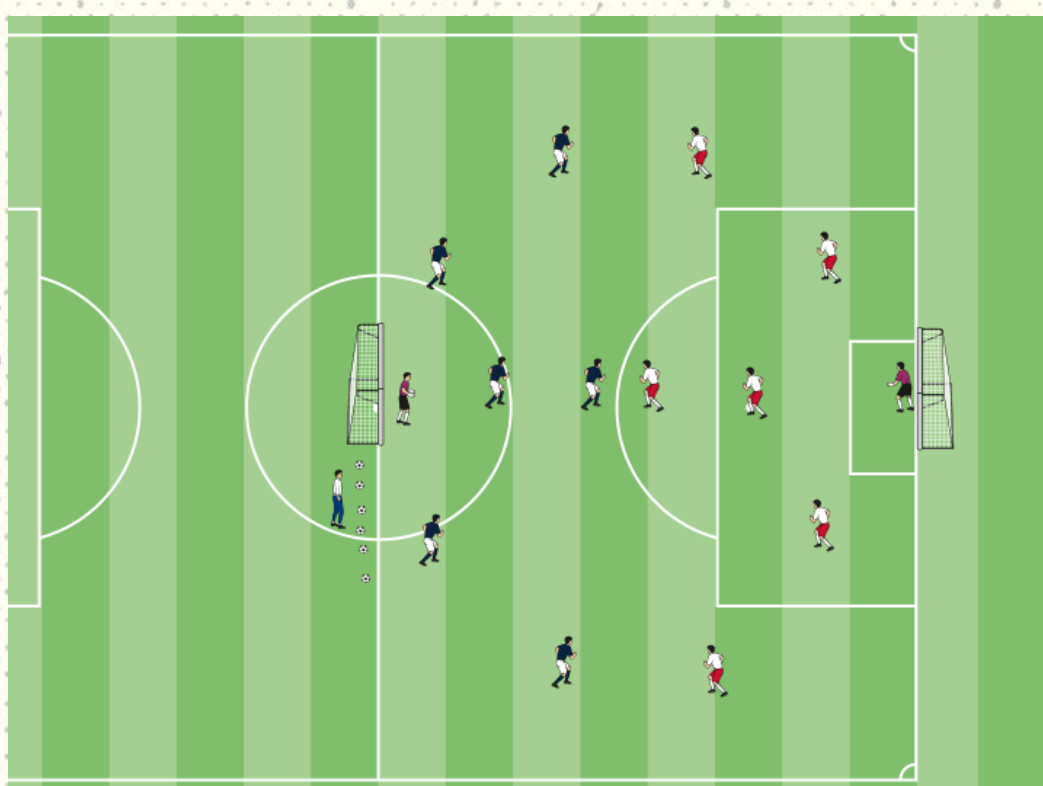
Dribble into endzone for a point.

#### MORE CHALLENGING

Add goal/s to score in.

### PHASE 4 – Large Game | 25 MINS

10 MINUTES PLAY | 3 MINUTE REST



#### AREA

Half Field Game with 2 goals.

#### DESCRIPTION

Play 6v6 / 7v7 / 8v8, adjust based on numbers. Regular game rules encouraging players to take players on to advance ball in opponents half.

#### SCORING

1 point for scoring in respective goals



## Week 3 Shooting to score goals

**OBJECTIVE** | Learn how to shoot low and with the correct foot.

### COACHING POINTS

1. Tight touch, Glance at the corner of the goal
2. Short approach steps, big last stride before you strike
3. Lock ankle and strike with the laces

### GUIDED QUESTIONS

1. How can we generate power in the strike?
2. Where on the target are you trying to shoot the ball?
3. How can we keep the ball low when we shoot?


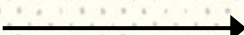

### KEY WORDS

Hit it hard, Make the keeper work, Be confident

### PLAYER ACTIONS

Shooting

### SESSION KEY

Dribble   
Pass / Shot   
Movement 

### TECHNICAL TOOLS

**Block 1:** Kick the ball to the goal; **Block 2:** Organize feet, Find Corners;  
**Block 3:** Strike low, Correct foot; **Block 4:** Add variations



11 v 11

*Train to compete*

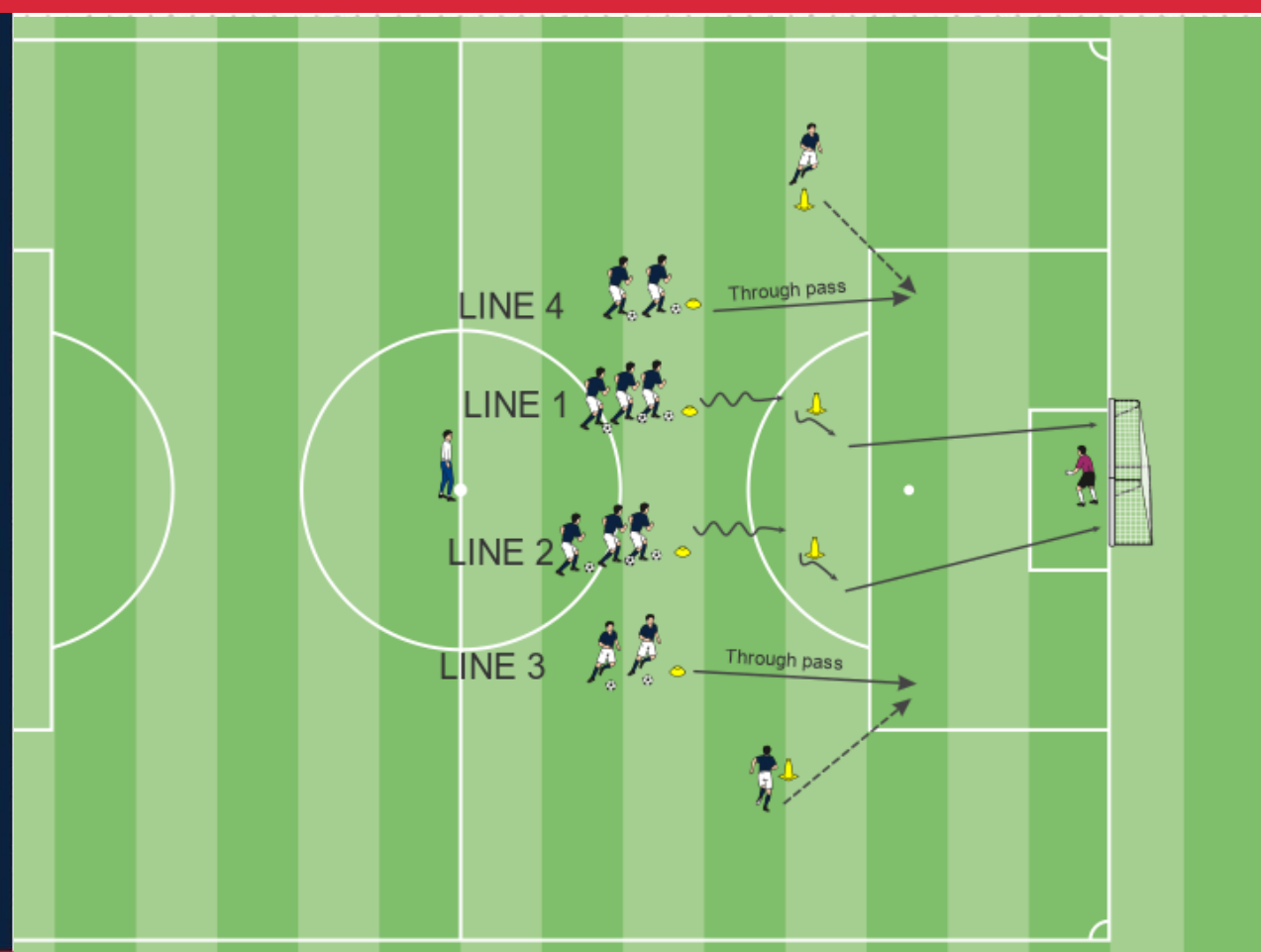
The team and me

Develop of the  
qualities for position  
within the team

Shooting  
Block 3

PHASE 1 – PLAY | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



### AREA

Use box to line wide area and edge of box. 1 large goal. 4 lines of players each with ball

### DESCRIPTION

Go in sequence Line 1, 2, 3 then 4.

Line 1 & 2 : Dribble, 1v1, Finish on goal

Line 3 & 4: Through pass to wide player, 1 v 1 with goalkeeper for finish

Switch lines every 3 minutes

### MORE CHALLENGING

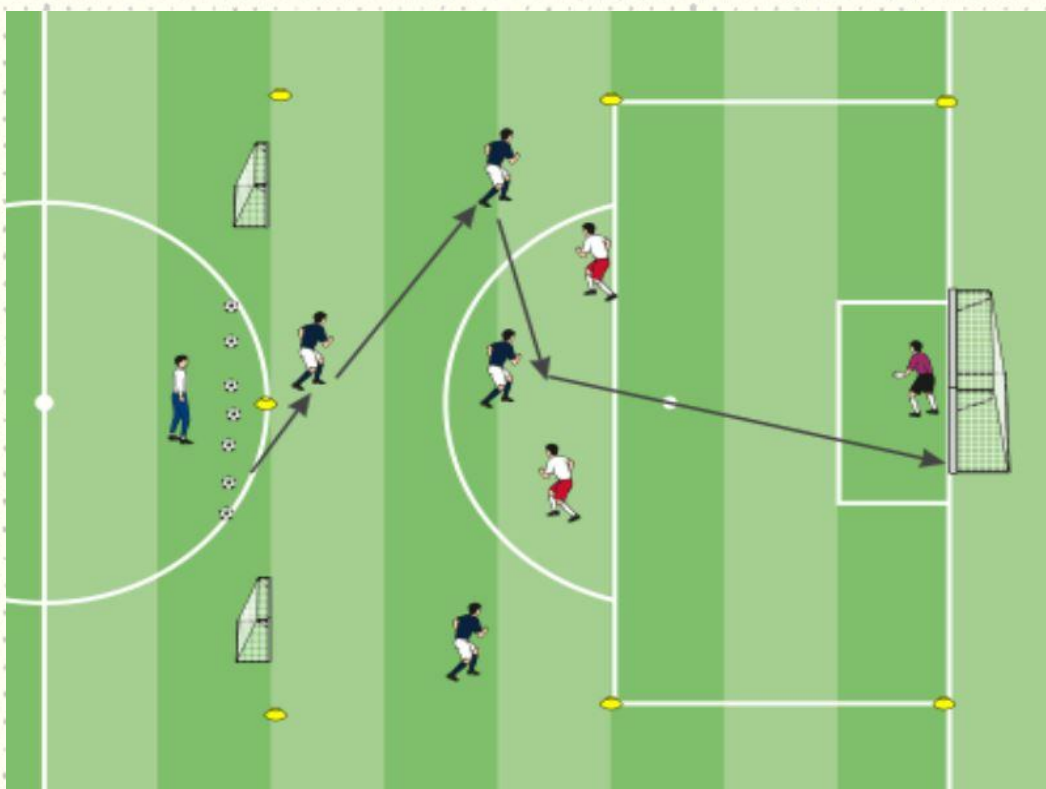
Line 3 & 4 receive pass into wide area and cross ball for 1 & 2 to finish



## Week 3 Shooting to score goals

### PHASE 2 – 4v2 finishing | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



#### AREA

44x36 yard area with 1 large goal and 2 mini goals.

#### DESCRIPTION

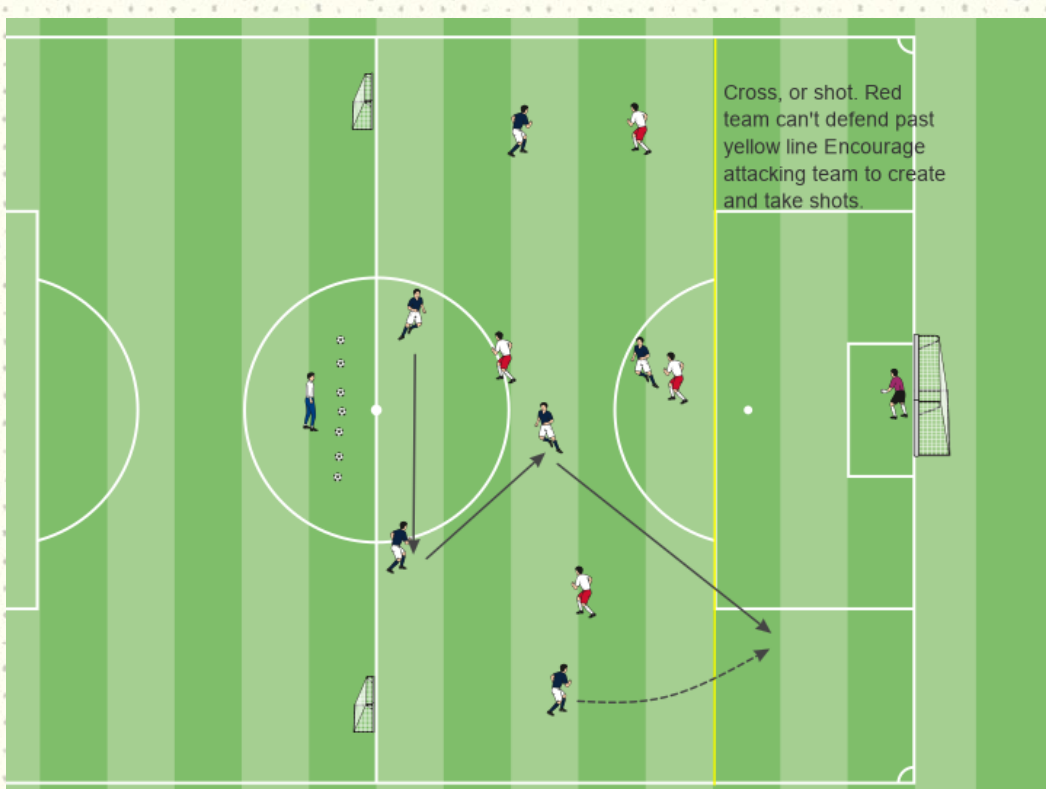
4v2 to goal. Blue team start with ball and attack large goal, Red team defend and counter on mini goals. Overload the attacking team to start to create more chances to finish (5v2, 6v3 based on numbers). Rotate players and switch teams.

#### MORE CHALLENGING

4v3, 5v4, 6v5

### PHASE 3 – Playing to Goal | 20 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

Half field game, large goal/ 2 mini goals split groups into 2 teams. Plan line of cones across 18 -yard box.

#### DESCRIPTION

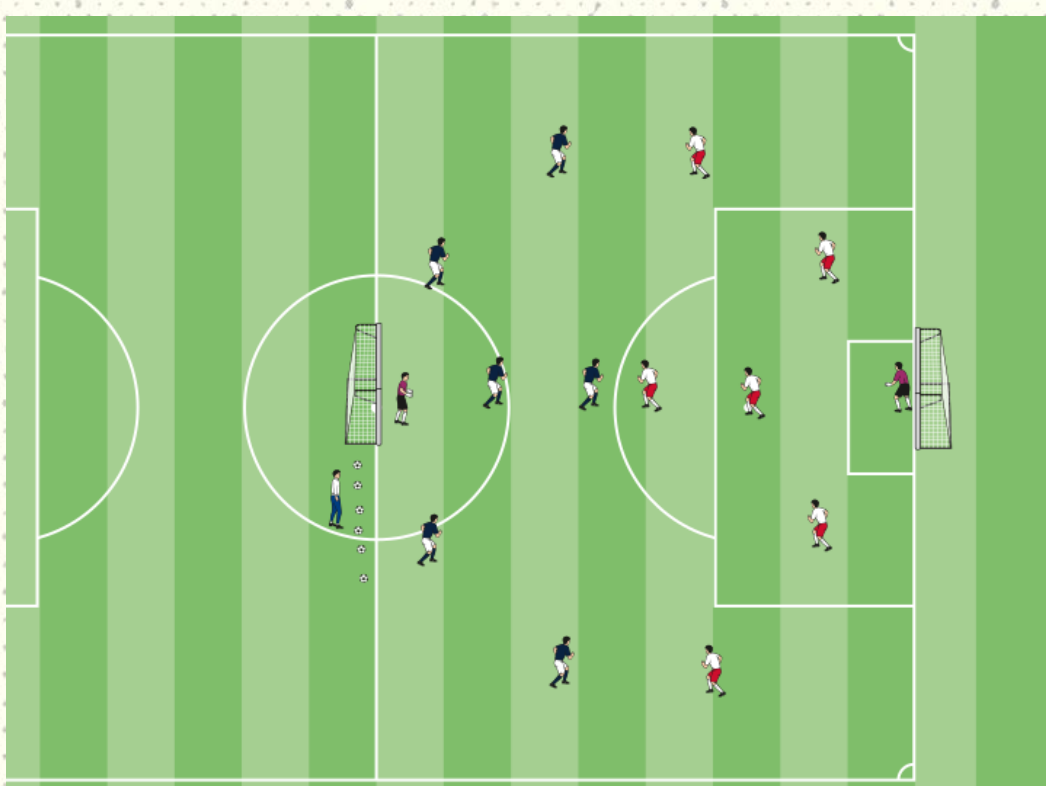
Blue team start with a pass from coach. 6v4 (overload attacking team, adjust numbers based on age/level of players) red defenders win ball and score on mini goals. Attacking team score on large goal. Defending team can't defend past endzone. Encourage attacking mentality, look for opening to pass or dribble forward.

#### MORE CHALLENGING

Play 6v5/7v6, add defender in endzone for 2v1

### PHASE 4 – Play | 20 MINS

10 MINUTES PLAY | 3 MINUTE REST



#### AREA

Half Field Game with 2 goals.

#### DESCRIPTION

Play 6v6 / 7v7 / 8v8 , adjust based on numbers. Regular game rules encouraging players to take shots and finish when in attacking half.

#### SCORING

1 point for scoring in respective goals



## Week 4 Defending as a group to regain the ball

**OBJECTIVE** | Learn how to defend in three's  
(Pressure, cover, balance)

### COACHING POINTS

1. Press quickly slow down closer to the ball
2. Start tall, get low as you get closer to the ball, bend knees
3. 2<sup>nd</sup> and 3<sup>rd</sup> defender provide cover to first defender

### GUIDED QUESTIONS

1. Why do you need to be on toes when defending 1 on 1?  
(To move quickly when attacker dribbles)
2. Why do you think you should press quickly? (to win ball further from your grid slash poll)

### KEY WORDS

Defend, cover, pressure, compact


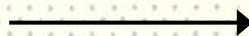

### PLAYER ACTIONS

Pressure/cover/balance, make it compact

### TECHNICAL TOOLS

Defending

### SESSION KEY

Dribble   
Pass / Shot   
Movement 



# 11 v 11

*Train to compete*

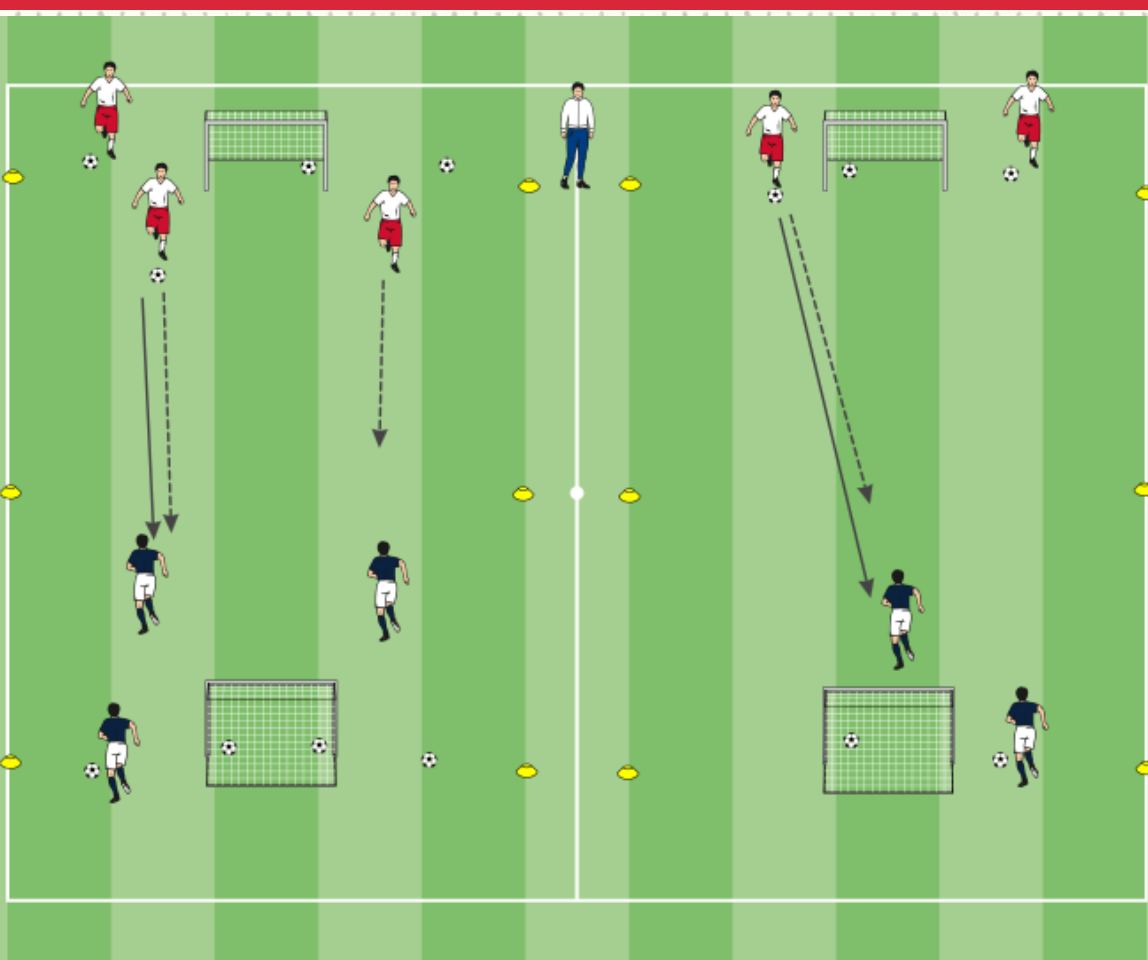
The team and me

Develop of the  
qualities for position  
within the team

Defending  
Block 3

## PHASE 1 – 1v1, 2v2 Defending | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



### AREA

10 x 15 two grids

### DESCRIPTION

1v1 to start on both fields  
Reds pass into blue, press and protect goal.  
Play until goal is scored or ball goes out.  
Start with next red passing into next blue.  
Progress to 2v2 (shown on left)  
Switch after 3 minutes with blue passing ball in

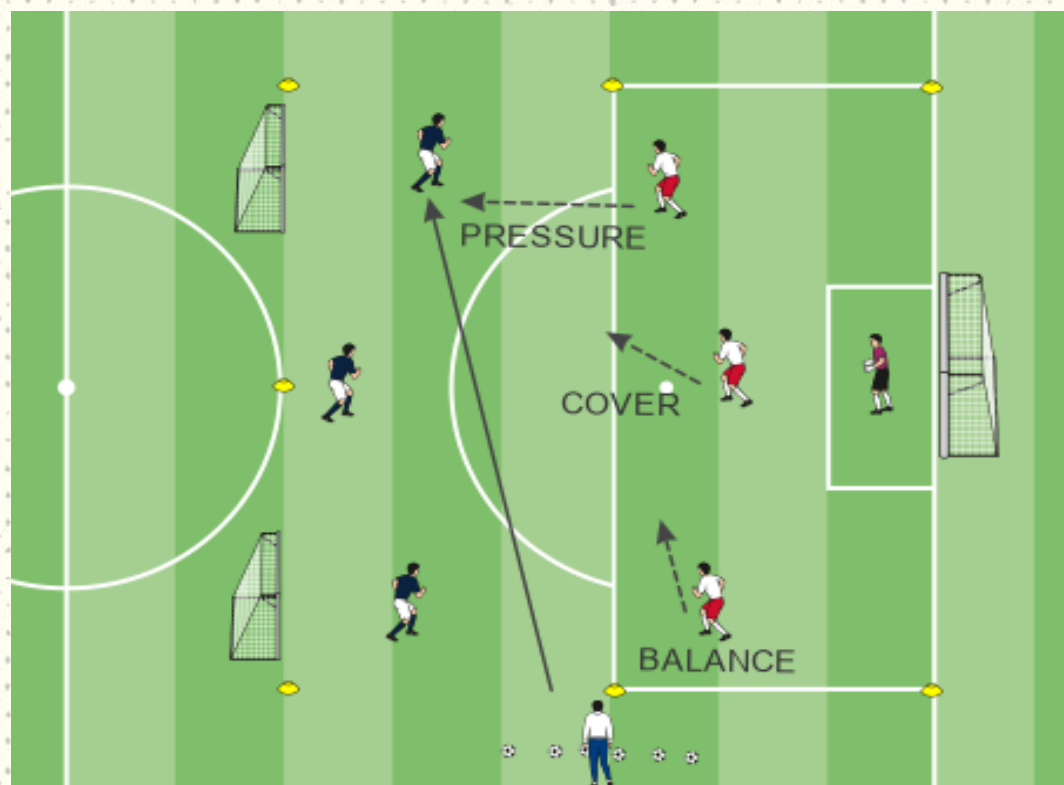
### MORE CHALLENGING

Combine fields and play 3v3 / 4v4 four goal game.



## Week 4 Defending as a group to regain the ball

### PHASE 2 –3v3 / 4v4 Defending | 20 MINS



4 MINUTES PLAY | 1 MINUTE REST

#### AREA

40 x 30 yard area

Play 3v3 game with goalkeeper

#### DESCRIPTION

Coach passes balls into blue team who attack goal  
Red team counter on mini goals

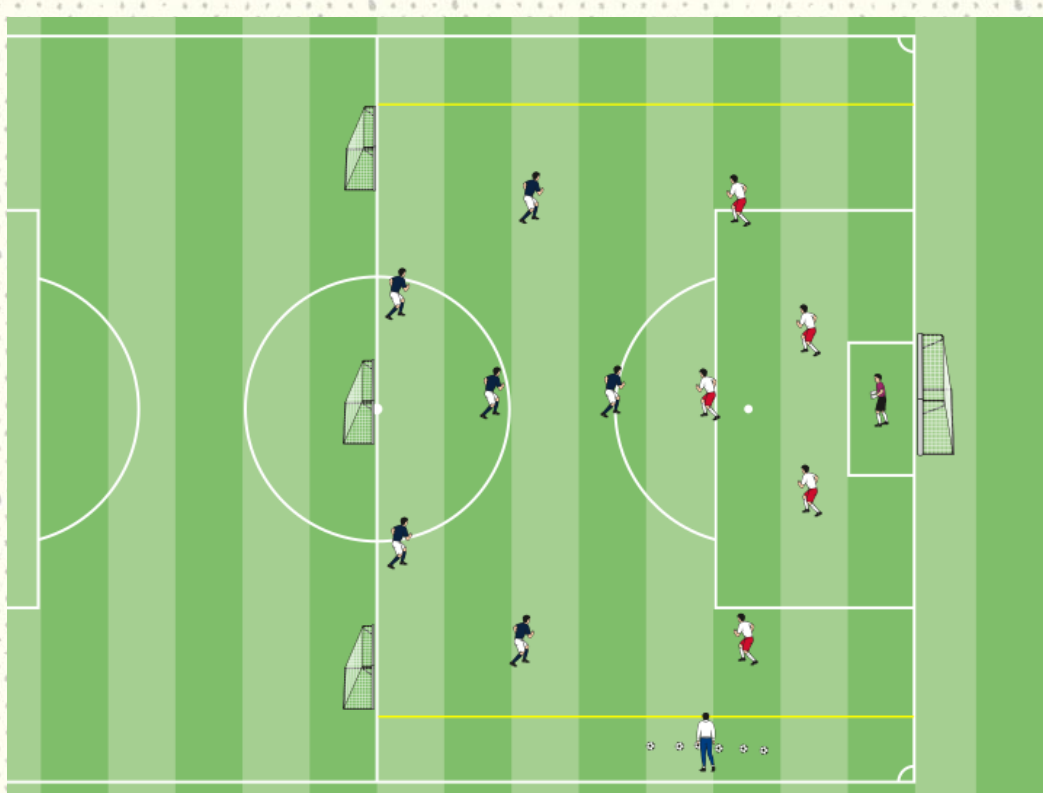
Red team apply pressure, then cover & balance

If goal is scored or ball goes out, new set of players  
Switch Red and Blue team after 4 minutes.

#### MORE CHALLENGING

Play 4v4, 5v5 (make area larger)

### PHASE 3 – Team Defending | 20 MINS



5 MINUTES PLAY | 1.5 MINUTE REST

#### AREA

Play half field game adjusting the width based on the number of players

3 mini goals (gates) and 1 large goal

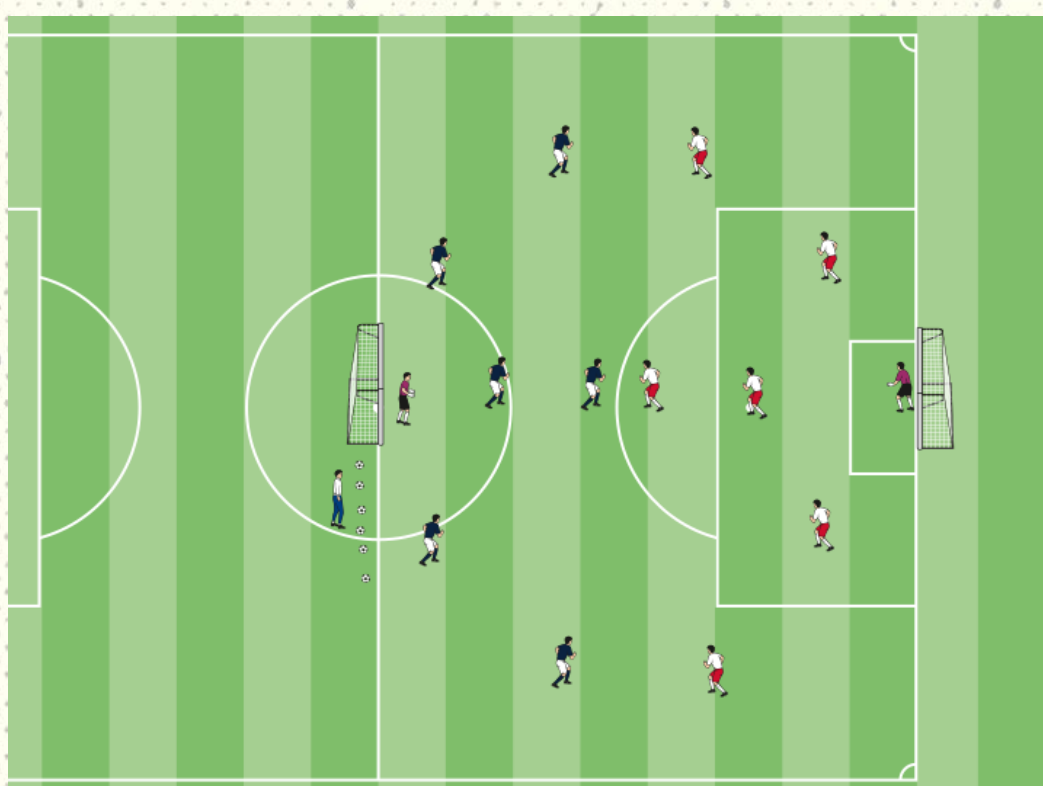
#### DESCRIPTION

Play 6v5. Ball starts with coach pass to blue (vary entry pass location to work on defending teams' position and press) Blue score on large goal, red counter on one of the three mini goals. Work on defending team pressing the ball, moving together and staying compact to protect goal/s.

#### MORE CHALLENGING

Play 7v6, 7v7

### PHASE 4 –Play | 25 MINS



12 MINUTES PLAY | 2 MINUTE REST

#### AREA

Half Field Game with 2 goals.

#### DESCRIPTION

Play 6v6 / 7v7 / 8v8 , adjust based on numbers.

Regular game rules encouraging players to place pressure on the ball and provide cover and balance to teammate.

#### SCORING

1 point for scoring in respective goals



## Week 5

## Passing to Advance the Ball

**OBJECTIVE** | Learn how to possess, progress and penetrate.

### COACHING POINTS

1. Possess when we can't move forward
2. Progress and find gaps between the lines
3. Penetrate when we have runners in behind

### GUIDED QUESTIONS

1. When is a teammate open for a pass?
2. When should I pass to feet?
3. When should I pass to space?


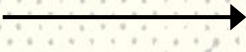
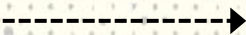
### KEY WORDS

Find feet, Relax and be balanced, find the runner

### PLAYER ACTIONS

Passing

### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 

### TECHNICAL TOOLS

**Block 1:** Find a teammate; **Block 2:** Pass to feet, Pass to space;  
**Block 3:** Possess, Progress, Penetrate, **Block 4:** Add variations



# 11 v 11

*Train to compete*

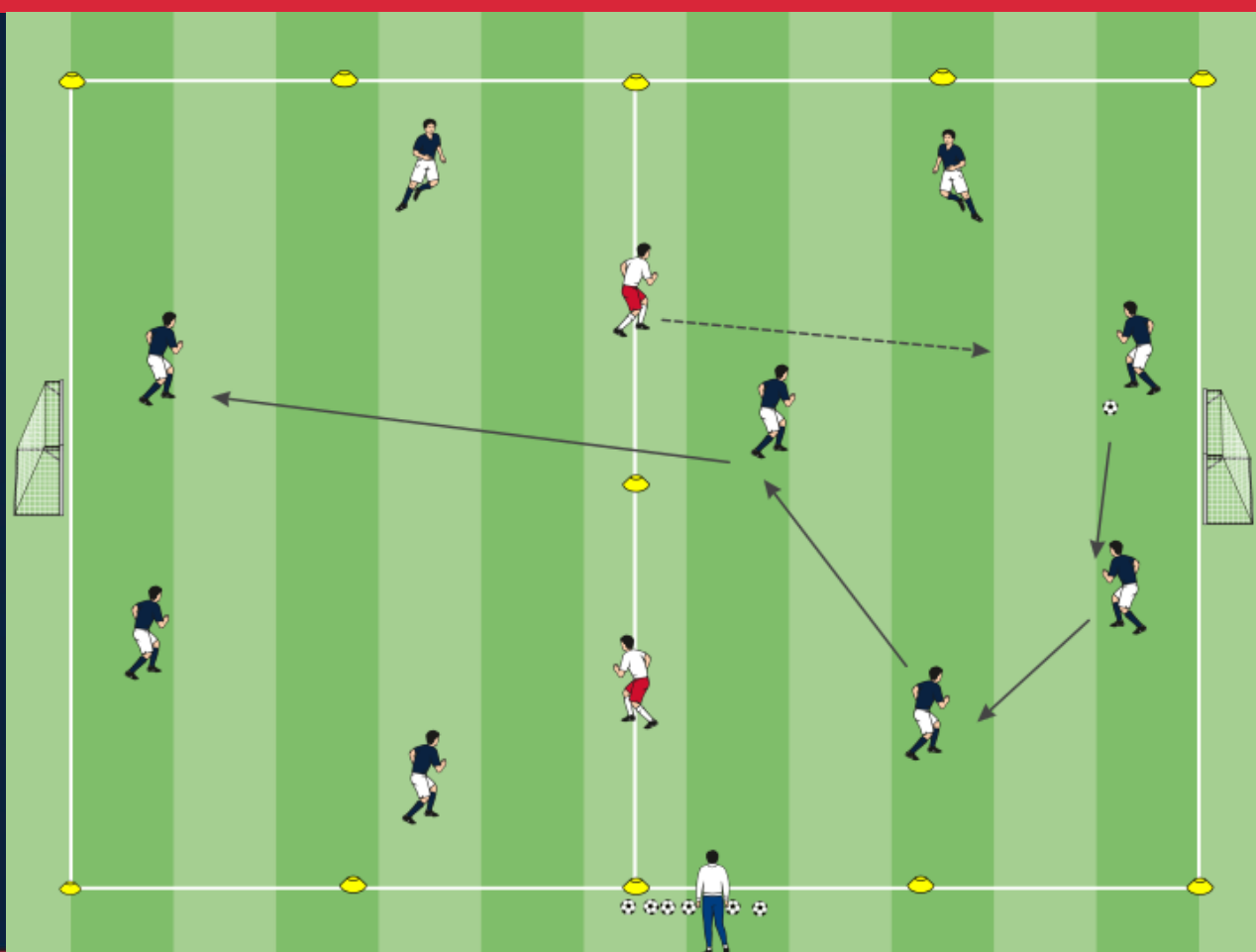
The team and me

Develop of the  
qualities for position  
within the team

Passing  
Block 3

## PHASE 1 – Passing & Playing forward | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



### AREA

Same 30 x 20 yard area.

### DESCRIPTION

Blue team plays 5v1 in half field. Make 3-5 passes before playing pass across halfway line to remaining blue payers waiting. New red defender presses. If red wins ball they can score on mini goal.

Rotate defenders every 2 minutes.

### MORE CHALLENGING

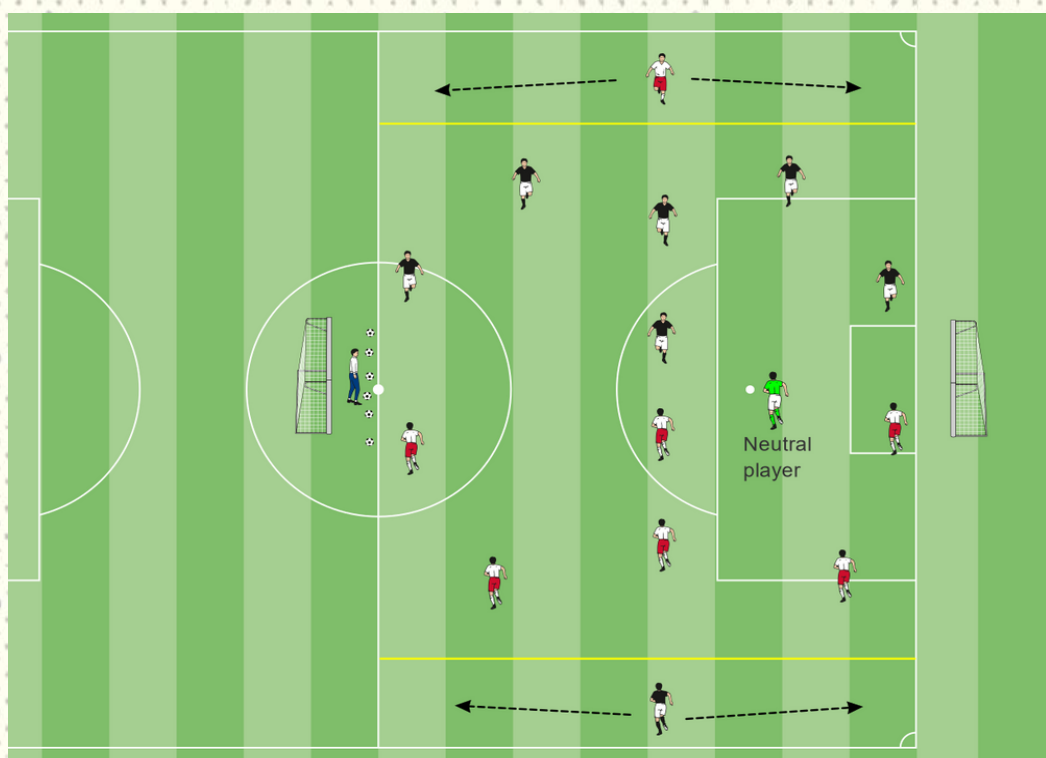
5v2, progress to 5v3.



## Week 5 Passing to Advance the Ball

### PHASE 2 – Passing and Receiving | 20 MINS

5 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

5v5/7v7 half field game, target players in each 10 yard endzone

#### DESCRIPTION

Ball starts with pass from coach. Possession game and look to find pass forward to find their target in end zone. Add a neutral player/s to overload team in possession.

#### SCORING

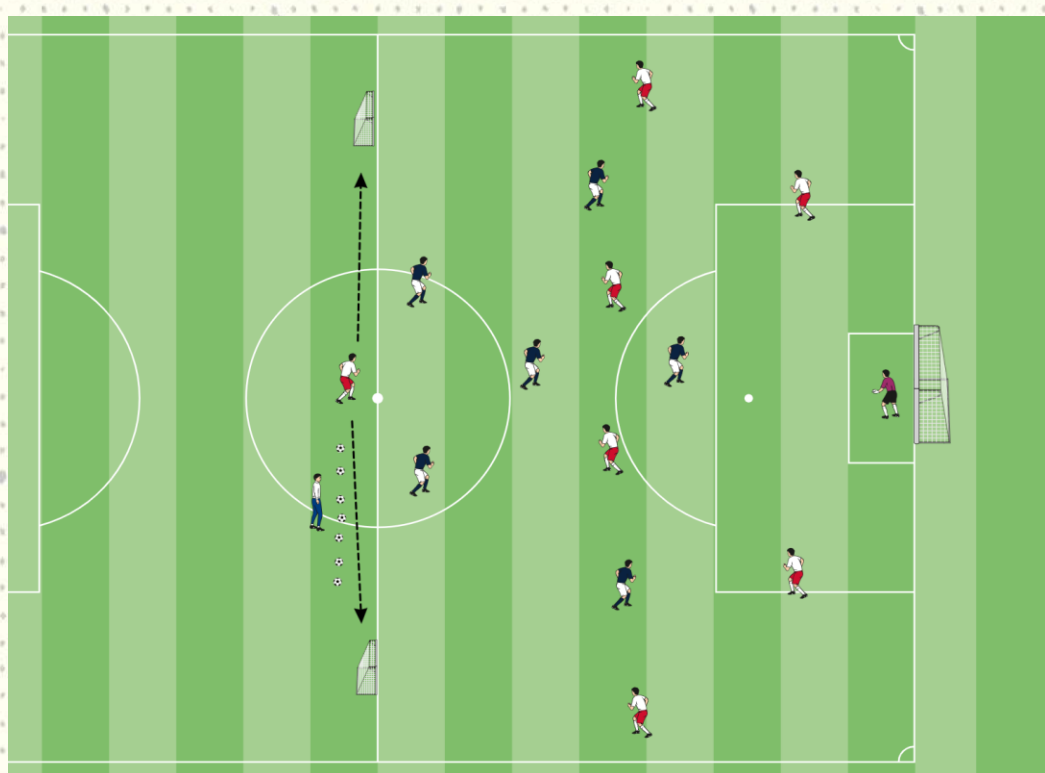
Find target in advanced zone for a point

#### MORE CHALLENGING

Player gets 2 points for playing into the target and get ball back before dribbling over line

### PHASE 3 – Target Passing Game | 20 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

Large goals on half field with player between 2 counter goals

#### DESCRIPTION

Play 8v6, adjust based on numbers. Ball starts with pass into the red team goalkeeper (first pass no pressing)

#### SCORING

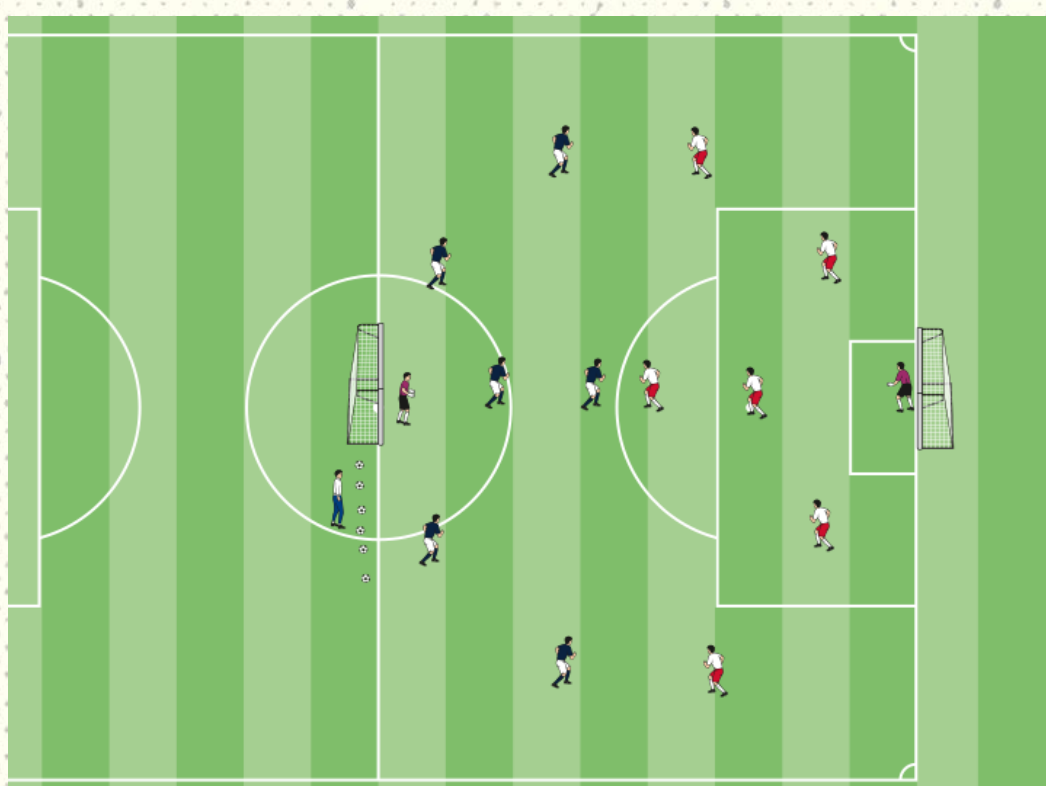
1 point for red scoring in mini goal.  
1 point for blue scoring on large goal

#### MORE CHALLENGING

8v7, 8v8

### PHASE 4 – Play | 25 MINS

12 MINUTES PLAY | 3 MINUTE REST



#### AREA

Half Field Game with 2 goals.

#### DESCRIPTION

Play 6v6 / 7v7 / 8v8, adjust based on numbers. Regular game rules encouraging players scan and look to play forward.

#### SCORING

1 point for scoring in respective goals



Week 6

Combination Play with a Teammate

**OBJECTIVE** | Improve how to combine 1-2 with a teammate

**COACHING POINTS**

1. Show for the ball
2. Firm pass, soft set back to the passer
3. Communicate

**GUIDED QUESTIONS**

1. When is it a good time to combine?
2. What does a good set back to the passer look like?
3. How can I help communicate with my teammate?

**KEY WORDS**

Talk, Show for the ball, Quick passes

**PLAYER ACTIONS**


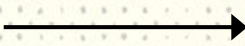

Combination play

**TECHNICAL TOOLS**

Block 1: 1-2's;

Block 2: Overlaps

**SESSION KEY**

Dribble   
Pass / Shot   
Movement 



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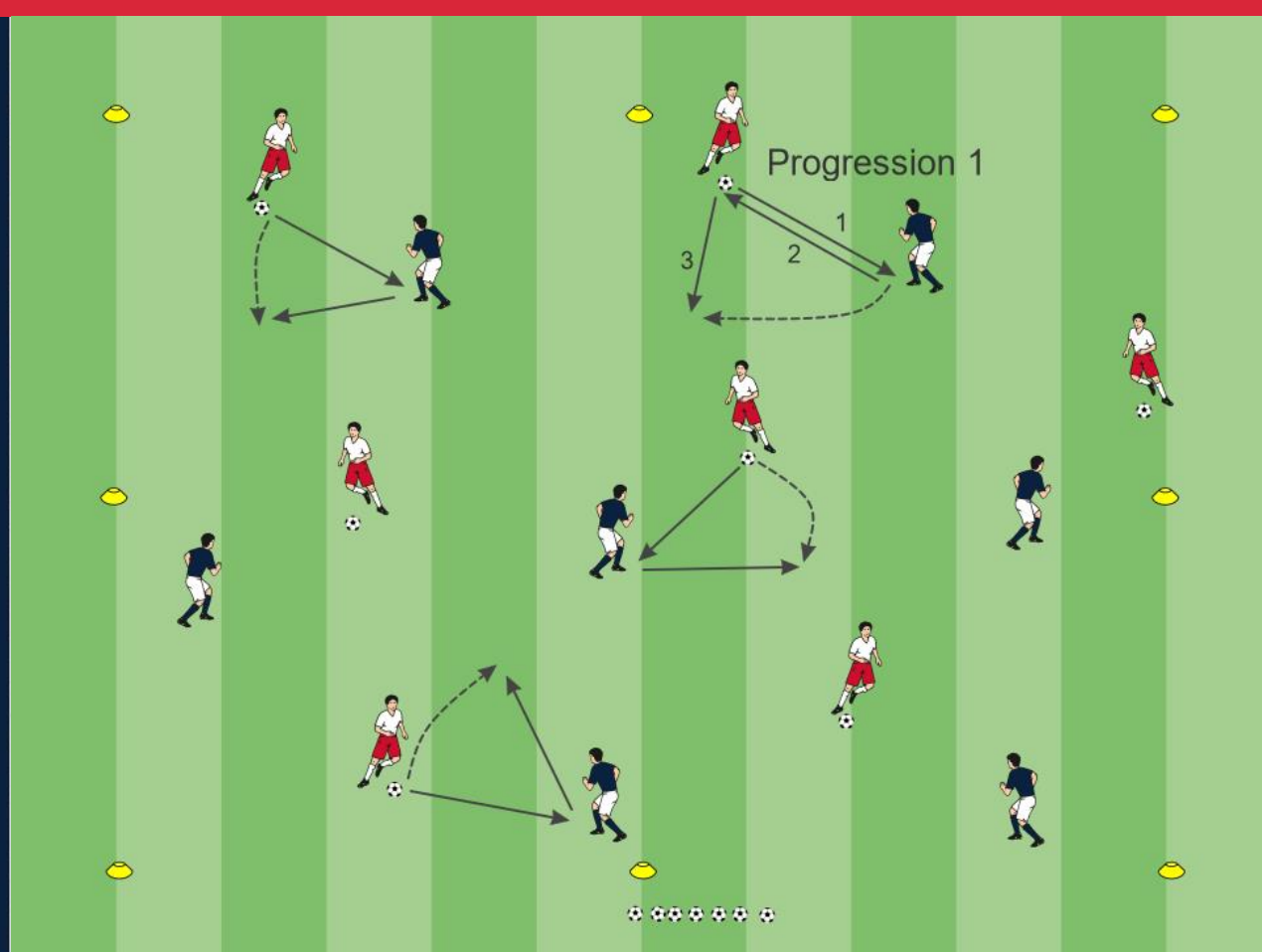
The team and me

Develop of the  
qualities for position  
within the team

Combination Play  
Block 1

PHASE 1 – Give & Go Warm Up | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



**AREA**

20 x 30 with 5-yard triangles

**DESCRIPTION**

Reds with ball, blues without. Red passes to open blue player and blue player plays back to red with a 1-2 combination, red dribbles to combine with a different blue player. Switch red and blue after 2 minutes. Encourage quick combinations in a triangle.

**MORE CHALLENGING**

Add in a double combination 1-2 with blue taking ball and red now open player (shown as progression 1) Ask red player to attack space and dribble round a cone after combination.

Split field in half and play 2 x 5v2 rondo games.

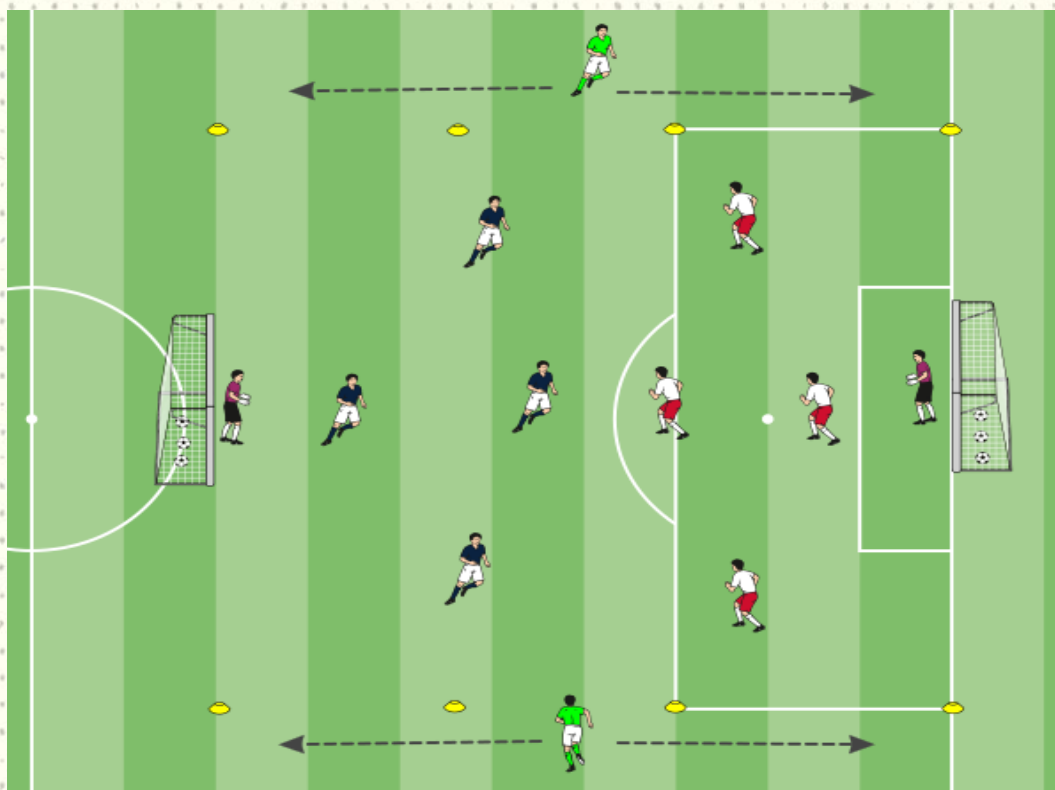


## Week 6

## Combination Play with a Teammate

### PHASE 2 – Combination to finish | 20 MINS

5 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

4v4 / 5v5 Game width of penalty area.

#### DESCRIPTION

Ball starts with goalkeeper. Attacking team can use either of the wide neutral players who play on the outside of the yellow line. Encourage quick combinations to create chances to score goals.

#### SCORING

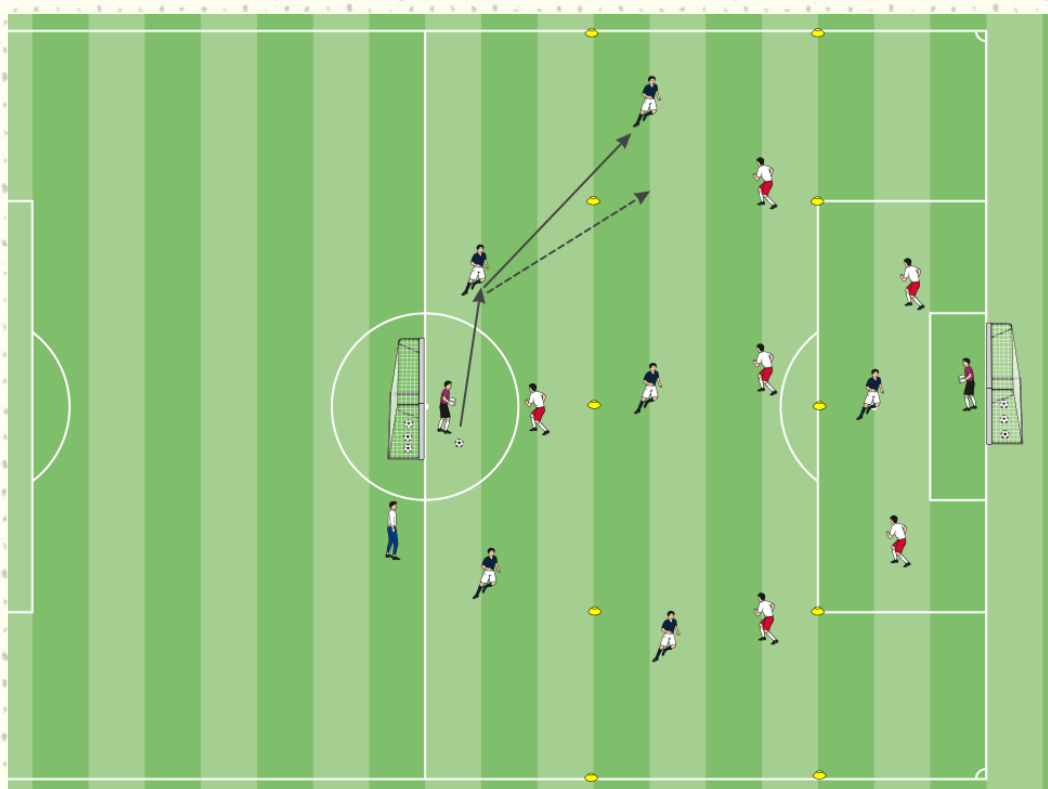
1 point for a goal. 2 points if goal is score from a combination play.

#### MORE CHALLENGING

Limit wide player

### PHASE 3 – Three Zone Game | 20 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

Two Large goals on half field.

Split field into three zones with cones as shown

#### DESCRIPTION

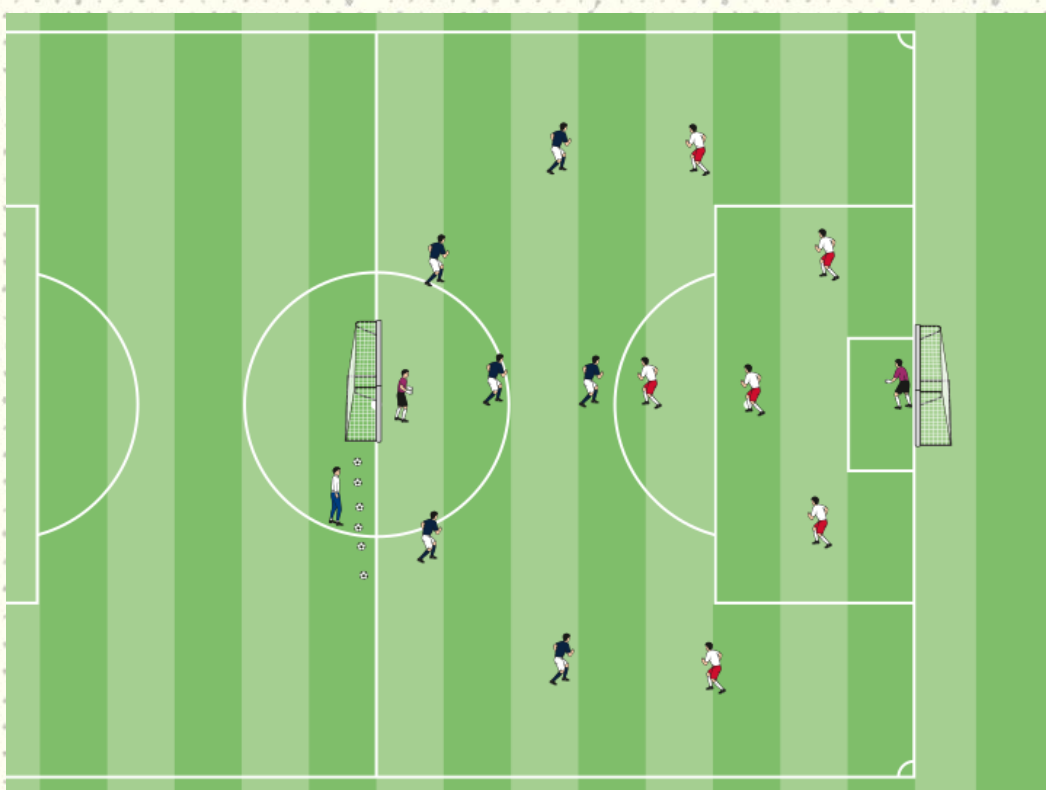
Ball starts with goalkeeper + 2 defenders to create a 3v1 to start game. The field is divided into thirds. The build up zone and finish zone must be 2v1 (Plus Goalkeeper), the middle zone would be 3v3, 4v4 or 5v5 depending on player numbers. To progress, the ball must be passed across each zone line. Player passing forward can join zone as shown in image.

#### MORE CHALLENGING

Allow more player to press the build up zone.

### PHASE 4 – Play | 25 MINS

12 MINUTES PLAY | 3 MINUTE REST



#### AREA

Half Field Game with 2 goals.

#### DESCRIPTION

Play 6v6 / 7v7 / 8v8 , adjust based on numbers. Regular game rules encouraging players to combine with their teammates to create chances to score goals.

#### SCORING

1 point for scoring in respective goals



## Week 7 Shooting to score goals

**OBJECTIVE** | Improve how to shoot low and with the correct foot.

### COACHING POINTS

1. Tight touch, Glance at the corner of the goal
2. Short approach steps, big last stride before you strike
3. Lock ankle and strike with the laces

### GUIDED QUESTIONS

1. How can we generate power in the strike?
2. Where on the target are you trying to shoot the ball?
3. How can we keep the ball low when we shoot?


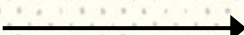

### KEY WORDS

Hit it hard, Make the keeper work, Be confident

### PLAYER ACTIONS

Shooting

### SESSION KEY

Dribble   
Pass / Shot   
Movement 

### TECHNICAL TOOLS

**Block 1:** Kick the ball to the goal; **Block 2:** Organize feet, Find Corners;  
**Block 3:** Strike low, Correct foot; **Block 4:** Add variations



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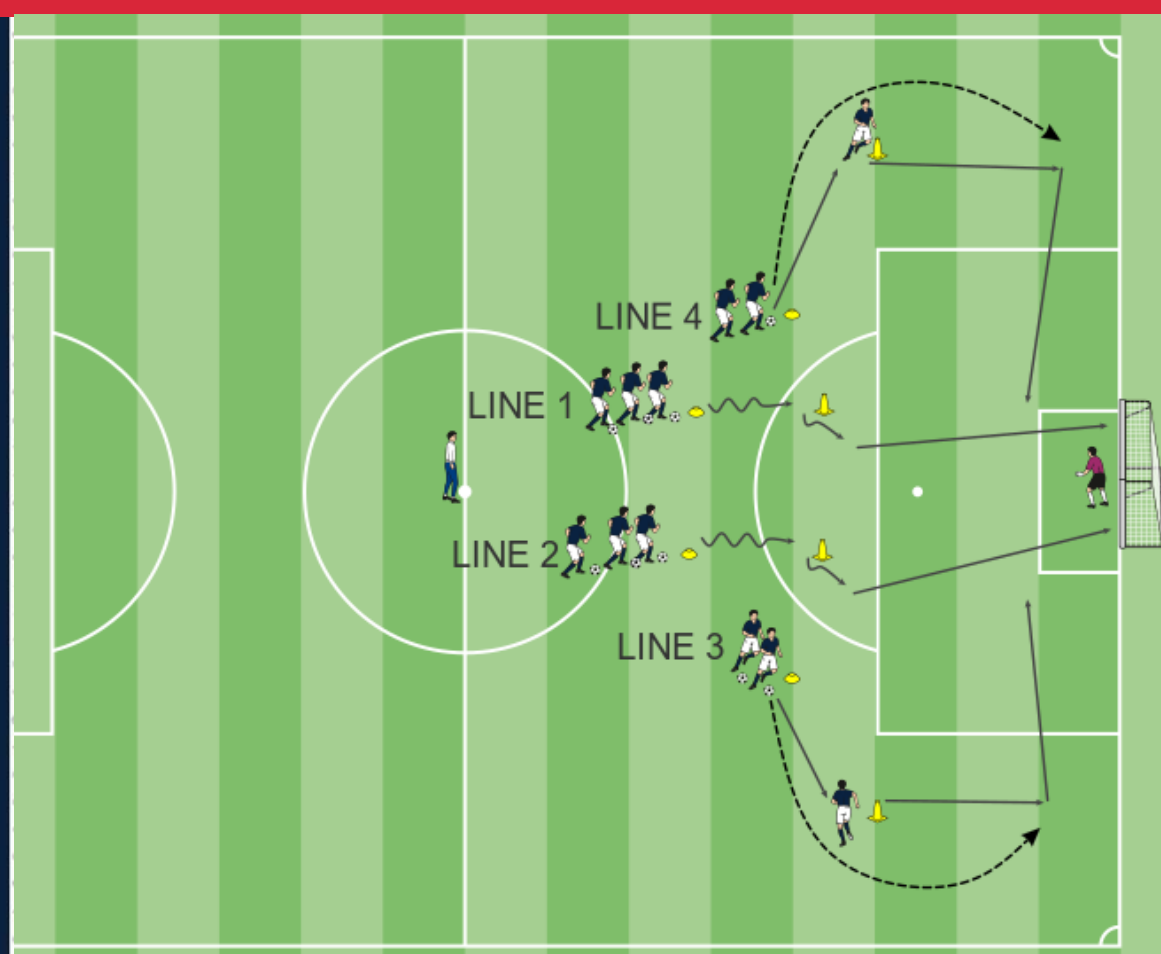
The team and me

Develop of the  
qualities for position  
within the team

Shooting  
Block 3

## PHASE 1 – Finishing Technique | 15 MINS

## 3 MINUTES PLAY | 1 MINUTE REST



### AREA

Place cones at the top of the 18-yard box as shown and split group into 4 lines.

### DESCRIPTION

Go in sequence Line 1, 2, 3 then 4.

Line 1 & 2 : Dribble, 1v1, Finish on goal  
(players in line 1&2 now get ready for cross from line 3 then line 4)

Line 3 & 4: Pass ball wide, overlap and cross ball to 1&2 to finish.

Switch lines every 3 minutes

### MORE CHALLENGING

Add 1-2 combination to Line 1&2

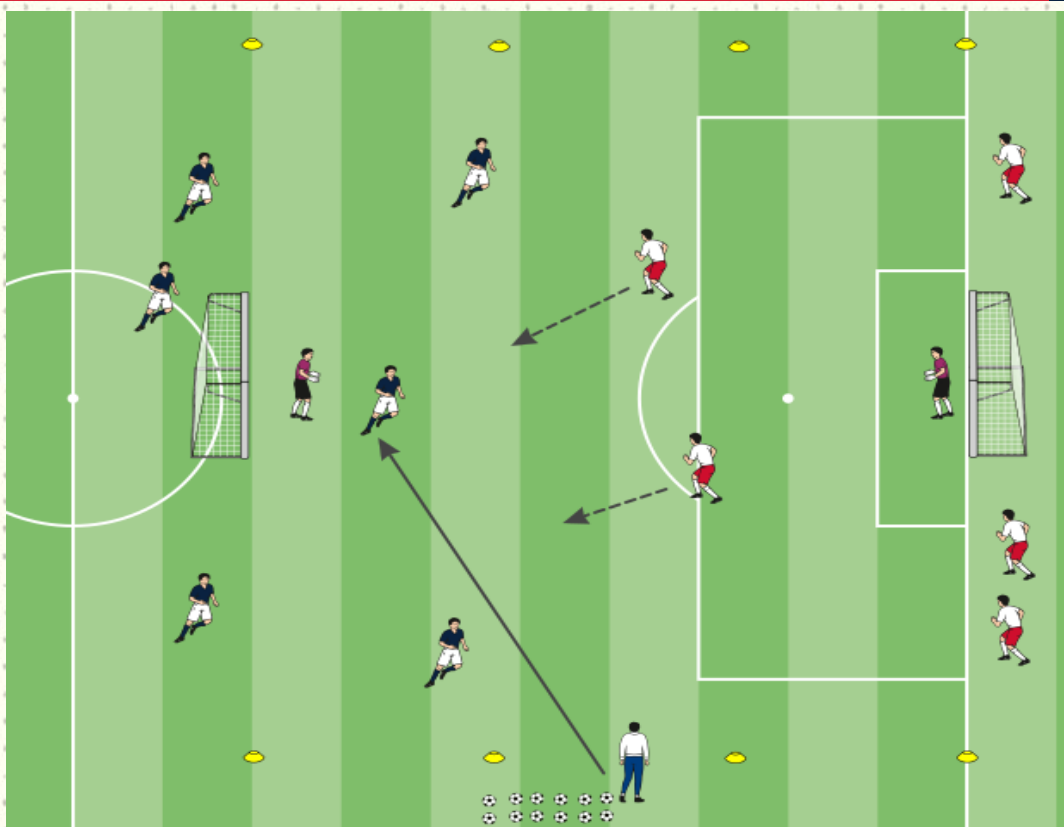


## Week 7

## Shooting to score goals

### PHASE 2 – 3v2 Wave Finishing | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



#### AREA

2 x goals, 40 x 45-yard area

#### DESCRIPTION

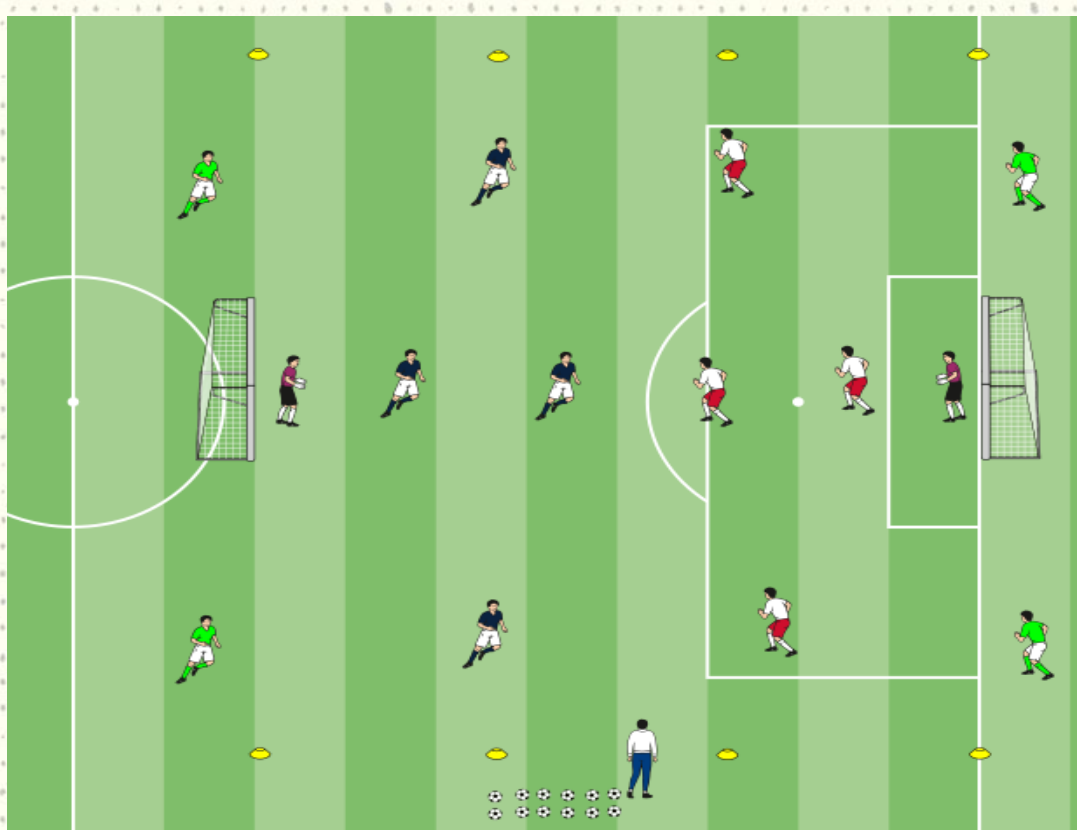
Ball starts with pass from coach to blue team 3v2 against red team. Score as many goals in 3 minutes. Red team can block and counter. When the ball leaves the field next wave of 3v2 starts with pass to blue team. Switch first pass to red 3v2 after 3 minutes.

#### MORE CHALLENGING

3v3, 4v3

### PHASE 3 – Target Finishing Game | 20 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

2x Goals, 40 x 45-yard area

#### DESCRIPTION

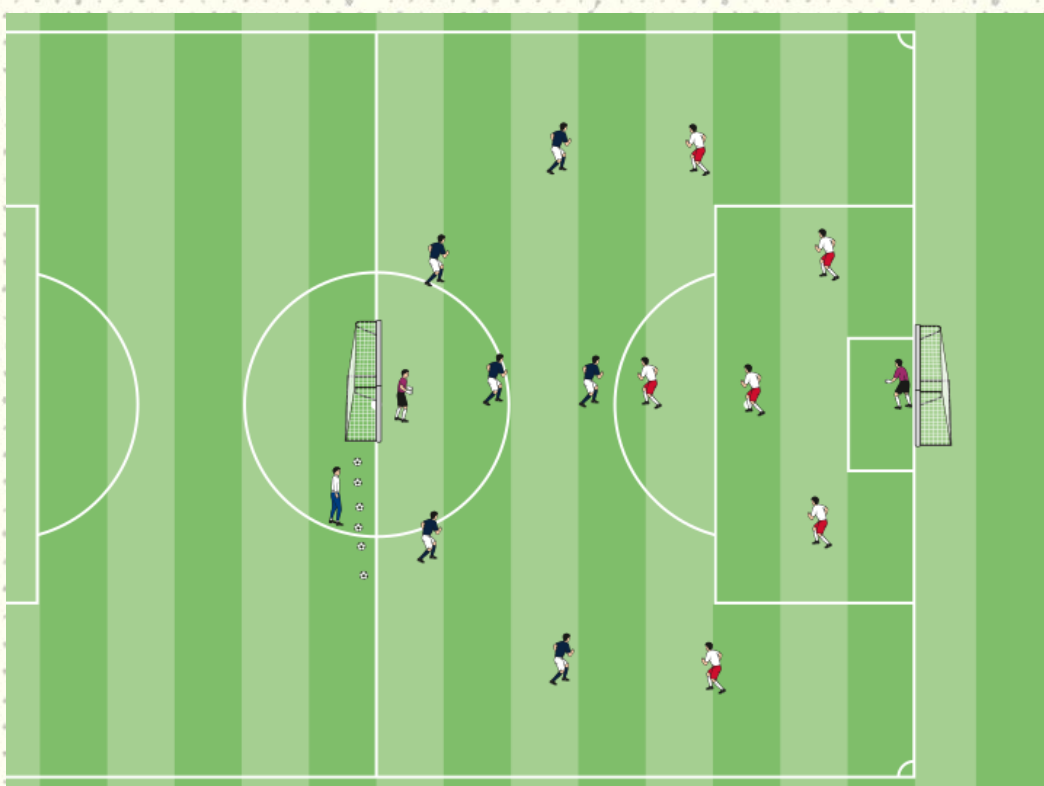
Split group into 3 teams. Blue v Red team with green team playing either side of goal as “target” players for team in possession. First to score 2 goals win. Rotate teams off to play as targets every 3-4 minutes or when two goals are scored. Limit target players to two touches. Encourage finishing and give extra points for first time finishes from targets.

#### MORE CHALLENGING

Play targets in wide areas

### PHASE 4 – Play | 20 MINS

10 MINUTES PLAY | 3 MINUTE REST



#### AREA

Half Field Game with 2 goals.

#### DESCRIPTION

Play 6v6 / 7v7 / 8v8 , adjust based on numbers. Regular game rules encouraging players to take shots and finish when in attacking half.

#### SCORING

1 point for scoring in respective goals



## Week 8 Defending as a group to regain the ball

**OBJECTIVE** | Improve how to defend in three's  
(Pressure, cover, balance)

### COACHING POINTS

1. Press quickly slow down closer to the ball
2. Start tall, get low as you get closer to the ball, bend knees
3. 2<sup>nd</sup> and 3<sup>rd</sup> defender provide cover to first defender

### GUIDED QUESTIONS

1. Why do you need to be on toes when defending 1 on 1?  
(To move quickly when attacker dribbles)
2. Why do you think you should press quickly? (to win ball further from your grid slash poll)

### KEY WORDS

Defend, cover, pressure, compact


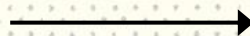

### PLAYER ACTIONS

Pressure/cover/balance, make it compact

### TECHNICAL TOOLS

Defending

### SESSION KEY

Dribble   
Pass / Shot   
Movement 



11 v 11

*Train to compete*

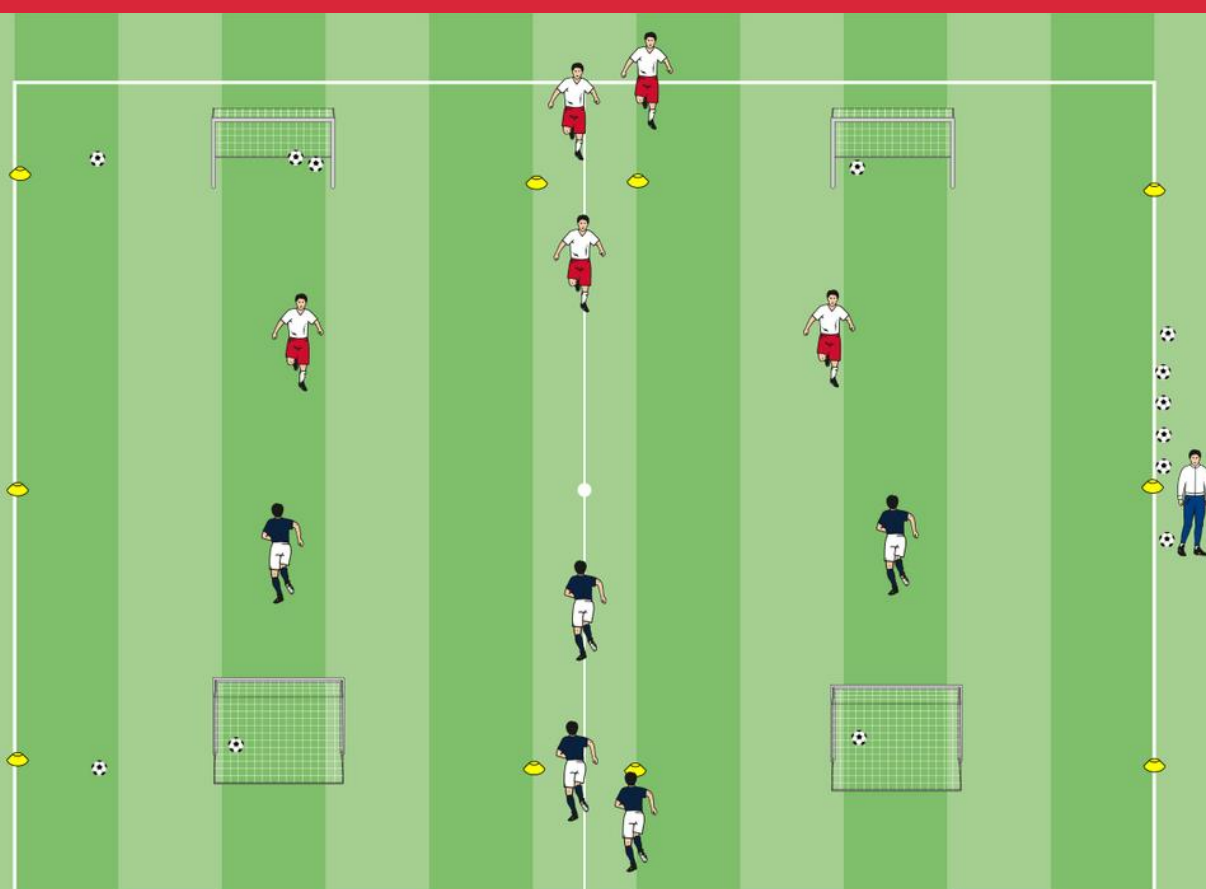
The team and me

Develop of the  
qualities for position  
within the team

Defending  
Block 3

### PHASE 1 –3v3 Defending Game | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



### AREA

25 x 30 two grids (based on numbers)

### DESCRIPTION

Four goal game with 3v3.  
Ball starts with pass from coach, if ball goes out of play, pass a new ball quick in.  
1 point for scoring on mini goals.  
Defending team win ball and counter on opposite goals. Pressure/Cover/Balance.

### MORE CHALLENGING

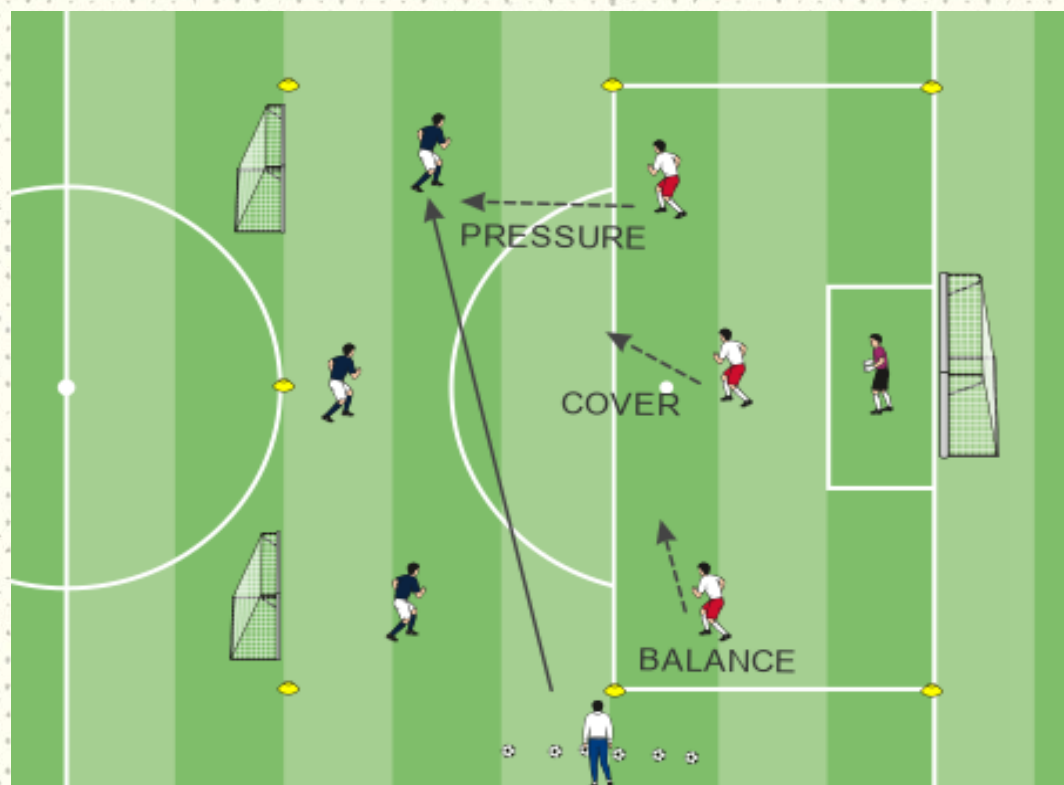
4v3 to work on the defending team playing with one less player.



## Week 8 Defending as a group to regain the ball

### PHASE 2 – 3v3 / 4v4 Defending | 20 MINS

4 MINUTES PLAY | 1 MINUTE REST



#### AREA

40 x 30 yard area

Play 3v3 game with goalkeeper

#### DESCRIPTION

Coach passes balls into blue team who attack goal  
Red team counter on mini goals

Red team apply pressure, then cover & balance

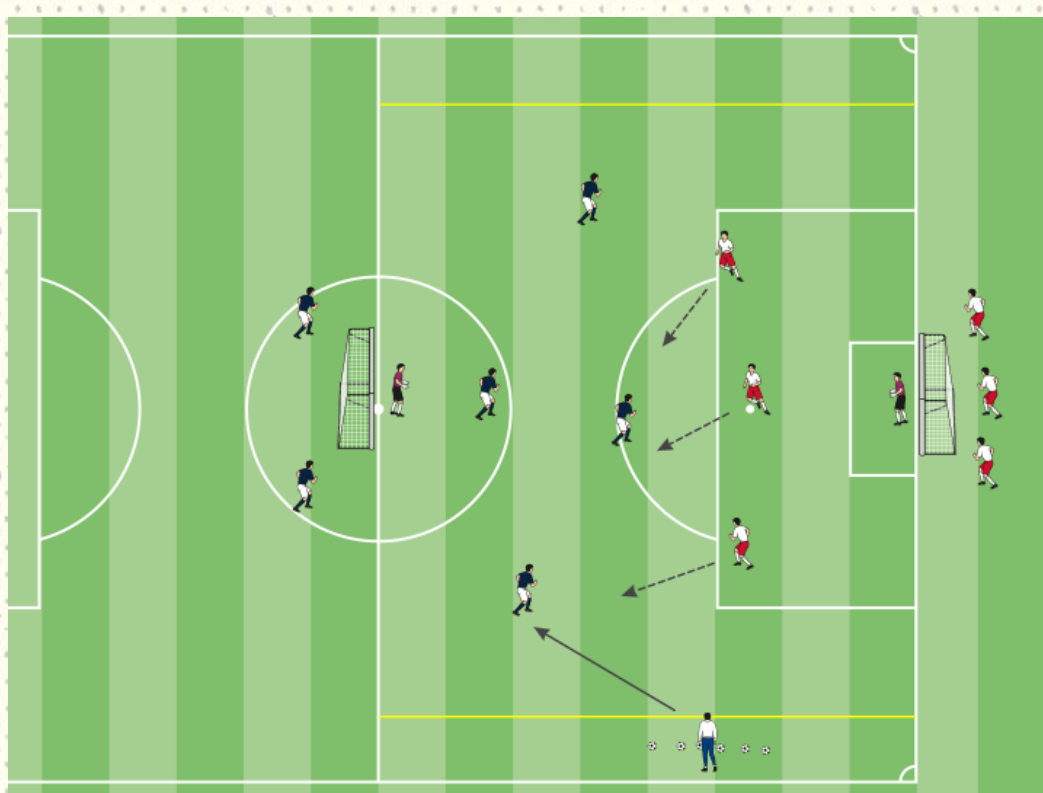
If goal is scored or ball goes out, new set of players  
Switch Red and Blue team after 4 minutes.

#### MORE CHALLENGING

Play 4v4, 5v5 (make area larger)

### PHASE 3 – Team Defending | 20 MINS

5 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

Play half field game with narrow sidelines.

2 large goals

#### DESCRIPTION

Ball starts with pass to blue team who play numbers up 4v3 to goal. Red team defend, protect goal and look to steal ball and counter on opposite goal. If ball goes out, start with pass to blue team varying location of pass to work on red team's pressure, cover, balance.

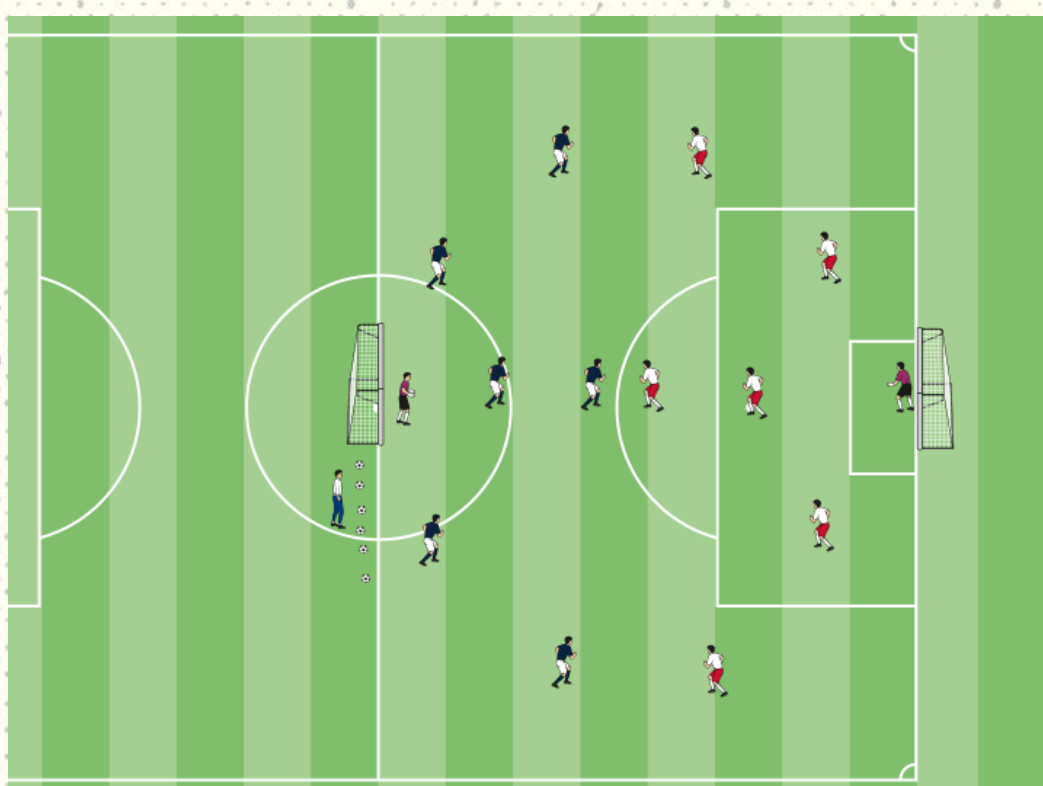
Rotate players every 2-3 minutes.

#### MORE CHALLENGING

Play 5v4, 6v5

### PHASE 4 – Play | 25 MINS

12 MINUTES PLAY | 2 MINUTE REST



#### AREA

Half Field Game with 2 goals.

#### DESCRIPTION

Play 6v6 / 7v7 / 8v8, adjust based on numbers.

Regular game rules encouraging players to place pressure on the ball and provide cover and balance to teammate.

#### SCORING

1 point for scoring in respective goals



## Week 9

## Taking players on to advance

**OBJECTIVE** | Improve how to shield, scan and use correct foot in 1v1 moments

### COACHING POINTS

1. Check shoulders to scan the field
2. Keep your body in between opponent and the ball
3. Accelerate through the 1v1 move

### GUIDED QUESTIONS

1. When should we take an opponent on 1v1?
2. How can you find open space?
3. How can we protect the ball when doing a 1v1 move?


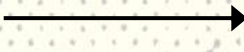
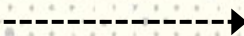
### KEY WORDS

Keep it close, Drive, Take Space, Pick head up

### PLAYER ACTIONS

Take on opponent

### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 

### TECHNICAL TOOLS

**Block 1:** Dribble past opponent; **Block 2:** Accelerate, Basic 1v1 Moves; **Block 3:** Shield, Scan, Correct foot



# 11 v 11

*Train to compete*

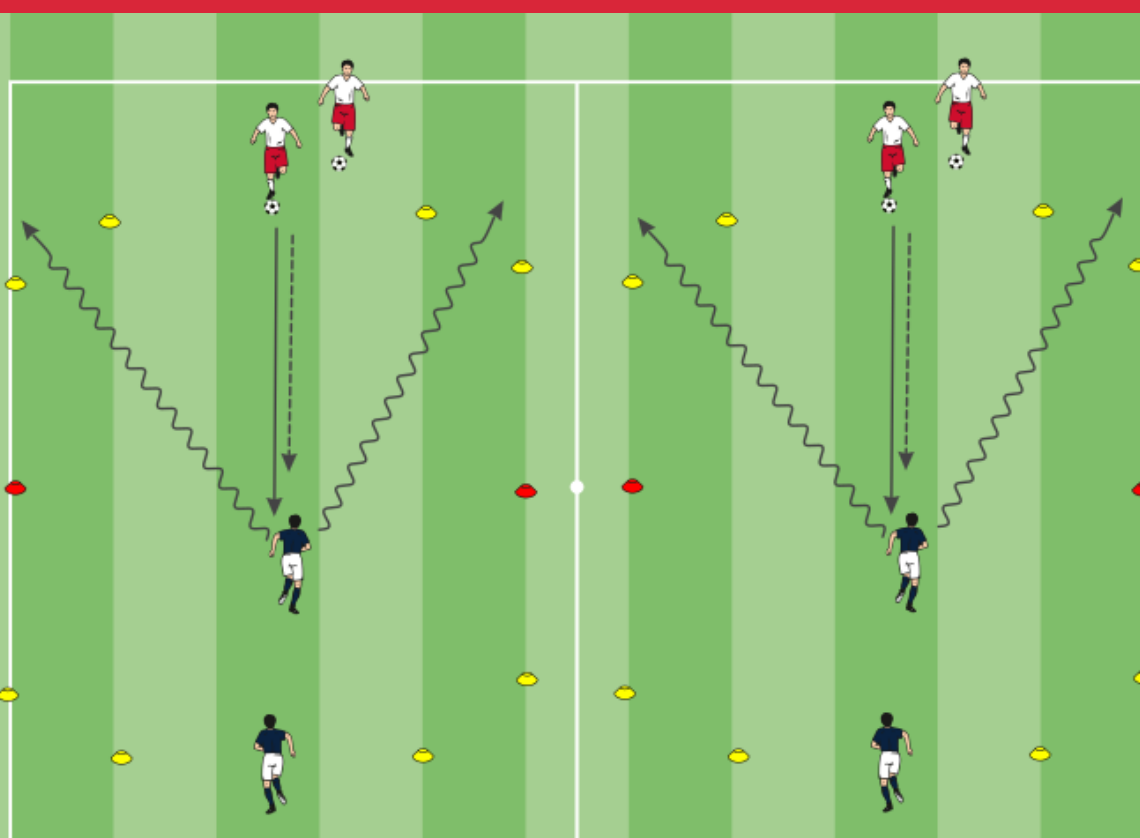
The team and me

Develop of the qualities for position within the team

Take on opponent  
Block 3

## PHASE 1 – 1v1 To Gates | 15 MINS

## 3 MINUTES PLAY | 1 MINUTE REST



### AREA

10 x 15-yard space x 2 grids

### DESCRIPTION

Play 1v1 to multiple target gates. Defender passes ball to attacker to start the game.

### SCORING

Dribble through a gate for one point. Defender scores if they steal the ball and score on opposite gates

### MORE CHALLENGING

Play 2v2. Play to a goal and score point for beating defender and scoring.

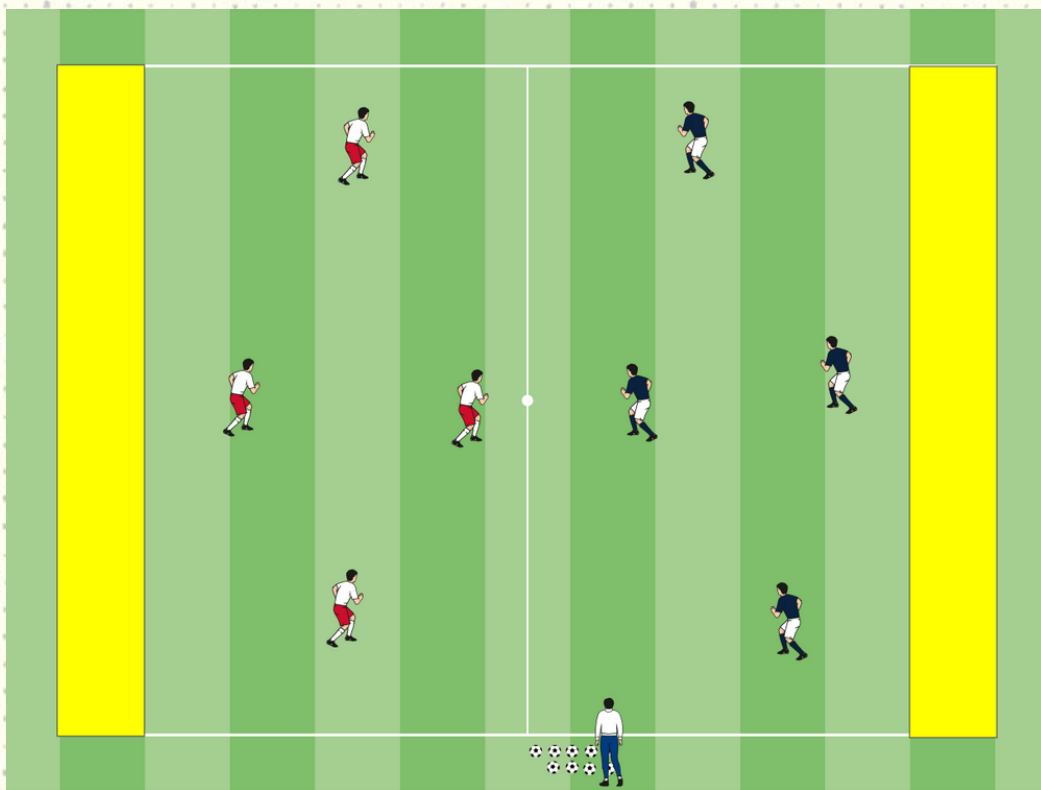


## Week 9

## Taking players on to advance

### PHASE 2 – 3v3 / 4v4 End Zone | 20 MINS

3 MINUTES PLAY | 1 MINUTE REST



#### AREA

20 x 30 yards, 5 yard end zone.

#### DESCRIPTION

Play two games of 3v3 / 4v4 with end zones. Team in possession attempt to dribble into opponents end zone for a point. If ball goes out of play coach passes new ball in. Encourage players to look up and dribble into open space.

#### SCORING

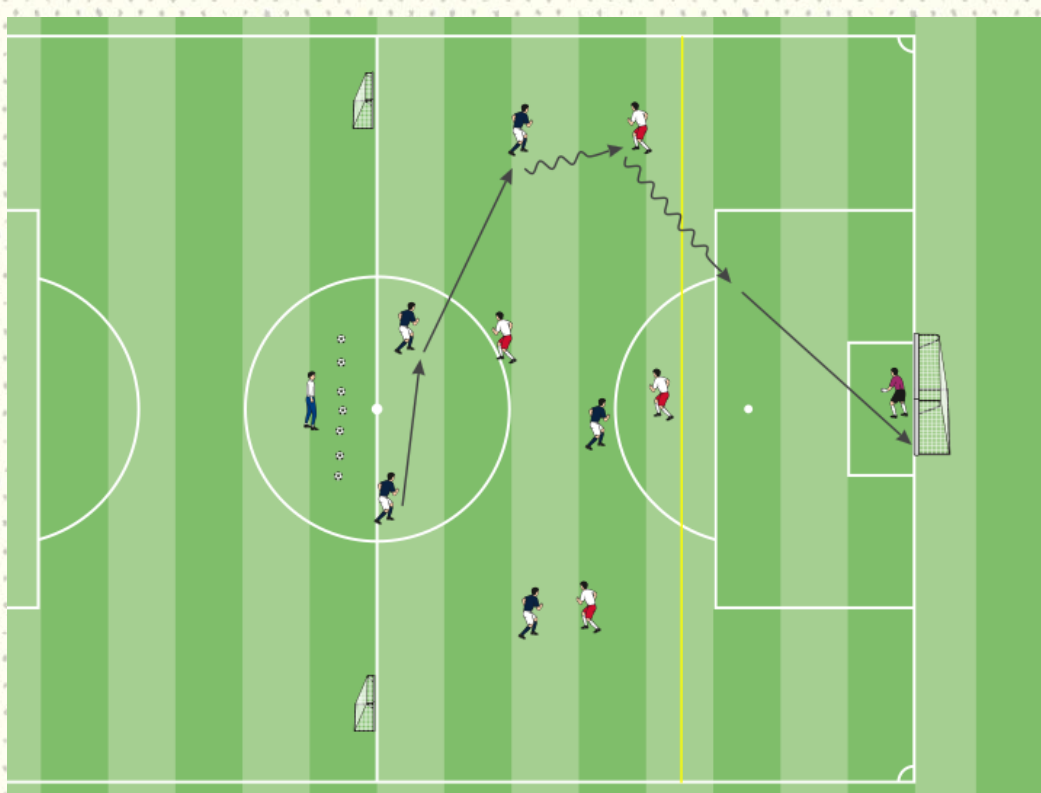
Dribble into endzone for a point.

#### MORE CHALLENGING

Add goal/s to score in.

### PHASE 3 – 5v4 to Goal | 20 MINS

4 MINUTES PLAY | 2 MINUTE REST



#### AREA

Half field, goal to counter goals. Create a restraining line 5 yards from the edge of the box.

#### DESCRIPTION

Teams play 5v4 plus a goalkeeper. The attacking team must dribble over the restraining line before scoring. Only 1 defender can enter the scoring zone after the attacker has passed the restraining line. Defenders score in the counter goals.

#### SCORING

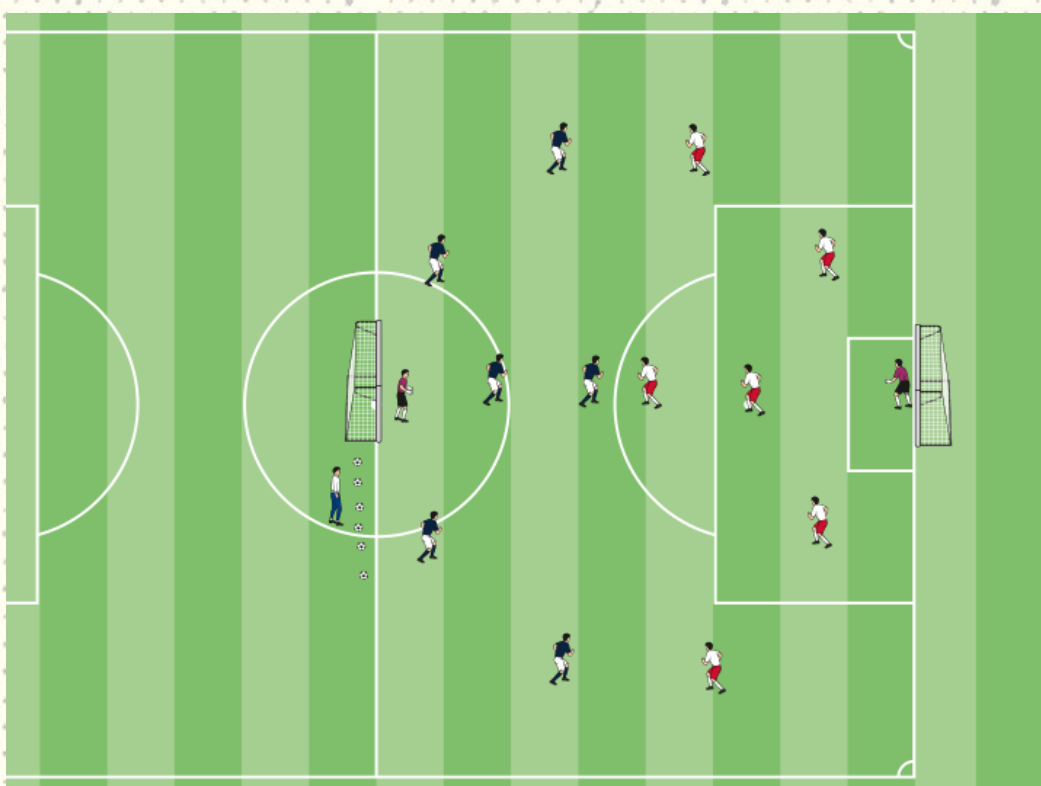
Attacking team score on large goal, defending team score on mini goals.

#### MORE CHALLENGING

Play 5v5

### PHASE 4 – Large Game | 25 MINS

10 MINUTES PLAY | 3 MINUTE REST



#### AREA

Half Field Game with 2 goals.

#### DESCRIPTION

Play 6v6 / 7v7 / 8v8, adjust based on numbers. Regular game rules encouraging players to take players on to advance ball in opponents half.

#### SCORING

1 point for scoring in respective goals



## Week 10

## Passing to unbalance the opposition

**OBJECTIVE** | Learn how to pass the ball to unbalance the opponent.

### COACHING POINTS

1. Possess when we can't move forward
2. Progress and find gaps between the lines
3. Penetrate when we have runners in behind

### GUIDED QUESTIONS

1. When is a teammate open for a pass?
2. When should I pass to feet?
3. When should I pass to space?


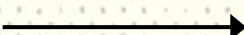

### KEY WORDS

Find feet, Relax and be balanced, find the runner

### PLAYER ACTIONS

Passing

### SESSION KEY

Dribble   
Pass / Shot   
Movement 

### TECHNICAL TOOLS

**Block 1:** Find a teammate; **Block 2:** Pass to feet, Pass to space;  
**Block 3:** Possess, Progress, Penetrate, **Block 4:** Add variations



11 v 11

*Train to compete*

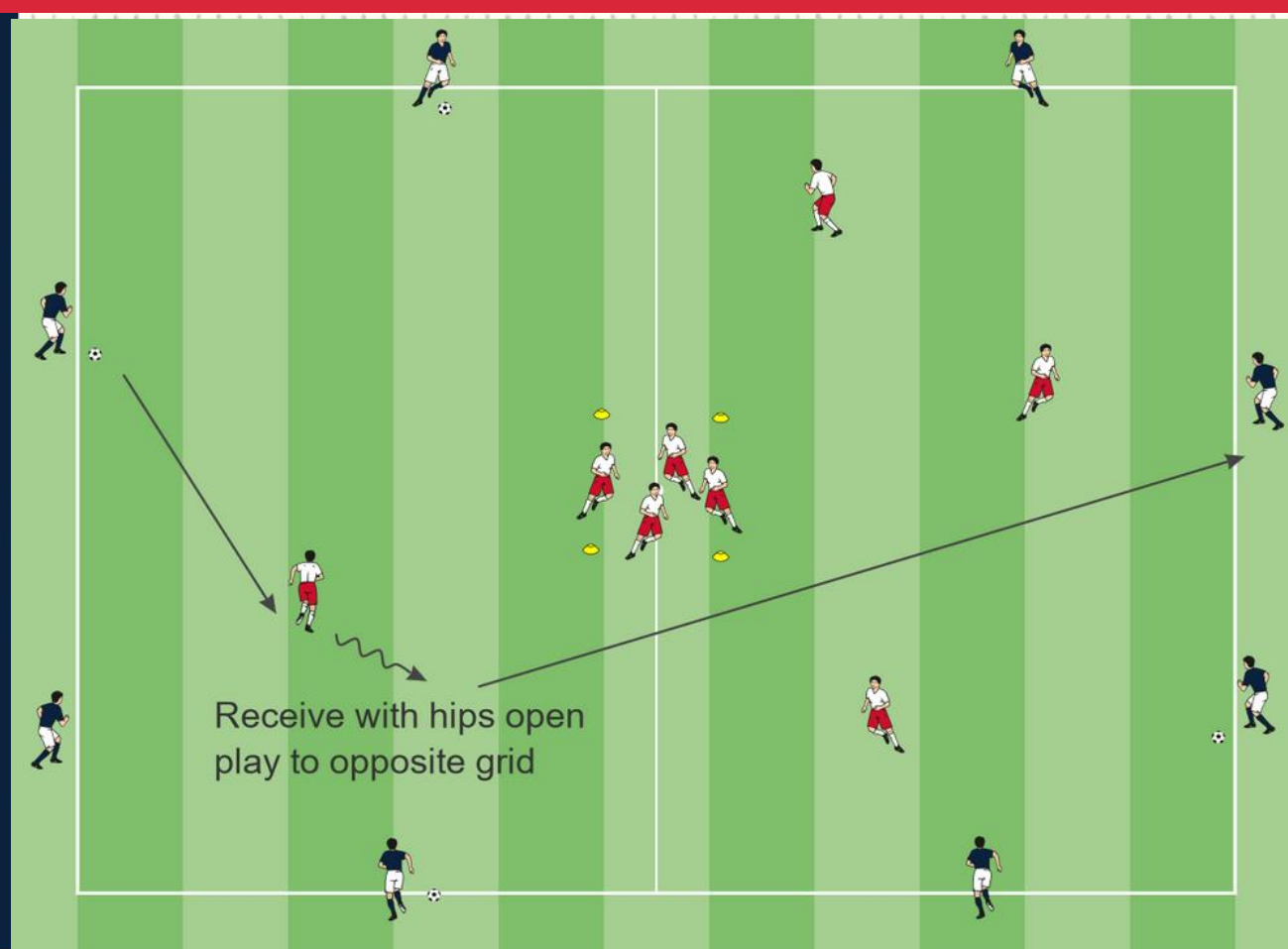
The team and me

Develop of the  
qualities for position  
within the team

Passing  
Block 3

## PHASE 1 – Passing & Playing forward | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



### AREA

40 x 30 yard field (x2), half blue players with ball, half red players in small 5 x 5 square

### DESCRIPTION

Red players check to blue player (ask for ball) receive pass and play to opposite side open blue player. Once pass completed red players enter the 5x5 area, the players waiting now check to ball. Continue for 2 minutes. Blue and red switch rolls.

### MORE CHALLENGING

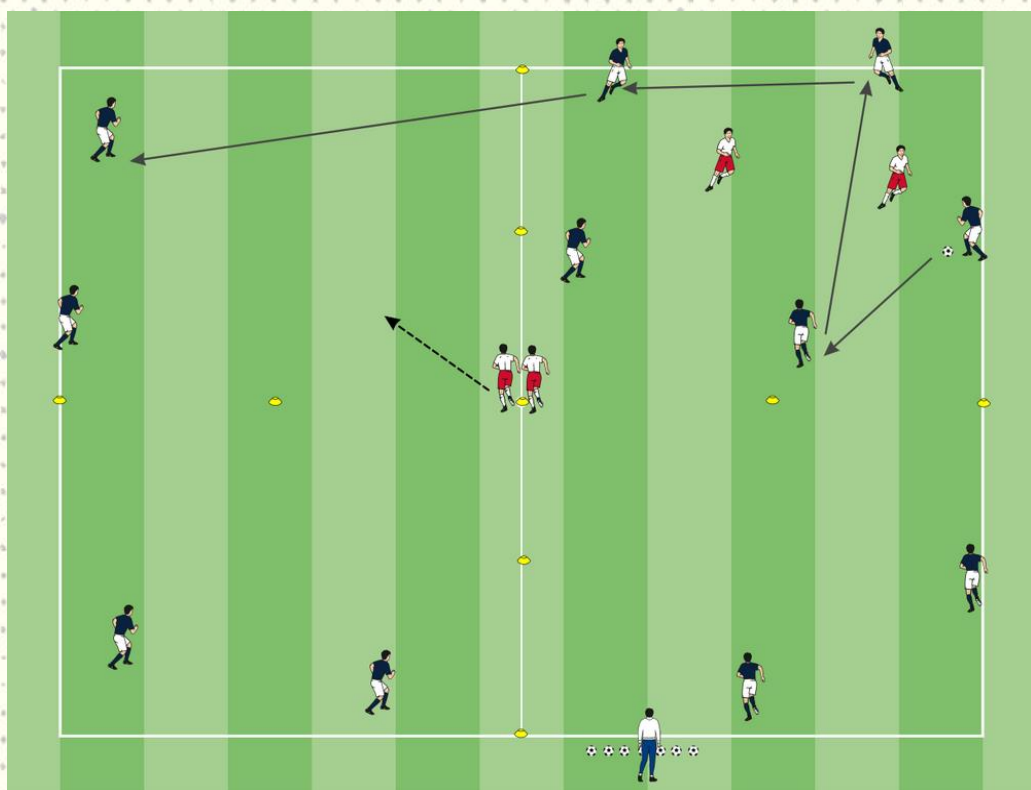
red players working Tues now period two passes to get ball from one side to the other (spacing/support)



# Week 10 Passing to unbalance the opposition

## PHASE 2 – Passing and Switching | 20 MINS

5 MINUTES PLAY | 1.5 MINUTE REST



### AREA

40 x 30-yard area split into 4 rectangles

### DESCRIPTION

Blue play 5v2 and make 3 passes before switching ball to open area. 3 players supporting 2 new defender's press. Adjust defenders based on level. Switch defenders every 3-4 minutes.

### SCORING

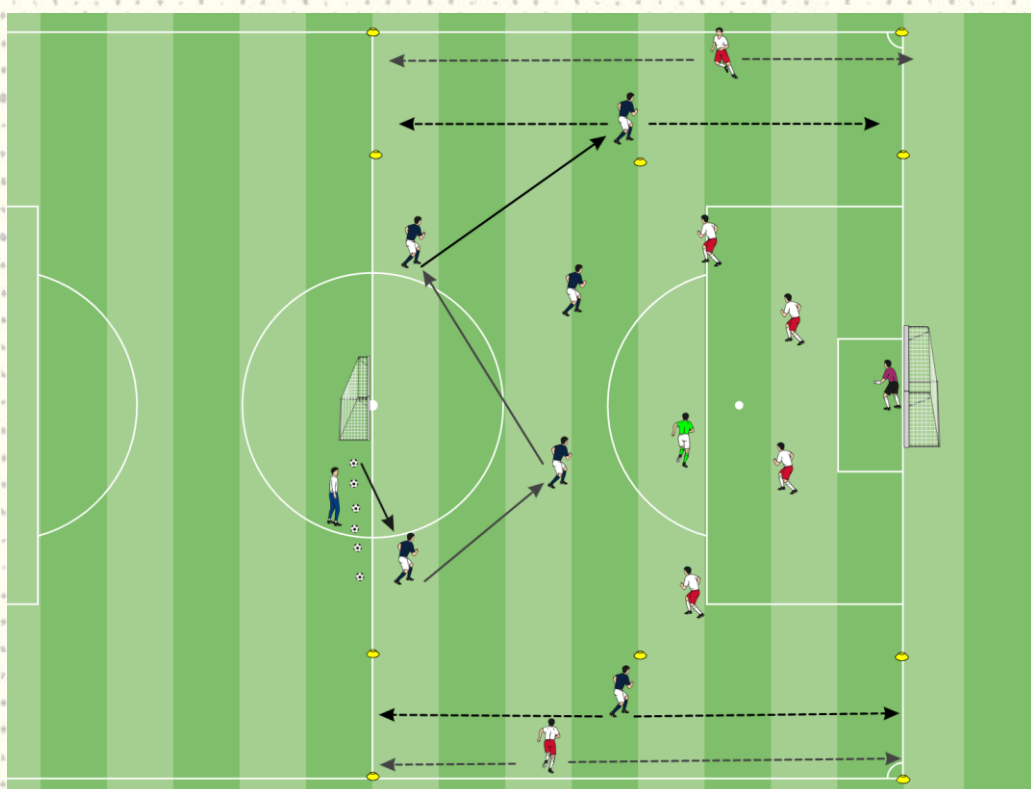
If red team win it, dribble out of grid for a point

### MORE CHALLENGING

Remove cones, play large 7v3. Switch to open half after 5 passes

## PHASE 3 – Switching to Goal | 20 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



### AREA

Half field 6v6 to 8v8 game, neutral player helps team in possession. 10 yard wide channel, 1 large goal and 1 mini goal

### DESCRIPTION

Team in possession try to play ball into wide area. Can't defend the player who receives in wide channel but when they come out and go to goal, defending team can press.

### SCORING

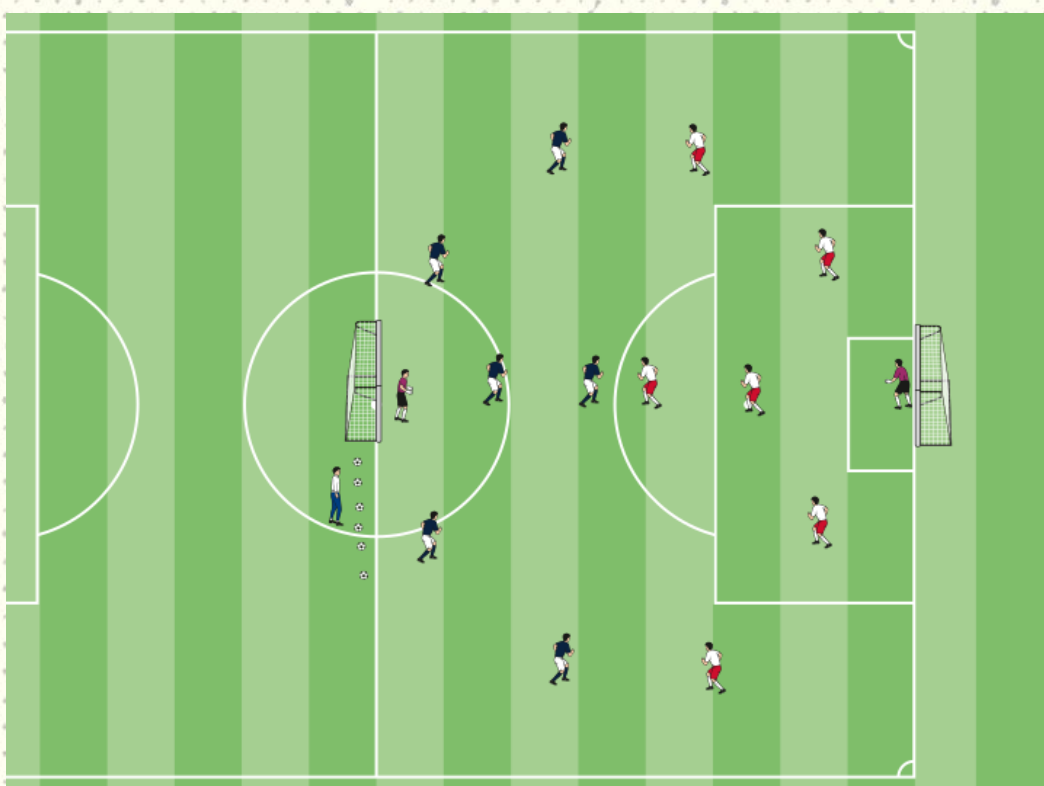
Score on large goal or mini goal for a point

### MORE CHALLENGING

Wide channel players start outside, must be played into area for point

## PHASE 4 – Play | 25 MINS

12 MINUTES PLAY | 3 MINUTE REST



### AREA

Half Field Game with 2 goals.

### DESCRIPTION

Play 6v6 / 7v7 / 8v8, adjust based on numbers. Regular game rules encouraging players scan and look to play forward.

### SCORING

1 point for scoring in respective goals



# Ages and stages

## Social Development

- Start asserting individuality and establishing their own identity which may lead to conflict with authority.
- Unsure about their place in society and are heavily dependent on a peer group/best friend.
- Can experience conflict between the need to be an individual while also fitting in with the group.

## Emotional Development

- May exhibit strong mood swings (struggle with impulse control and lack emotional maturity).
- Vulnerable to peer pressure.
- May feel embarrassed if parents are around them in social settings.

## Language Development

- Encouraged to speak directly with the coach. (self-advocacy).
- Will ask questions to seek clarity.
- May test boundaries on use of appropriate language.

## Cognitive Development

- Begin to be mature enough to take responsibility for their own commitment level.
- Can plan and organize tasks with little to no guidance from adults.
- Have sense of respect for their sport and can begin to make commitments.

## Physical Development

- Rapid growth leads to increases in height, weight, and visible changes (increase in muscles mass and body fat).
- May exhibit adolescent awkwardness as a result of rapid changes (injury rates tend to increase during this stage due to physical changes-ankle sprains, tendonitis, patellofemoral pain, pain at tendon insertions-Osgood-Schlatters, and Sever's Disease).





AGE: U18  
Buildup

LEVEL: GRASSROOTS

AREA OF FIELD:

GAME PRINCIPLE: PENETRATION

# TEACHING TOOLS

## PLAYER ACTIONS

WHAT YOU WOULD LIKE THE PLAYERS TO DO BASED ON SESSION TOPIC.

EXAMPLE

“Pass or dribble forward”

## TECHNICAL TOOLS

WAYS IN WHICH TO PERFORM OR ENHANCE PLAYER ACTIONS.

## COACHING POINTS

HOW TO HELP & GUIDE PLAYERS TO PERFORM THE PLAYER ACTIONS.  
EXAMPLE FOR DRIBBLING “LARGER TOUCHES TO ACCELERATE INTO SPACE”

## GUIDED QUESTIONS

QUESTIONS SHOULD BE PREMEDITATED TO SEEK UNDERSTANDING FROM THE PLAYERS. THEY MUST BE RELEVANT TO THE SESSION TOPIC AND SIMPLE FOR THIS AGE.  
EXAMPLE FOR DRIBBLING “HOW DO YOU KNOW WHERE THE OPEN SPACE IS WHEN DRIBBLING?”



# PLAYERS NEED TO HAVE FUN! BELOW ARE PLAYERS ACTIONS AND TECHNICAL TOOLS.

## TECHNICAL TOOLS

### PLAYER ACTIONS



Each team should teach **block 1** before teaching **block 2**. Progress to teach **block 2 (or beyond)** when you feel the majority of the team is ready to advance or individually should you have high performers within the team.



# COACHING



- Learn players names
- Positive reinforcement
- Use small sided games with attack, defense and transition that promotes competition through winning and losing.

- Keep a supply of balls
- DEMONSTRATE!
- Use of freeze moments in games to show larger pictures
- No laps, lines or lectures!





AGE 12-13 • 90 MIN • 11v11 • 100% FIELD • 8-10 U.S. Soccer Coaches

# SESSION STRUCTURE

## SKILL DEVELOPMENT

Teaching skills by breaking down the mechanics of the technique, gradually increasing pressure and applying the skill into specific game related situations.

### PHASE 1

WARM UP

### PHASE 2

TECHNICAL  
COMPETITION

### PHASE 3

TECHNICAL  
RELATED GAME

### PHASE 4

GAME

**OR**

## PLAY-PRACTICE-PLAY

A Grassroots developed philosophy designed around a player-centered approach to coaching. The concept of *Play-Practice-Play* is to allow young players to experience the game and game-like situations as much as possible.

### PLAY

SMALL-SIDED  
GAMES  
1v1, 2v2, 3v3, 4v4

### PRACTICE

DELIBERATE  
PRACTICE GAME-  
LIKE ACTIVITIES

### PLAY

GAME RELATED  
PLAY IN  
4v4 TO 7v7