



4 v 4

Coaching guide

Grassroots development

EDUCATE . CONNECT. INSPIRE



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## BRAND PILLARS

The Revolution Academy is founded on three pillars that guide our direction, philosophy, vision and definition of success:

**EDUCATE**

**CONNECT**

**INSPIRE**

## VISION

To teach and develop players in a safe environment that is challenging, professional and fun, creating a connection with the player and to the club, inspiring them to be the best player they can be.



# 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.



NEW ENGLAND REVOLUTION ACADEMY  
COACHING MANUAL

## U8 five HELPFUL TIPS

**1** – U8 4v4 players are still ego-centric so you should encourage them to continue to develop dribbling and moves but to share the ball with teammates.

**2** – U8 4v4 players begin to explore passing and you should encourage them to spread out to support player with ball.

**3** – U8 4v4 players are like sponges and teaching them moves and techniques in fun-based sessions will help foster their love for the game.

**4** – The ball will go out of play a lot, its okay, just have a large supply of balls during games and get another ball in play quickly

**5** – U8 4v4 players love it when the coach is into it! Relax and have fun, if you are energetic and into it the players will respond



# 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.



# U8 TRAINING

## U8 “Me and My Friends”

- ✓ Improve comfort with the ball.
- ✓ Build relationship with teammates.
- ✓ Improve confidence to win the ball.
- ✓ Learn the basic functions of attacking and defending.

## 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.



## U8 - SESSION TOPICS & OBJECTIVES

1

**Topic** Dribbling to protect the ball.

**Objective** Improve how to use different surfaces of the foot

2

**Topic** Taking on an opponent to advance the ball

**Objective** Improve basic 1v1 moves

3

**Topic** Shooting to score goals

**Objective** Learn how to shoot the ball in the corners

4

**Topic** Win the ball back

**Objective** Learn how to pressure the ball

5

**Topic** Passing to find a teammate

**Objective** Learn how to pass to a teammate

6

**Topic** Escaping pressure to keep the ball

**Objective** Learn basic escape moves

7

**Topic** Shooting to score goals

**Objective** Improve how to shoot the ball in the corners

8

**Topic** Win the ball back

**Objective** Improve how to pressure the ball

9

**Topic** Passing to find a teammate

**Objective** Improve how to pass to a teammate

10

**Topic** Dribbling to gain space

**Objective** Learn how to accelerate with the ball



## Week 1

## Dribbling to protect the ball

**OBJECTIVE** | Improve how to use different surfaces of the foot

### COACHING POINTS

1. Toe down, use laces to dribble
2. Head up to see opponent, space, and teammate
3. Dribble into open space

### GUIDED QUESTIONS

1. Where should we keep ball when dribbling? Why?
2. How can you find open space?
3. How should you dribble into space?


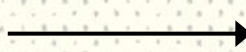

### KEY WORDS

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

### PLAYER ACTIONS

Dribbling

### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 

### TECHNICAL TOOLS

**Block 1:** Keep the ball close; **Block 2:** Different Surfaces;  
**Block 3:** Accelerate, Ready Position



## 4 v 4

*Play to have fun*

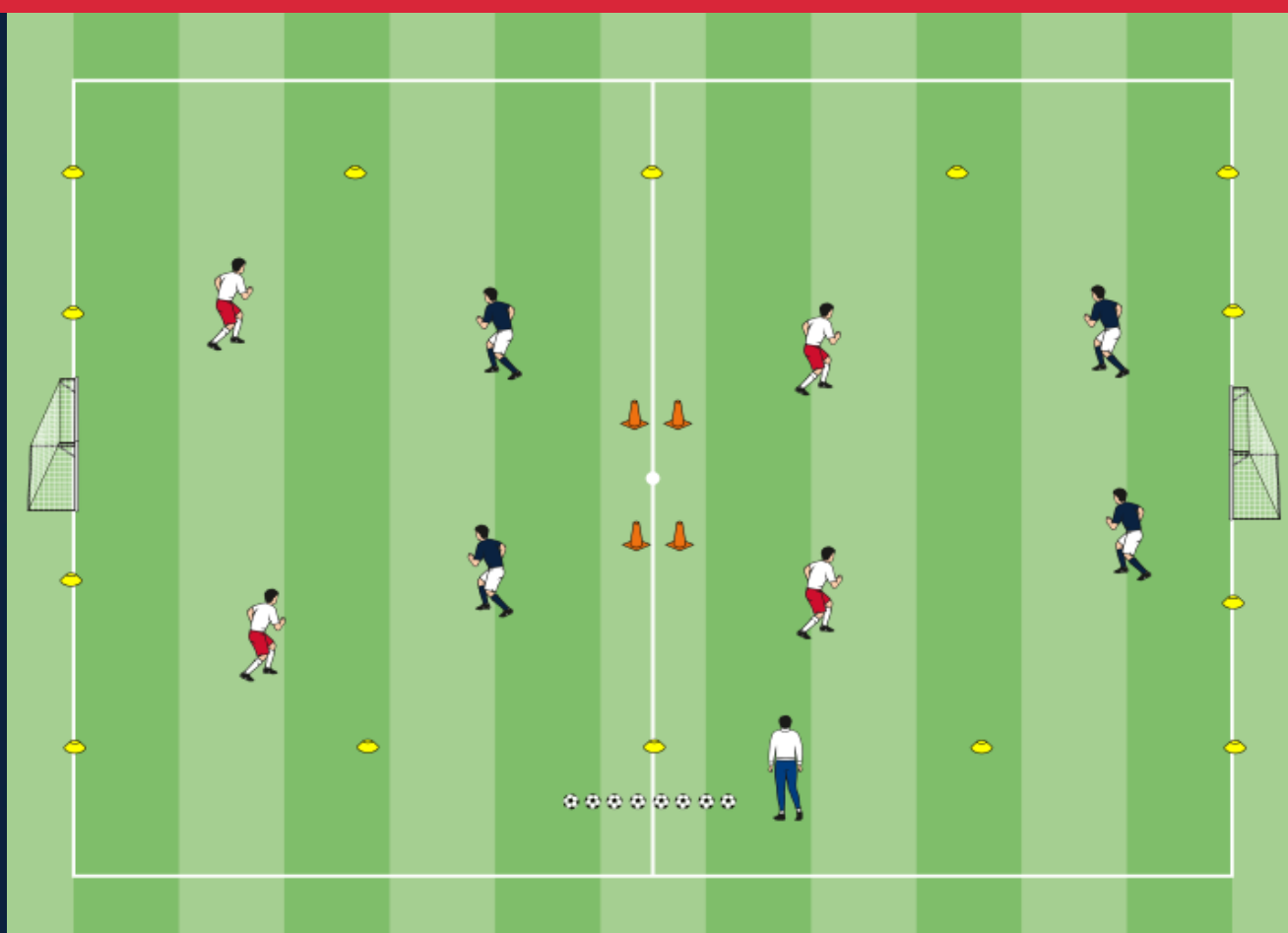
Me and my friends

Learn the basic functions of attacking, defending and transition

Dribbling  
Block 2

### PHASE 1 – PLAY | 15 MINS

### 3 MINUTES PLAY | 1 MINUTE REST



### AREA

20 x 15-yard fields (x2)

### DESCRIPTION

Players play 2v2 games on two fields. Rotate players after 3 minutes

### SCORING

Score on mini goal for 1 point

### MORE CHALLENGING

Make fields smaller

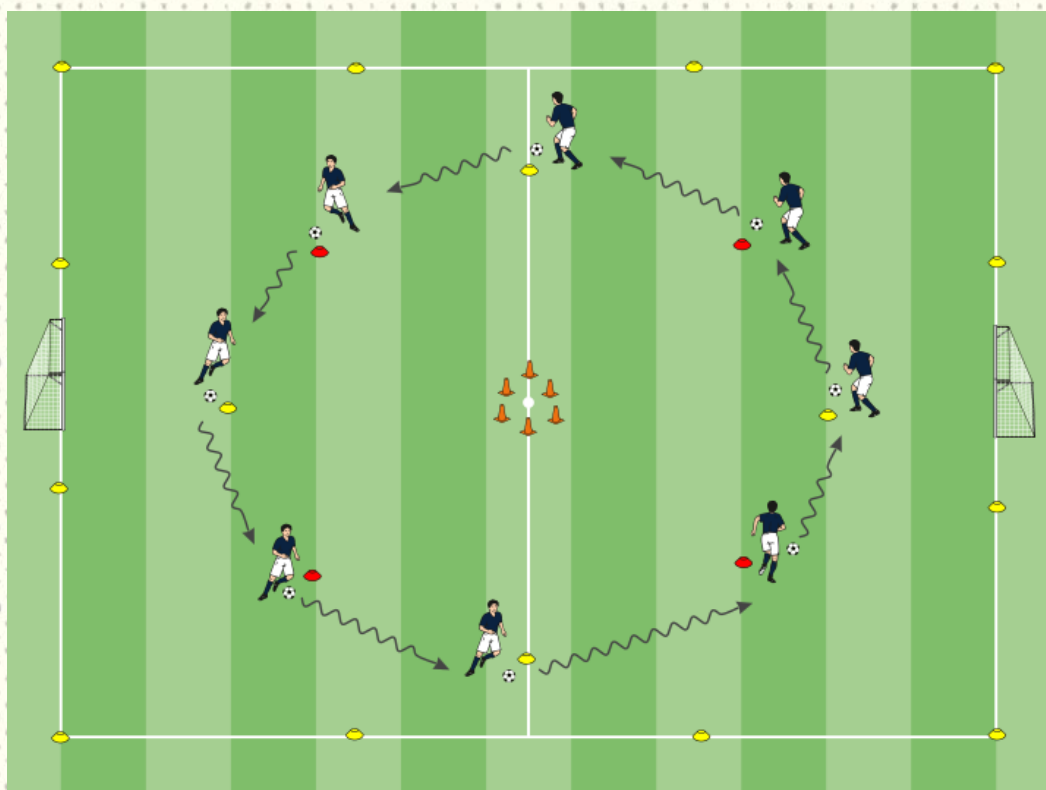


## Week 1

## Dribbling to protect the ball

### PHASE 2 – CIRCLE DRIBBLING | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 30 yards, Circle of cones alternate colors

#### DESCRIPTION

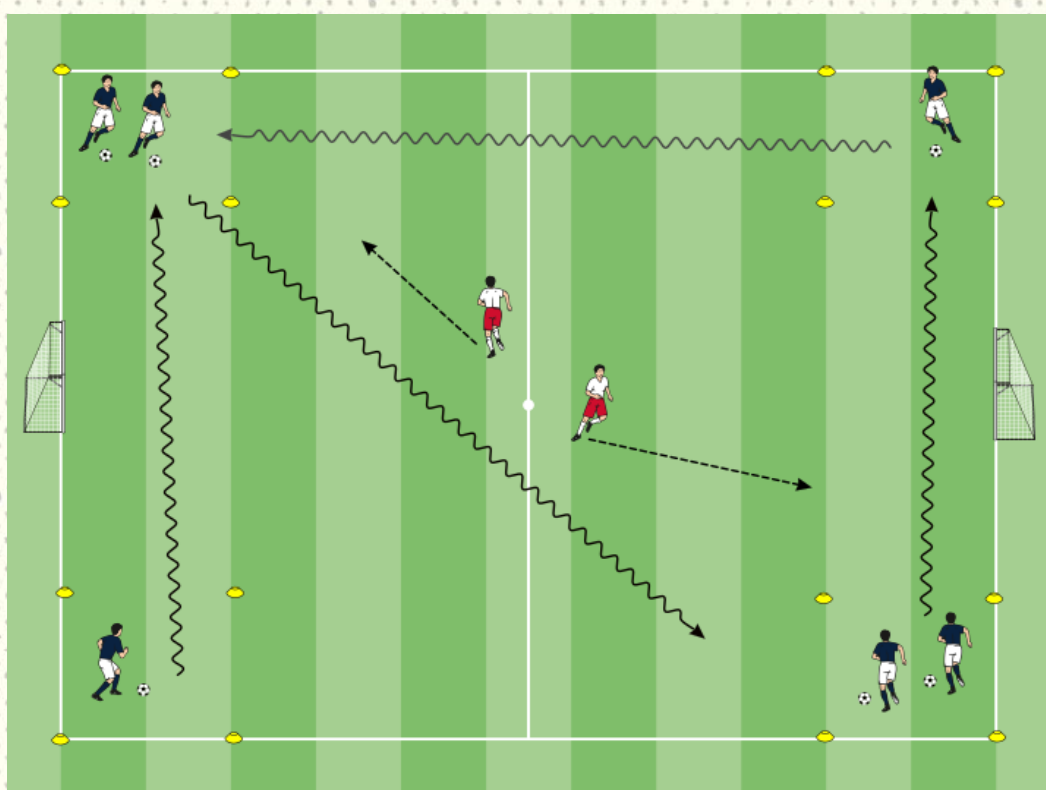
Players start with a ball and dribble around circle. Add change of direction to go opposite way. working on dribbling with close control and change of direction moves (pull backs) adding races back to cone. 1<sup>st</sup> back gets to shoot first to knock over cones for a point.

#### MORE CHALLENGING

Add multiple change of directions  
Overtake the person in front of you

### PHASE 3 – ISLAND HOPPING | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 30 yards with 5x5 squares in each corner

#### DESCRIPTION

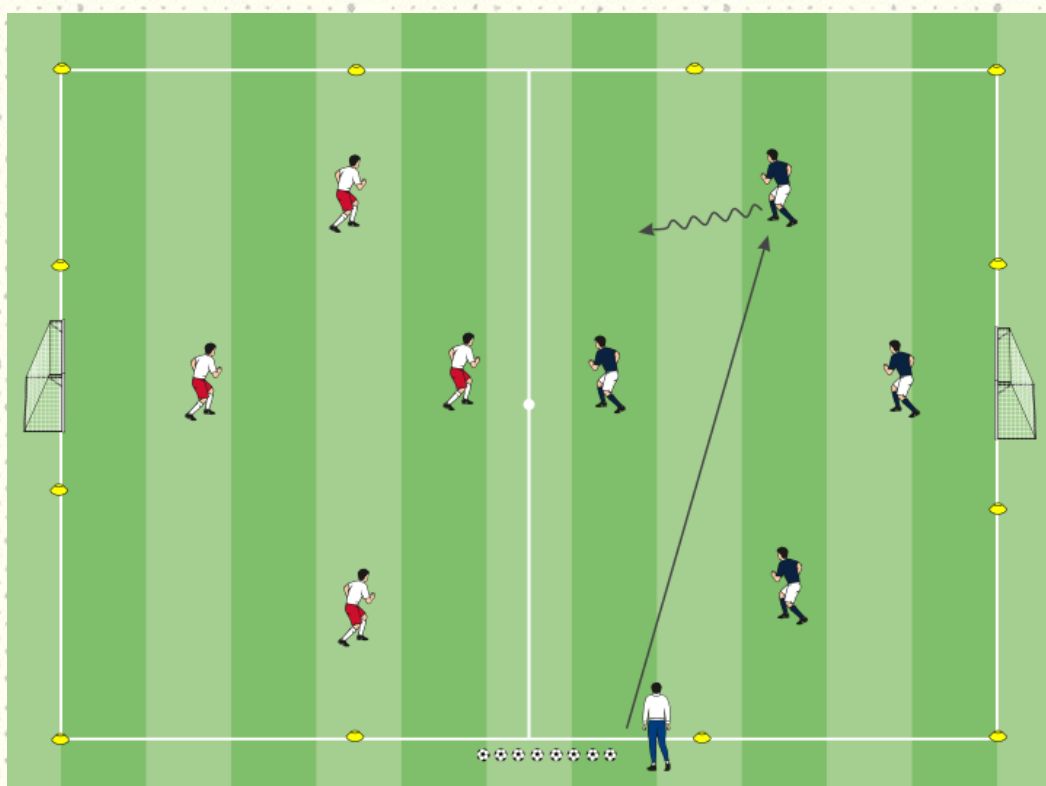
Players with ball attempt to hop from Island to Island avoiding the defenders. If a player loses their ball, they must perform a ball mastery move to get back into the game. 1 point for every island visited.

#### MORE CHALLENGING

Add more defenders  
After (2x) Islands, go to opposite goal and score for 3 points!

### PHASE 4 –GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Play 4v4 game  
Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

#### MORE CHALLENGING

Make field smaller



## Week 2 Taking on an opponent to advance the ball

### OBJECTIVE | Improve basic 1v1 moves

#### 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?


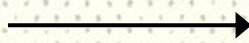
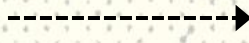
#### KEY WORDS

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

#### PLAYER ACTIONS

Take on opponent

#### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 

#### TECHNICAL TOOLS

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



# 4 v 4

*Play to have fun*

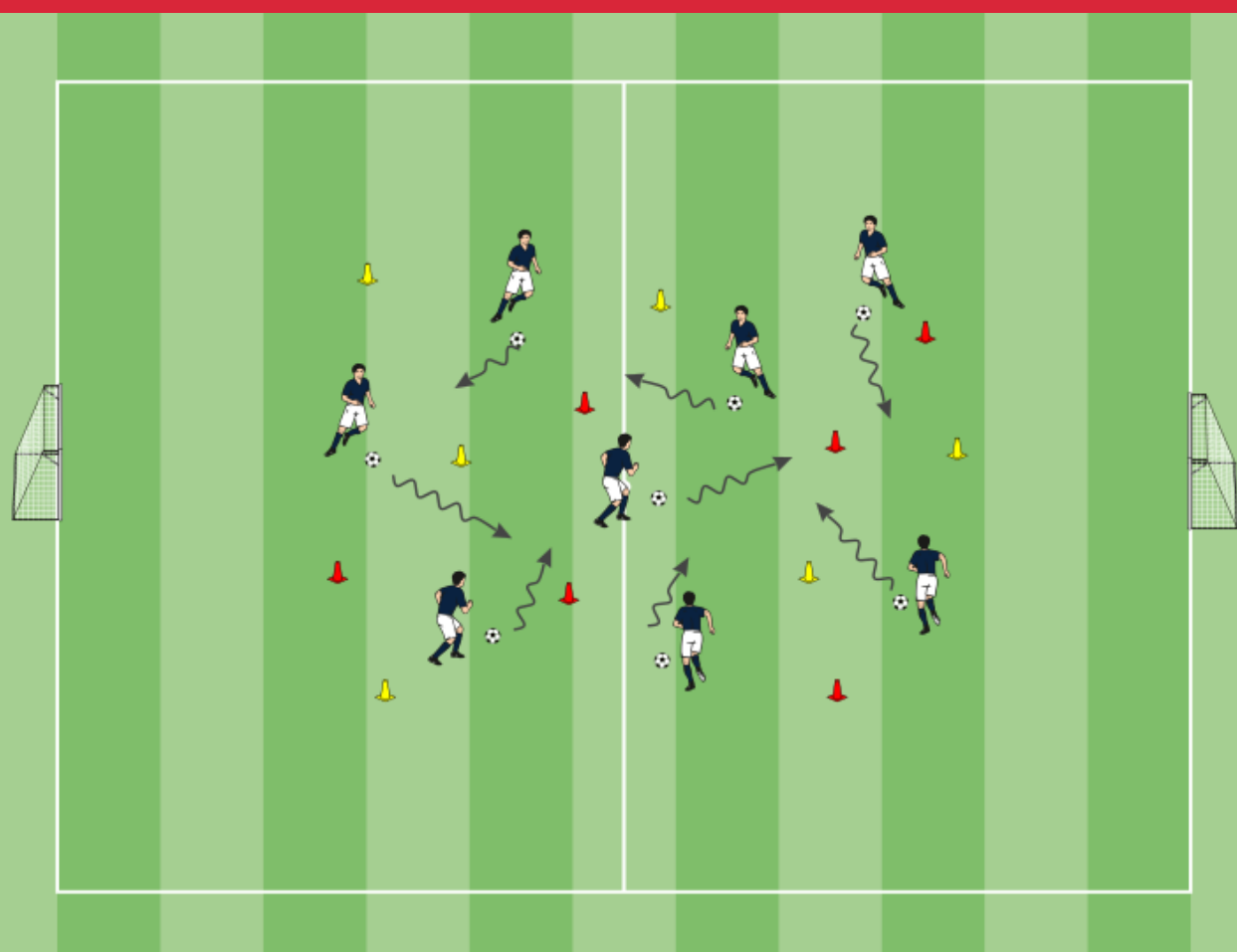
Me and my friends

Learn the basic functions of attacking, defending and transition

Take on opponent  
Block 2

### PHASE 1 – PLAY | 15 MINS

### 3 MINUTES PLAY | 1 MINUTE REST



#### AREA

20 x 15-yard fields (x2)

#### DESCRIPTION

Players dribble in area, traffic lights, red to stop, green to go, yellow to go slowly. On command of "red cone or yellow cone" players dribble quickly to one of the tall cones and stop their ball, 1st wins a point. Introduce 1v1, fake and take practicing on tall cones. After 3x 1v1 moves dribble and score on goal

#### MORE CHALLENGING

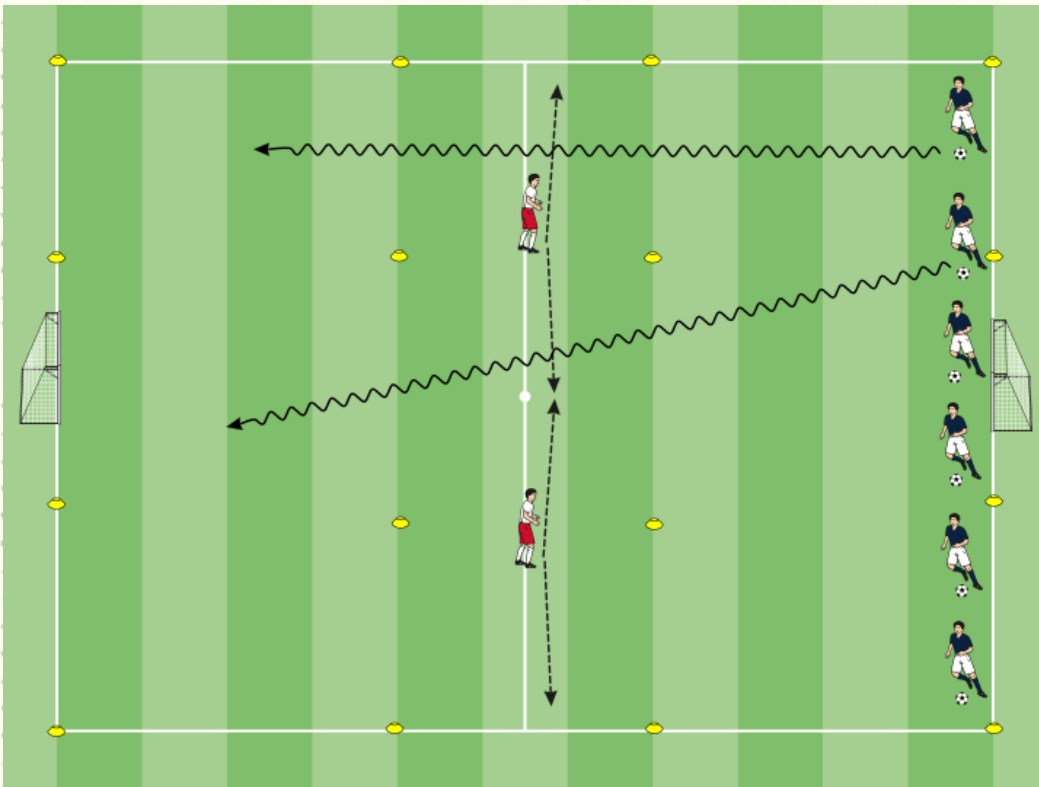
Play knockout rules, you can knock your opponent out of the game



## Week 2 Taking on an opponent to advance the ball

### PHASE 2 – SHARKS & MINNOWS | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Minnows start with ball on end line and dribble across grid avoiding the sharks who can steal their ball. If you have your ball stolen, you become a shark. Look for open space, use move and change of speed to beat defender.

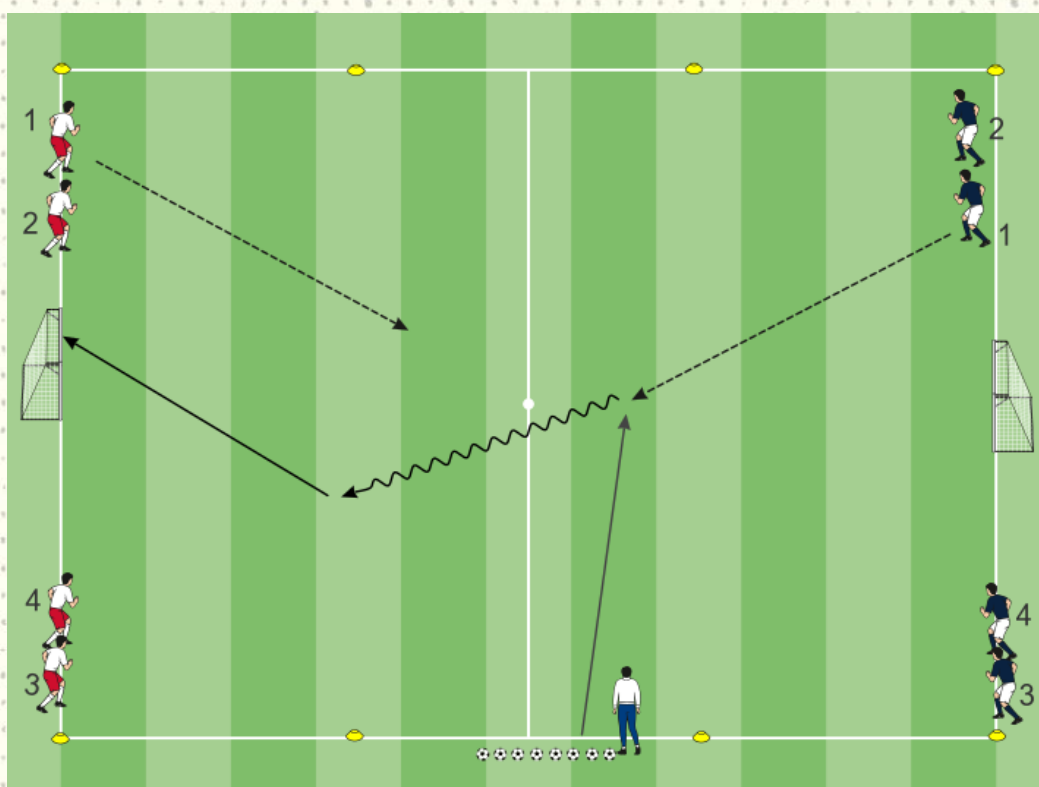
#### MORE CHALLENGING

Add more sharks

Point for scoring on goal after dribbling past

### PHASE 3 – NUMBERS GAME | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

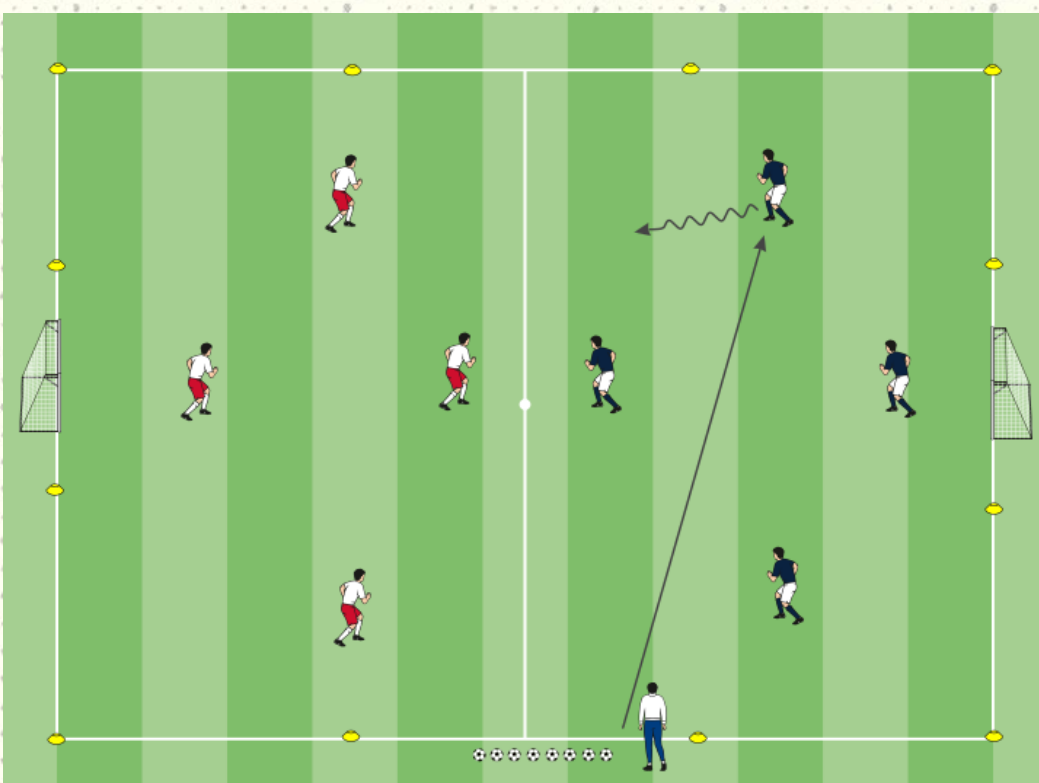
Players are numbered 1-4. Coach calls out #1 and passes ball into both #1 players who race to score first on opponent's goal. Progress to just 1 ball creating a 1v1 to goal.

#### MORE CHALLENGING

Call out 2 numbers for 2v2.

### PHASE 4 – GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Play 4v4 game

Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble to go past an opponent.

#### MORE CHALLENGING

Make field smaller



## Week 3 Shooting to score goals

**OBJECTIVE** | Learn how to shoot the ball in the corners

### 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?



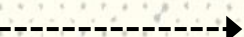
### KEY WORDS

Look at the Goal, Hit it hard, 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



4 v 4

*Play to have fun*

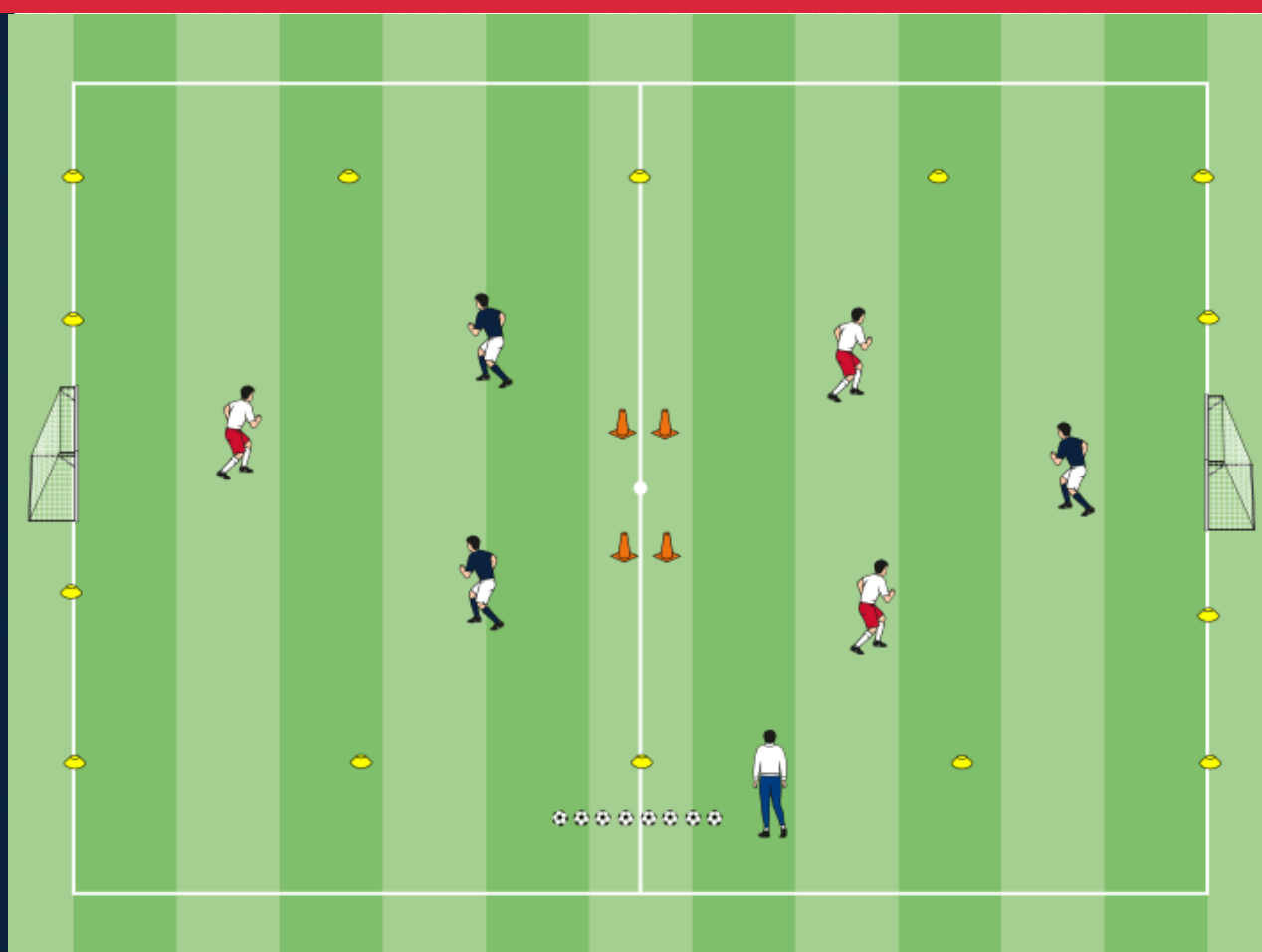
Me and my friends

Learn the basic functions of attacking, defending and transition

Shooting  
Block 2

**PHASE 1 – PLAY FOR GOALS! | 15 MINS**

**3 MINUTES PLAY | 1 MINUTE REST**



### AREA

20 x 15-yard fields (x2)

### DESCRIPTION

Players play 2v1 or 3v2 games on two fields. Rotate players after 3 minutes. Attacking team has one extra player to create more scoring opportunities! Encourage players to look at goal before shooting.

### MORE CHALLENGING

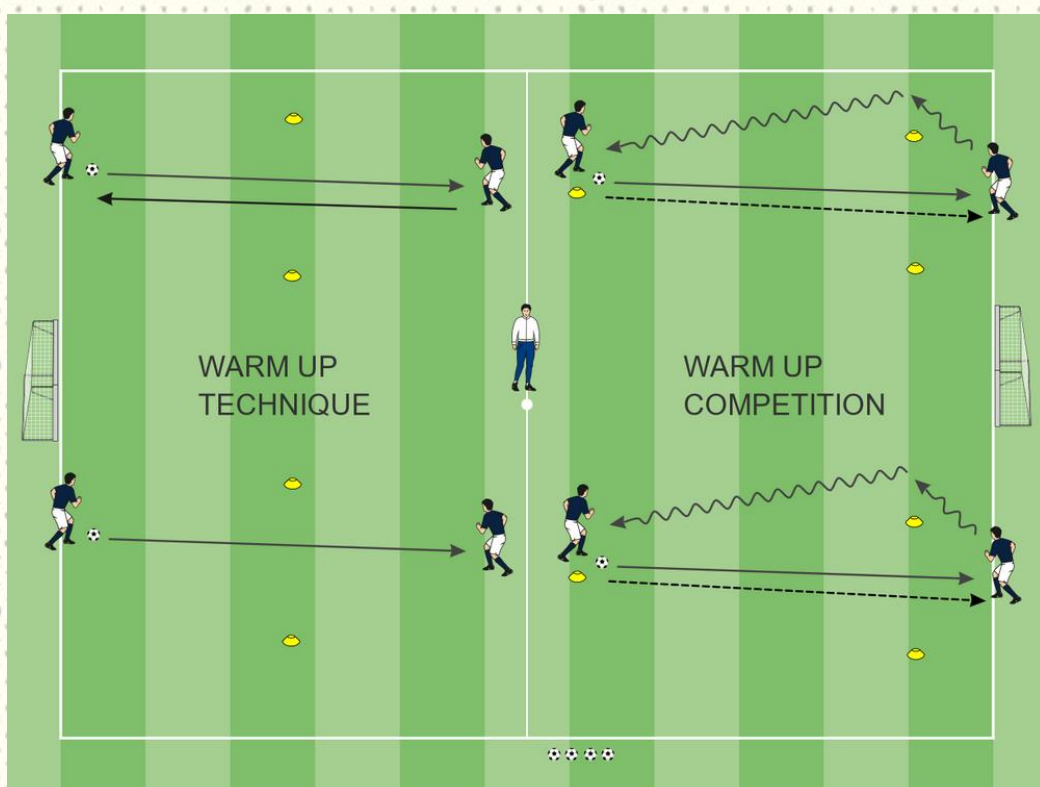
Play 2v2



## Week 3 Shooting to score goals

### PHASE 2 – SHOOTING TECHNIQUE | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 30 yards, 5 yard gates 10 yards apart

#### DESCRIPTION

Players begin shooting the ball through the gate to each other working on the shooting technique. (toe down, laces, point in direction of shot)

Add in competition (shown on right side) with each pair attempting to score as many goals as possible in 2 minutes.

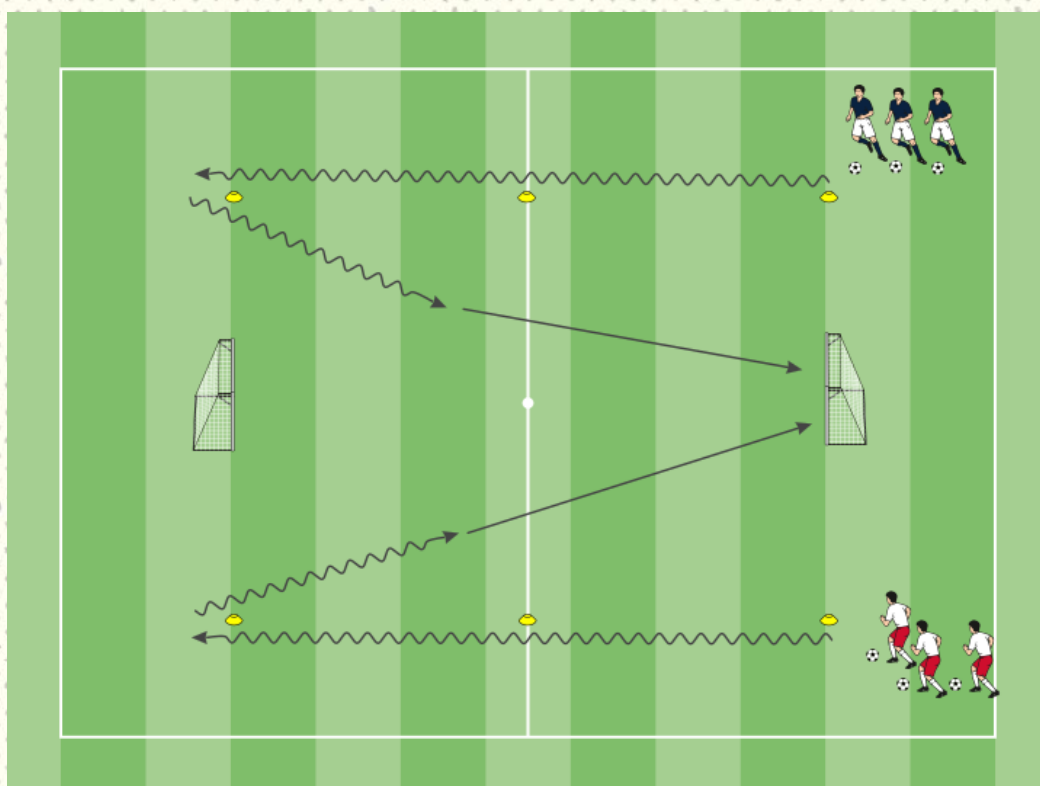
One player shoots, the other player waits for ball behind the goal and dribbles to start cone.

#### MORE CHALLENGING

Make Goals smaller

### PHASE 3 – DRIBBLE AND SHOOT | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

15 x 10 yard grid with 2 goals

#### DESCRIPTION

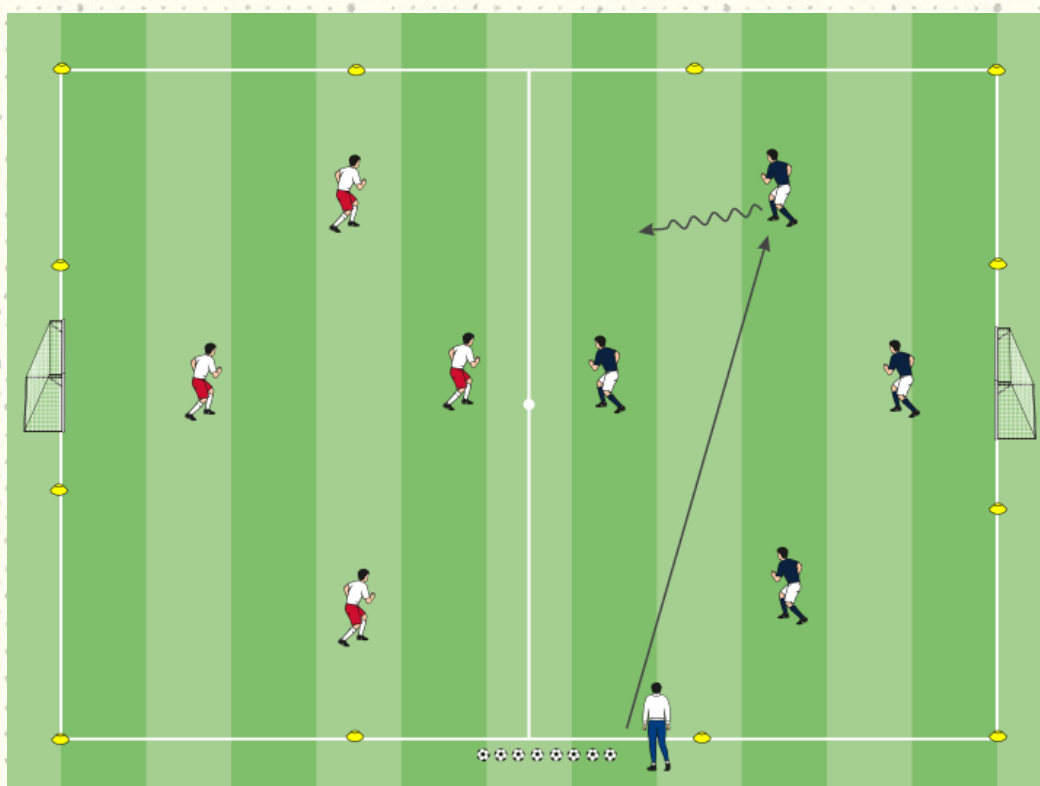
Teams play at same time, the game starts when the coach shouts go. Both players race down and around the cone dribbling their ball before finishing in the goal. The first player to score wins.

#### MORE CHALLENGING

Players run without ball and coach passes 1 ball into area for a 1v1. If defender wins ball attack opposite goal.

### PHASE 4 – GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Play 4v4 game

Encourage players to look up and find space and shoot when near the goal.

#### MORE CHALLENGING

Make field smaller



## Week 4 Win the ball back

**OBJECTIVE** | Learn how to pressure the ball

### COACHING POINTS

1. Start fast, end slow, shorten strides.
2. Start tall, end small, balance low to the ground.
3. Approach on an angle to force play inside or outside.

### GUIDED QUESTIONS

1. How fast should we approach the ball?
2. What should our body shape look like as we approach?
3. How close should we get before trying to win the ball?


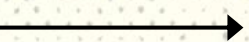
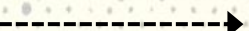
### KEY WORDS

Get close, Be strong, Communicate

### PLAYER ACTIONS

Pressure

### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 

### TECHNICAL TOOLS

**Block 1:** Run to the ball;

**Block 2:** Approach run, Show in, Show out



4 v 4

*Play to have fun*

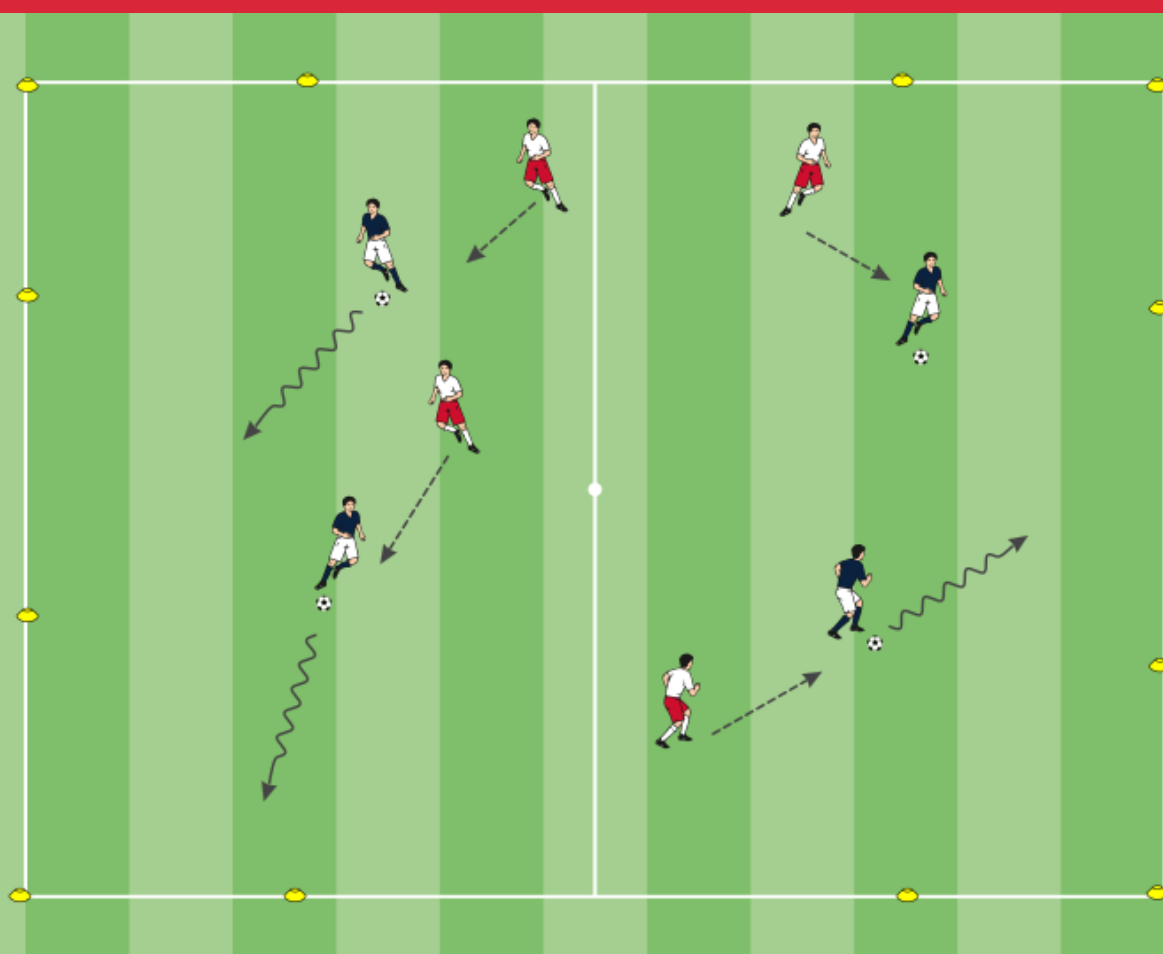
Me and my friends

Learn the basic functions of attacking, defending and transition

Pressure  
Block 1

**PHASE 1 – FOLLOW THE LEADER | 15 MINS**

**3 MINUTES PLAY | 1 MINUTE REST**



### AREA

20 x 30 yard area

### DESCRIPTION

Players in two teams with a partner. Player 1 dribbles with the ball and Player 2 'Follows' them and stays close as a defender. Defenders cannot win the ball; but aim to be always 'Touch Tight' or an arms length away. Can the defenders experiment with how to position themselves to force the attacker in a direction of their choosing? Play for 1 -2 minutes then swap roles.

### MORE CHALLENGING

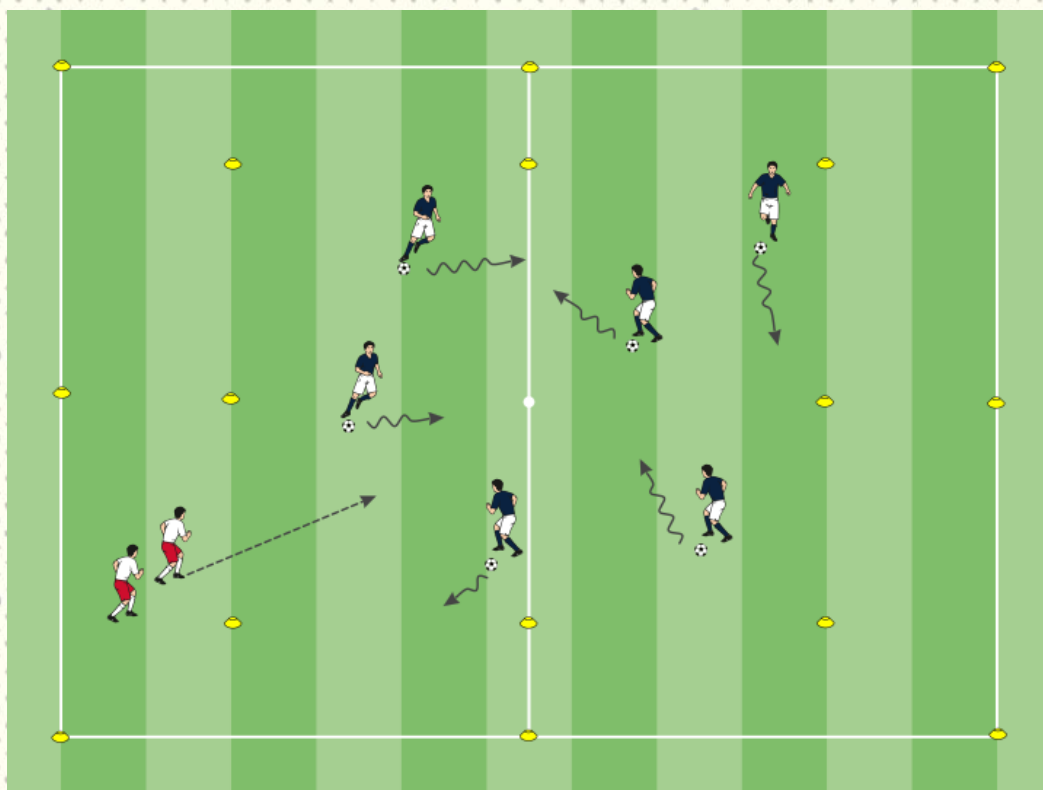
On "steal" command defenders can steal ball.



## Week 4 Win the ball back

### PHASE 2 – KNOCKOUT | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 30 yards, 15 X 15 grid

#### DESCRIPTION

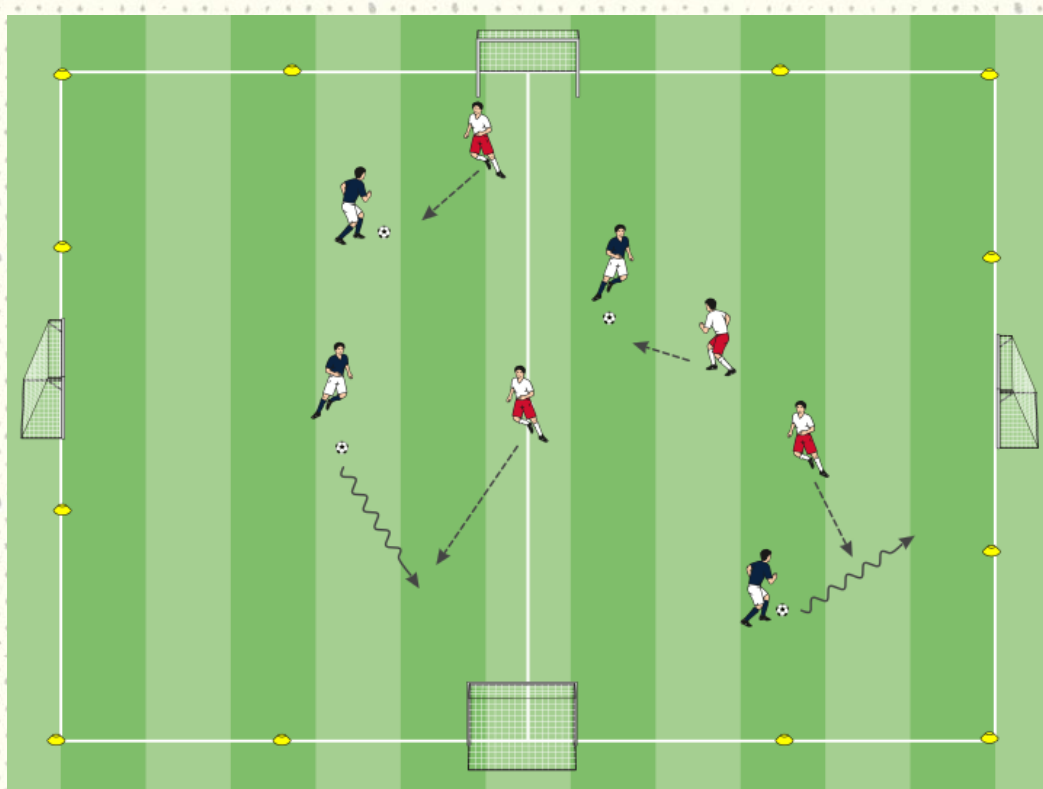
Players in blue try to protect their own ball while the red player/s attempt to steal blue players ball and dribble it out of the grid. If a player's ball is knocked out, give a ball mastery task to get back in (10 sole taps). Red team attempt to clear all balls out of the grid. In specified time. Encourage defenders to work together and pressure player with ball by getting low and using toe to poke/steal ball.

#### MORE CHALLENGING

Add more defenders.

### PHASE 3 – 1v1 DEFENDING GOALS | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 30 yard area with 4 goals

#### DESCRIPTION

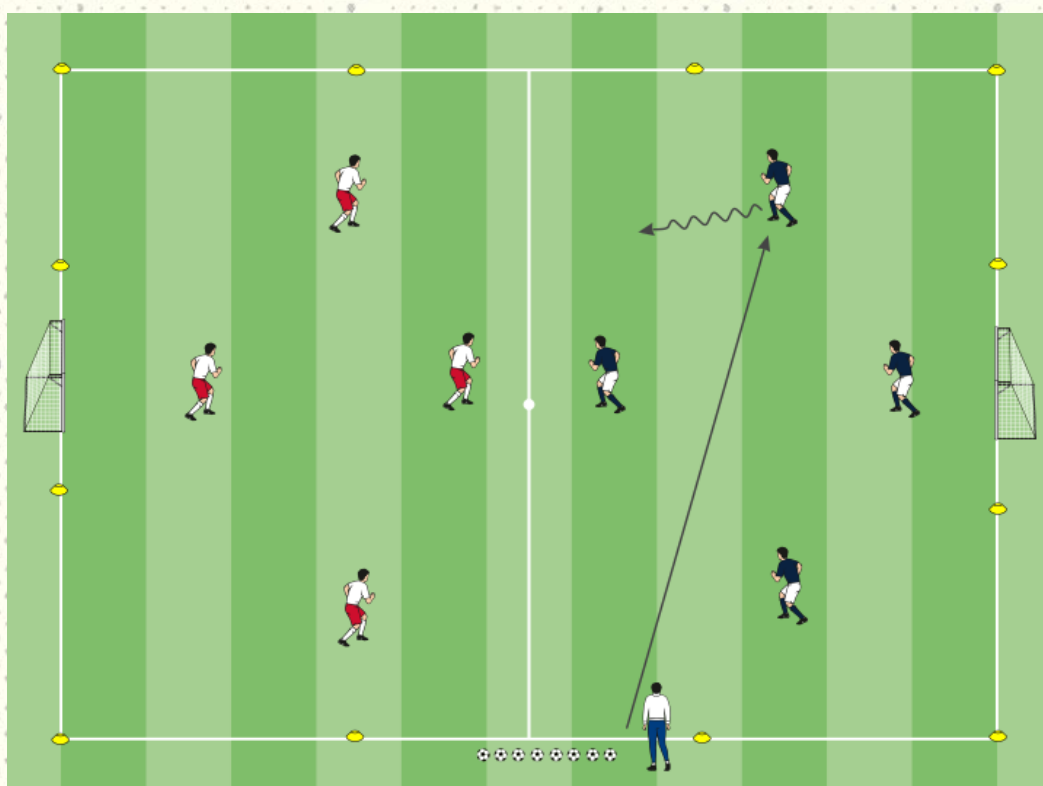
Players organized into two teams with partners. Player 1 dribbles with the ball Player 2 'Follows' them and stays close as a defender. Defenders aim to steal the ball and score in a goal. If a goal is scored, attackers are allowed to dribble back into the game with a 3 second head start. Play for 1 minute – how many goals can you score by winning ball back from opponent ? Switch roles

#### MORE CHALLENGING

Play 2v2

### PHASE 4 –GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Play 4v4 game

Encourage players to look up and find space by dribbling with close control. Encourage the defending team to pressure and steal the ball by working together.

#### MORE CHALLENGING

Make field smaller



## Week 5 Passing to find a teammate

**OBJECTIVE** | Learn how to pass to a teammate

### COACHING POINTS

1. Make eye contact with the receiver
2. Balanced when making contact with the ball
3. Lock ankle, high toe/heavy heel

### 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?


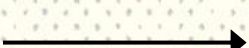

### KEY WORDS

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



4 v 4

*Play to have fun*

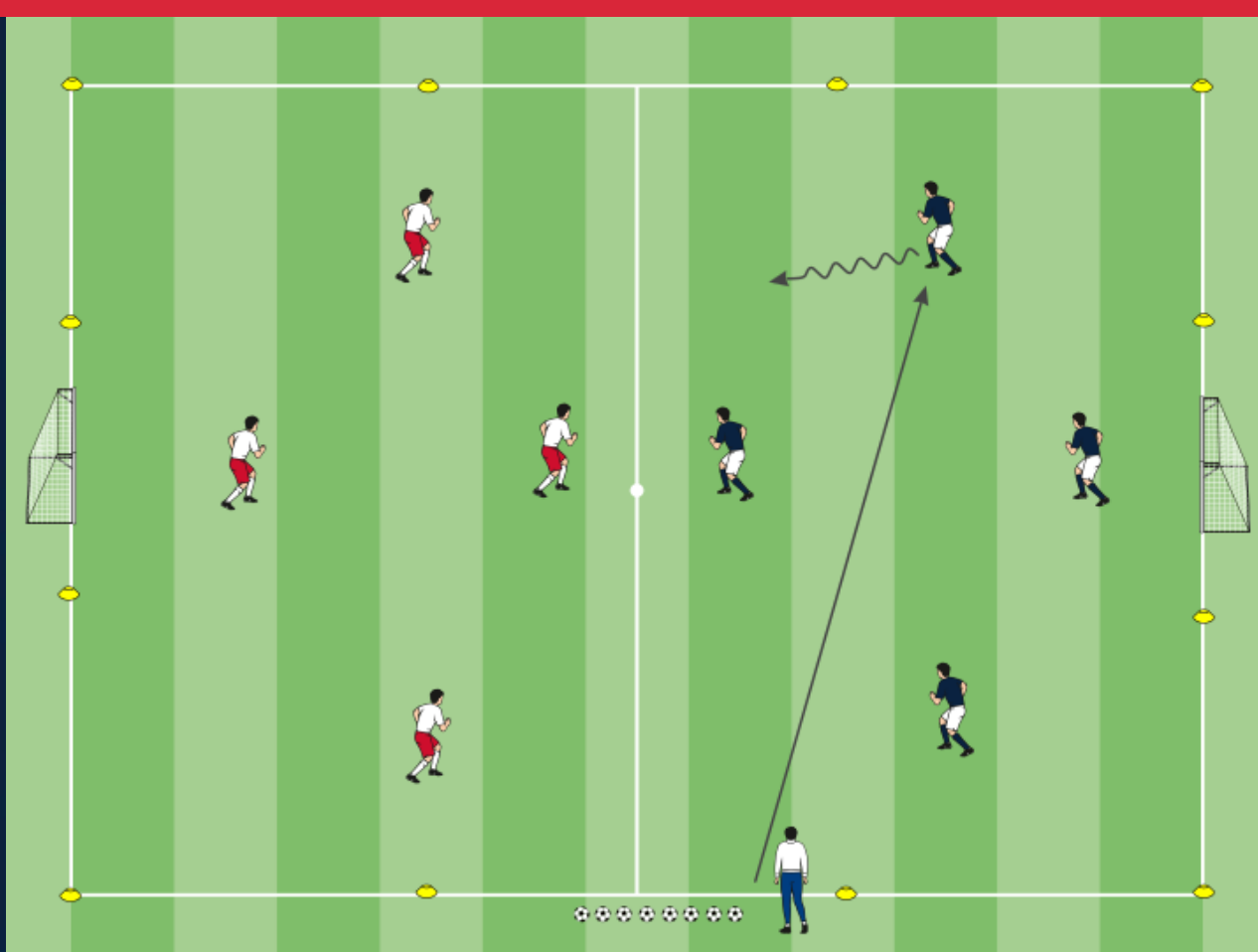
Me and my friends

Learn the basic functions of attacking, defending and transition

Passing  
Block 2

PHASE 1 – PLAY | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



### AREA

20 x 30 yard field

### DESCRIPTION

Players play 1v1, 2v2, 3v3, 4v4 as they arrive with the focus on passing. Speak to players during a break about how and when to pass.

### SCORING

Score on mini goal for 1 point

### MORE CHALLENGING

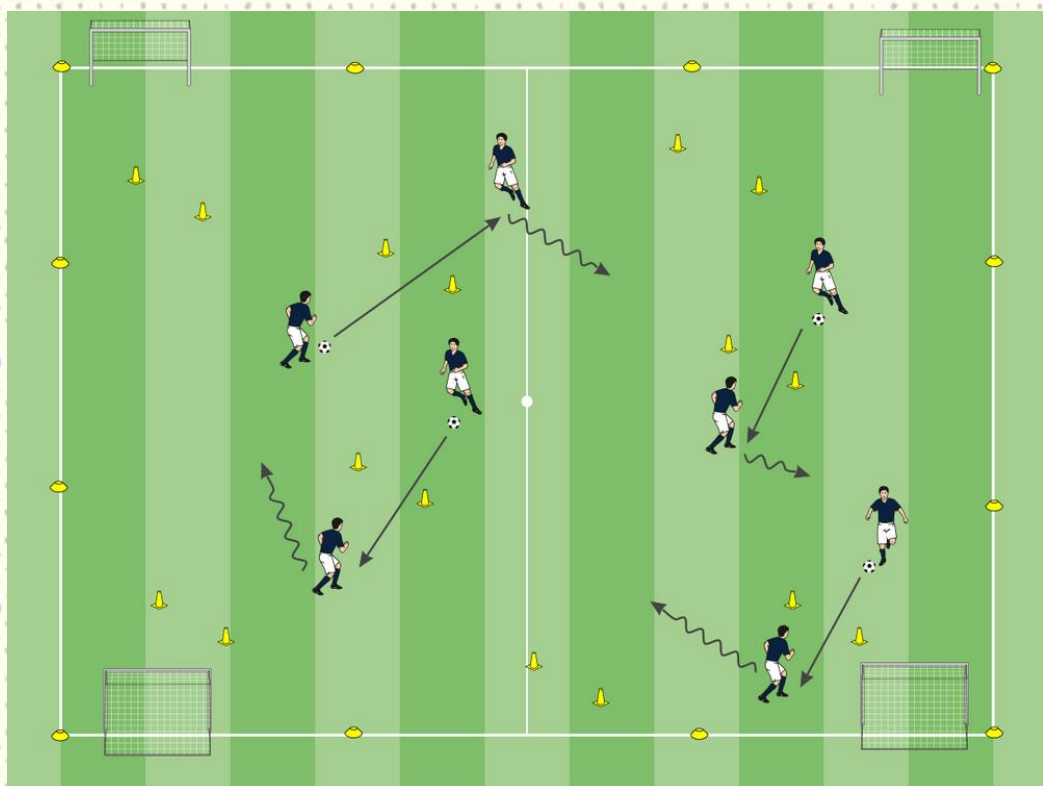
Make fields smaller



## Week 5 Passing to find a teammate

### PHASE 2 – PASSING GATES | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

15 x 20 yards, 3-yard gates, 4 goals.

#### DESCRIPTION

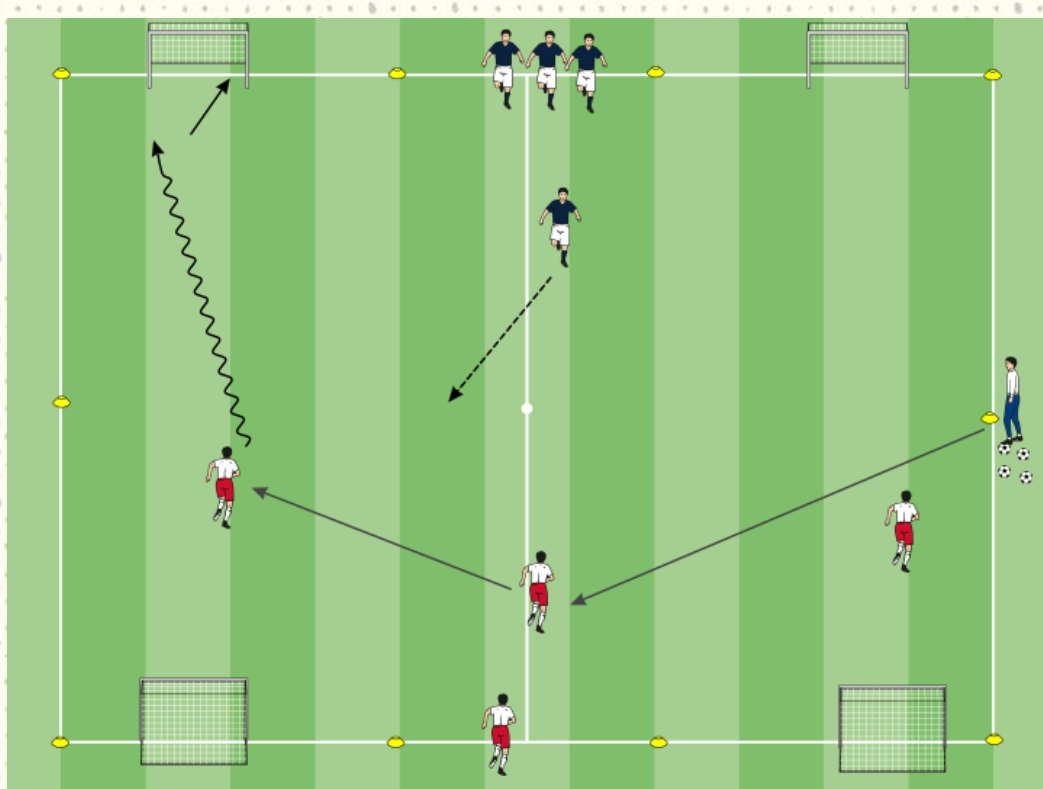
Passing in 2s through gate practicing passing technique. Next, players make 2-3 passes and then one player dribbles to an open gate with their partner following. Repeat another 2-3 passes and the opposite player now dribbles the ball to the next open gate. Make game into competition for most passes.

#### MORE CHALLENGING

Add defender/s. who can steal ball

### PHASE 3 – 3v1 PASSING TO GOAL | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

15 x 20-yard area with 4 goals

#### DESCRIPTION

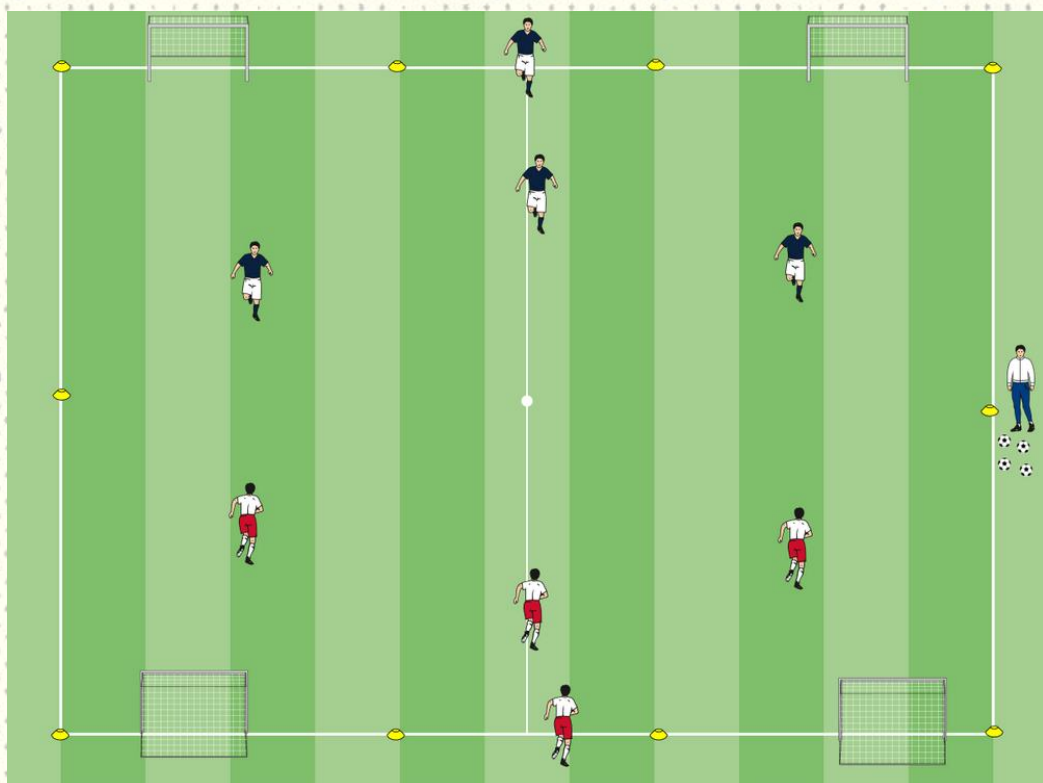
Coach passes ball in OR start with a dribble. 3v1 to 2 goals using a pass or dribble to get past the defender, 1 point for a goal. If the defender wins the ball, they dribble to opposite goals for a point. If the ball goes out of play a new 3 attackers v 1 defender.

#### MORE CHALLENGING

Play 3v2, 3v3

### PHASE 4 – GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards area with 4 goals

#### DESCRIPTION

Play 3v3 to 4v4 four goal game  
Play 2x10 minute halves with half time  
Supply of balls at halfway line  
Start with pass to different player each time  
Encourage players to SPREAD OUT by giving player with ball room to dribble/pass/shoot.

#### MORE CHALLENGING

Play 4v4



## Week 6 Escaping pressure to keep the ball

### OBJECTIVE | Learn 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 an escape move? Why?


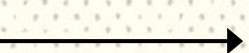

#### KEY WORDS

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



4 v 4

*Play to have fun*

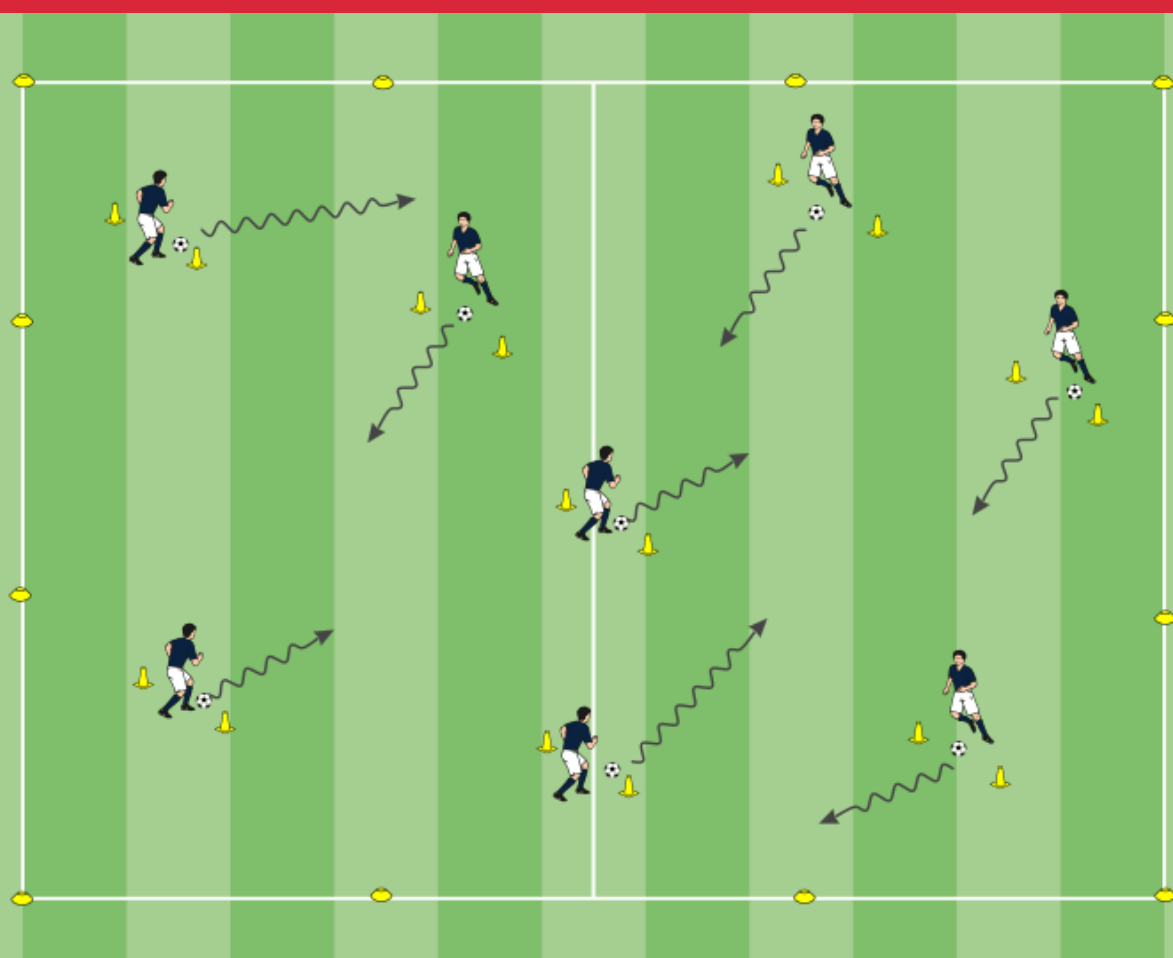
Me and my friends

Learn the basic functions of attacking, defending and transition

Escape Pressure  
Block 2

### PHASE 1 – TURNING GATES | 15 MINS

### 3 MINUTES PLAY | 1 MINUTE REST



#### AREA

20 x 15 yard area with 3-yard gates

#### DESCRIPTION

Players with own ball. Start by dribbling through as many gates as you can in two minutes. Progress to showing a pull back change of direction move. Players now perform pull back at each gate working on slowing down and then accelerating after move.

#### MORE CHALLENGING

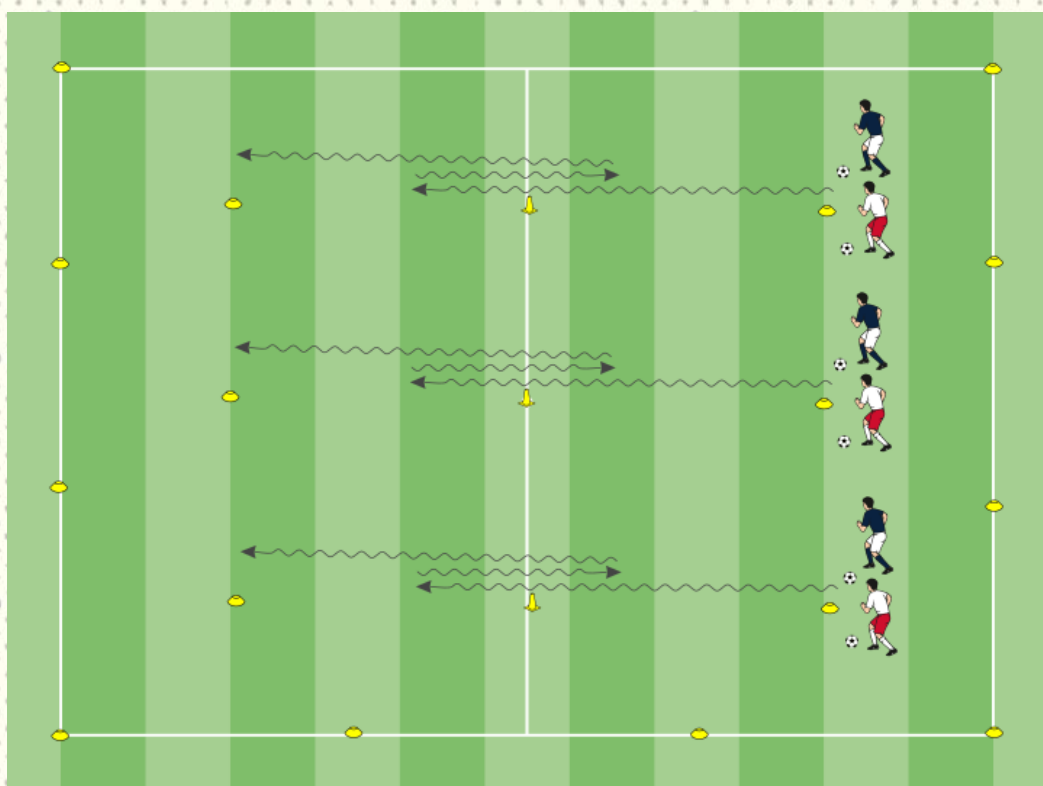
Add a defender that tries to steal ball, if you lose ball, you become defender!



## Week 6 Escaping pressure to keep the ball

### PHASE 2 – FOLLOW THE LEADER | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 15 yards, 15 yard line of cones as shown

#### DESCRIPTION

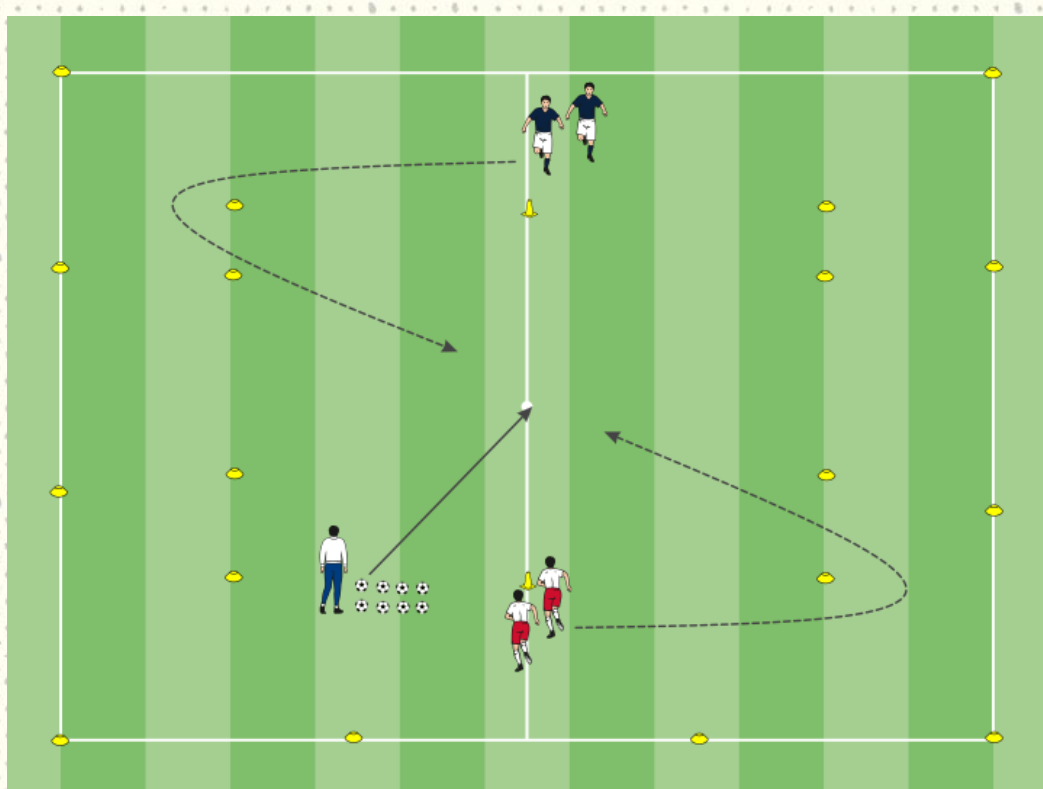
Players in pairs dribble either side of the cone line. Blue player is the leader and dribbles using change of direction moves and red player follows switching roles as leader every couple of minutes. Progress to making the game a race, you must go past middle tall cone, but leader tries to get to either outside cone before partner using change of direction moves.

#### MORE CHALLENGING

2<sup>nd</sup> player without a ball for the race

### PHASE 3 – 1v1 TO MINI GATES | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

16 x 12 yard area with 4 gates

#### DESCRIPTION

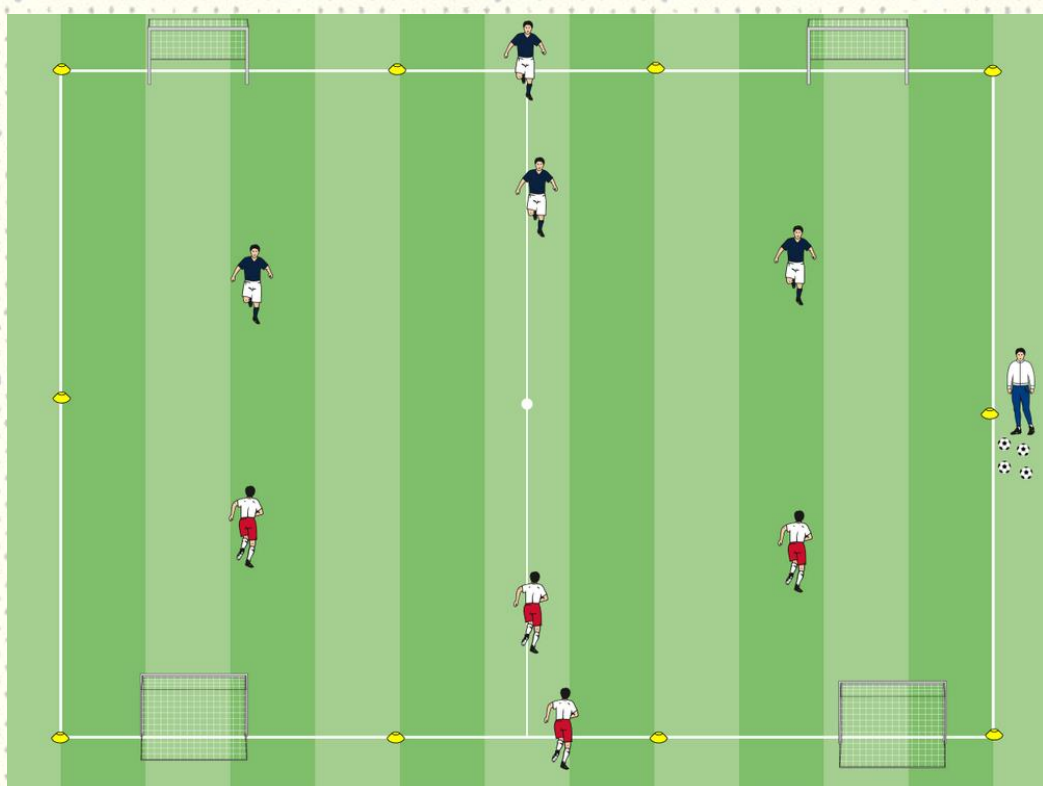
The ball starts in the middle. On the coach's command, players sprint around the gate and into the grid, coach passes ball in and both players try to score by dribbling through the opposing players gates. Use a change of direction move to lose defender. Progress to being able to score in all 4 gates.

#### MORE CHALLENGING

Play 2v2

### PHASE 4 – GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards area with 4 goals

#### DESCRIPTION

Play 3v3 to 4v4 four goal game  
Play 2x10 minute halves with half time  
Supply of balls at halfway line  
Start with pass to different player each time  
Encourage player ball to use moves to escape pressure

#### MORE CHALLENGING

Play 4v4



## Week 7 Shooting to score goals

**OBJECTIVE** | Improve how to shoot the ball in the corners

### 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

Look at the Goal, Hit it hard,, 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



4 v 4

*Play to have fun*

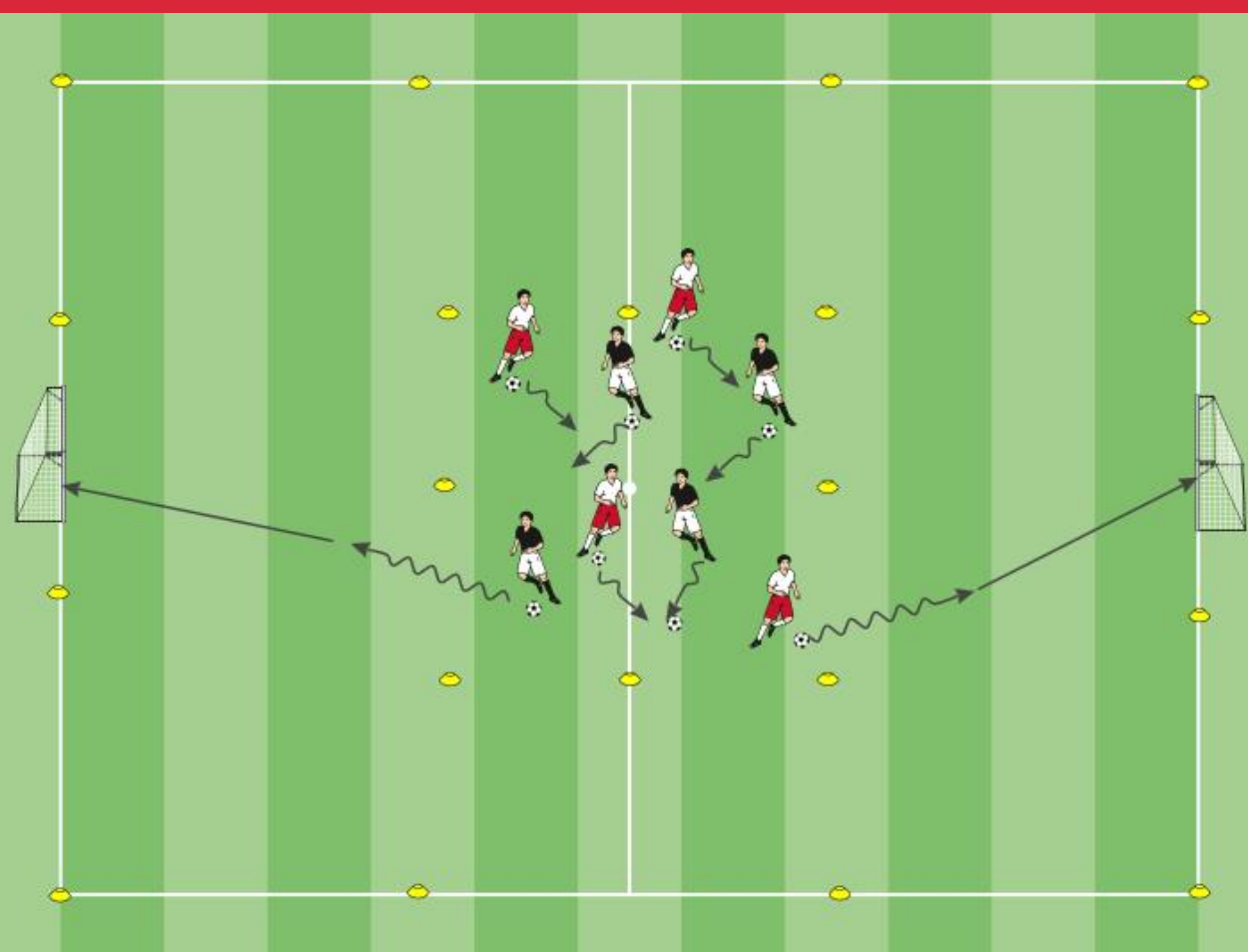
Me and my friends

Learn the basic functions of attacking, defending and transition

Shooting  
Block 2

### PHASE 1 – PLAY FOR GOALS | 15 MINS

### 3 MINUTES PLAY | 1 MINUTE REST



### AREA

20 x 30 yards, 15x15 grid in center

### DESCRIPTION

Split into two teams. Players are numbered on team. Play Traffic light game (Red Stop, Green Go, Yellow Pull Back) and when coach calls #1, both #1 players dribble to score on goal as quick as possible as shown while rest of team stops and cheers them on!

### MORE CHALLENGING

Call out 2 numbers at a time  
Give a time limit count down to score

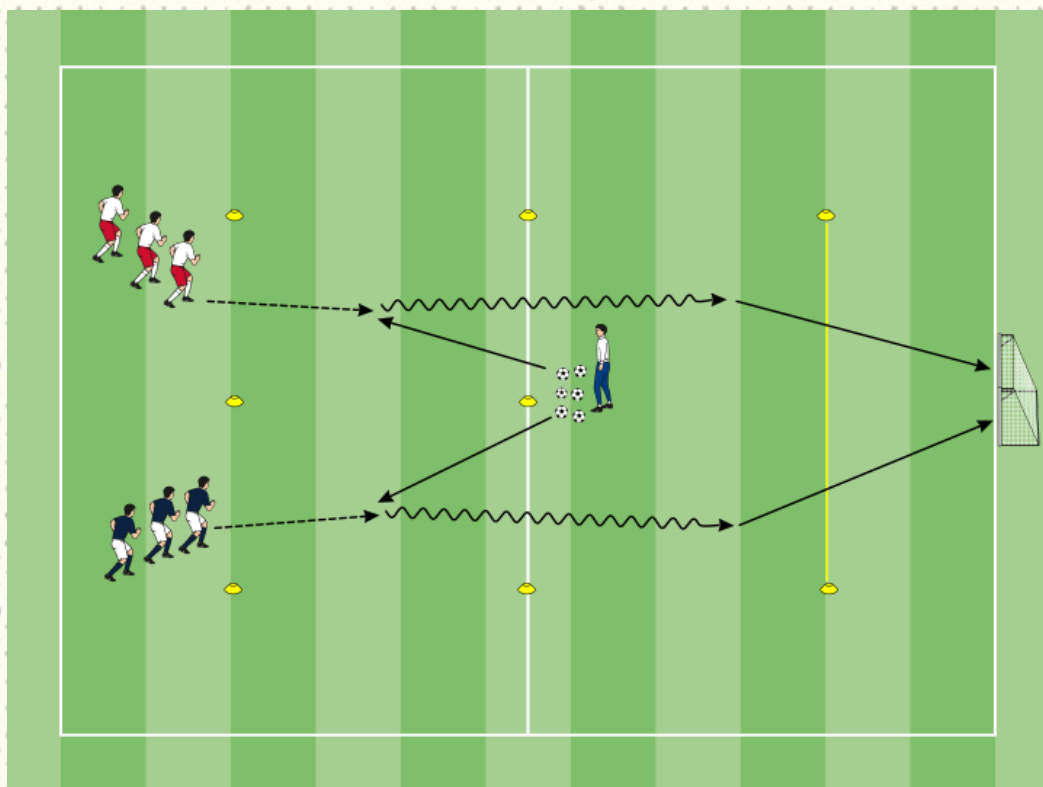


## Week 7

## Shooting to score goals

### PHASE 2 – SHOOTING RACES | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 15 yard area. 5 yard line before goal

#### DESCRIPTION

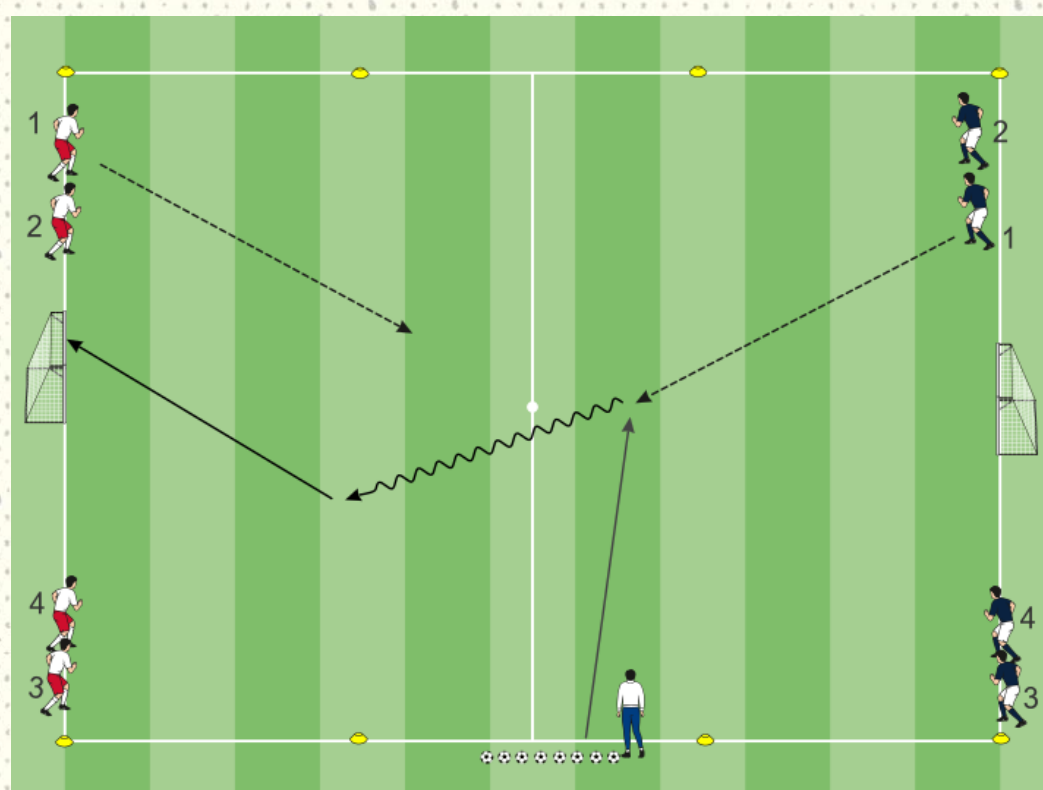
Players in two teams. Coach starts with balls and passes ball to first player in each team. Players receive, dribble the ball and shoot before yellow line. First to score wins a point. Return ball to coach

#### MORE CHALLENGING

1 ball to create a 1v1  
Play 2v2 with 1 ball

### PHASE 3 – NUMBERS GAME | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

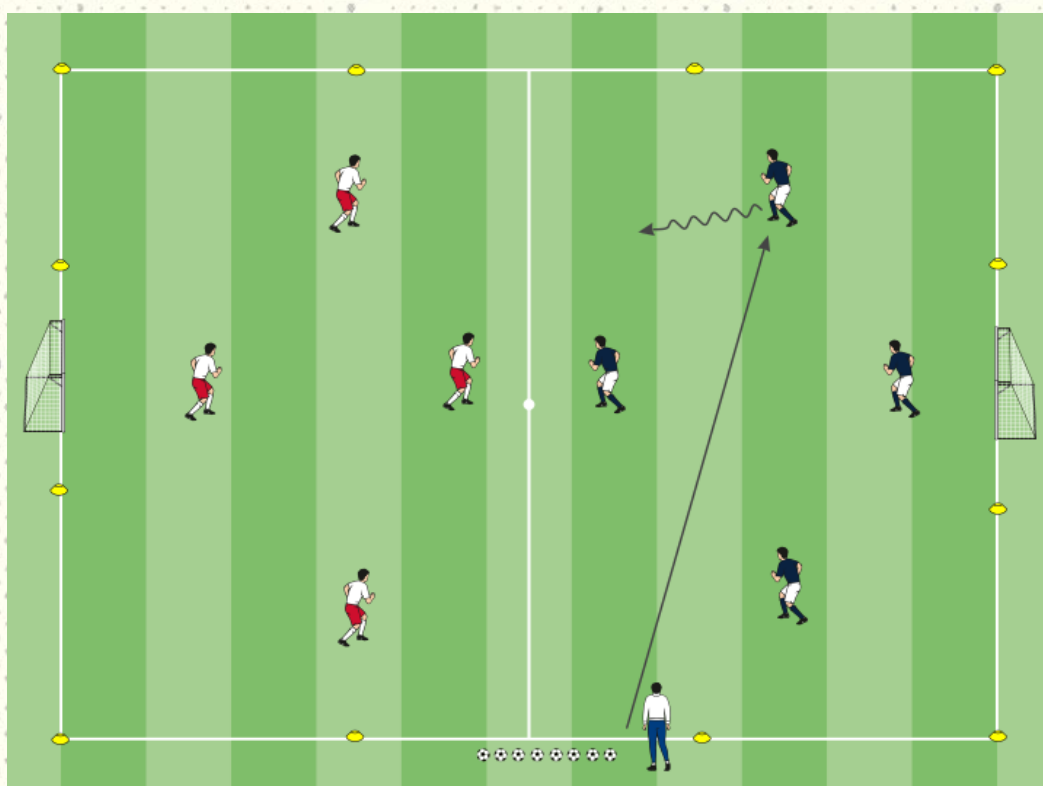
Players are numbered 1-4. Coach calls out #1 and passes ball into both #1 players who race to score first on opponent's goal. Progress to just 1 ball creating a 1v1 to goal.

#### MORE CHALLENGING

Call out 2 numbers for 2v2.

### PHASE 4 – GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Play 4v4 game  
Encourage players to look up and find space by dribbling with close control. 1 point for shooting, 3 points for a goal.

#### MORE CHALLENGING

Make field smaller



## Week 8 Win the ball back

**OBJECTIVE** | Improve how to pressure the ball

### COACHING POINTS

1. Start fast, end slow, shorten strides.
2. Start tall, end small, balance low to the ground.
3. Approach on an angle to force play inside or outside.

### GUIDED QUESTIONS

1. How fast should we approach the ball?
2. What should our body shape look like as we approach?
3. How close should we get before trying to win the ball?

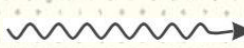

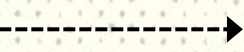
### KEY WORDS

Get close, Be strong, Communicate

### PLAYER ACTIONS

Pressure

### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 

### TECHNICAL TOOLS

**Block 1:** Run to the ball;

**Block 2:** Approach run, Show in, Show out



4 v 4

*Play to have fun*

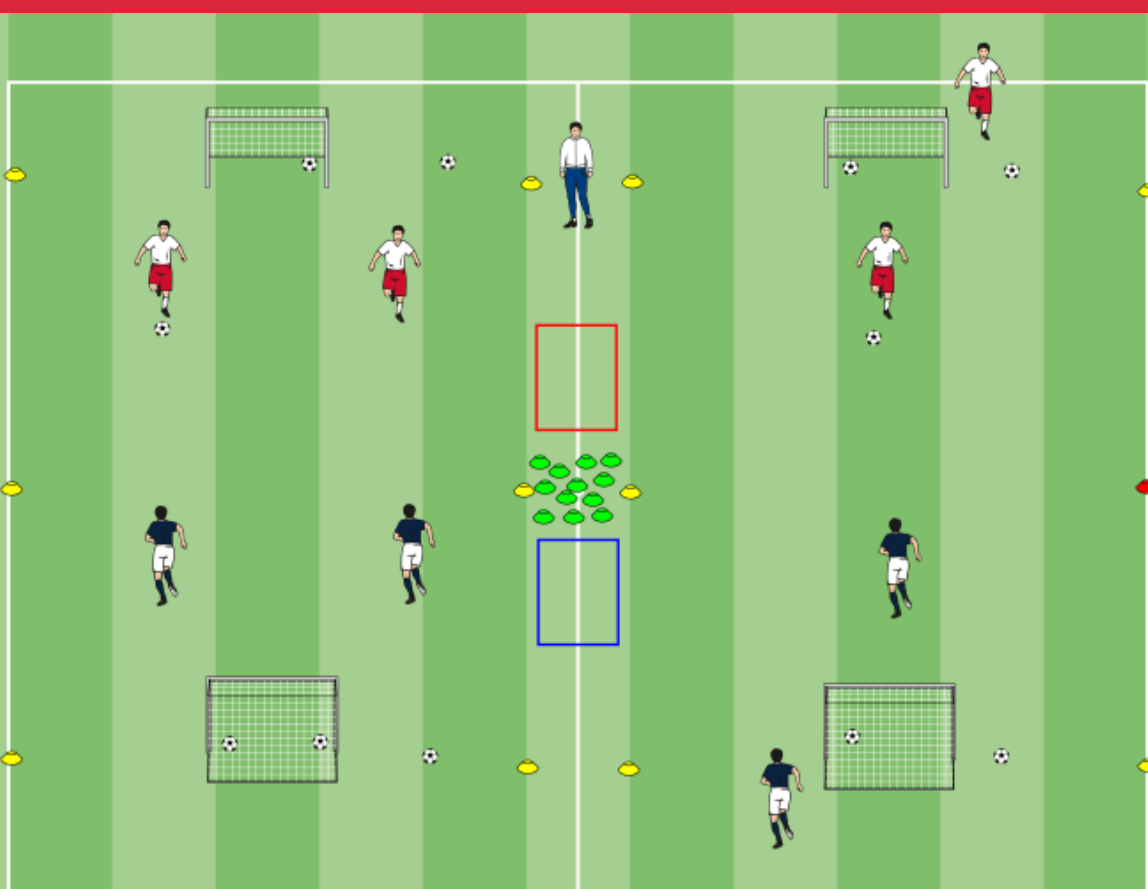
Me and my friends

Learn the basic functions of attacking, defending and transition

Pressure  
Block 1

**PHASE 1 – PLAY | 15 MINS**

**3 MINUTES PLAY | 1 MINUTE REST**



### AREA

20 x 15-yard fields (x2)

### DESCRIPTION

Play 1v1 on each field. If a player scores a goal, they put in a coin in their team's bank (cone in red or blue square). Both fields go at the same time. First combined team score of 5 coins wins. Rotate players on each field. Start with large supply of balls in between fields. Talk about defending, pressuring ball and stealing from opponent.

### MORE CHALLENGING

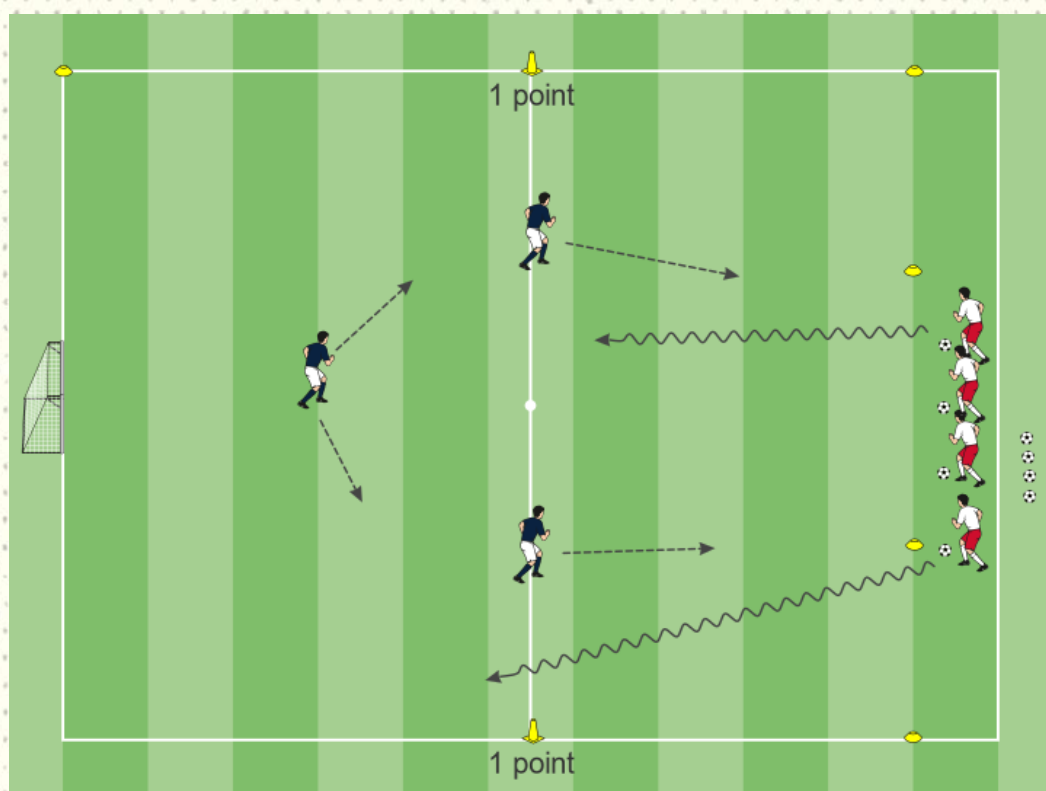
Play 2v2



## Week 8 Win the ball back

### PHASE 2 – DEFEND THE GOAL | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 30 yards, with halfway line and goal.

#### DESCRIPTION

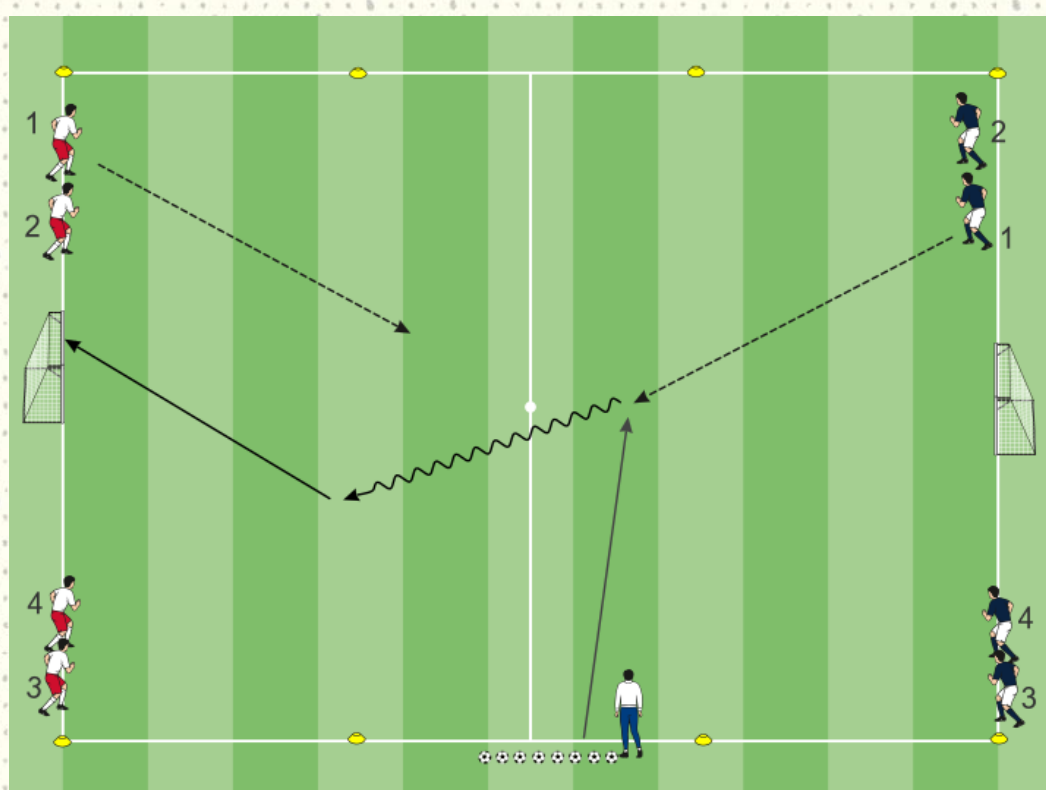
On "Go" red players attempt to score points by advancing ball past halfway line for 1 point and for scoring on goal for 2 points. Defenders attempt to stop attackers by stealing ball and dribbling ball out of the grid. If ball goes out, red player must start from the beginning. Keep scores and switch teams. Focus on 1<sup>st</sup> defenders pressuring and last defender covering and protecting goal.

#### MORE CHALLENGING

Less Defenders

### PHASE 3 – 1v1 DEFENDING GOALS | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

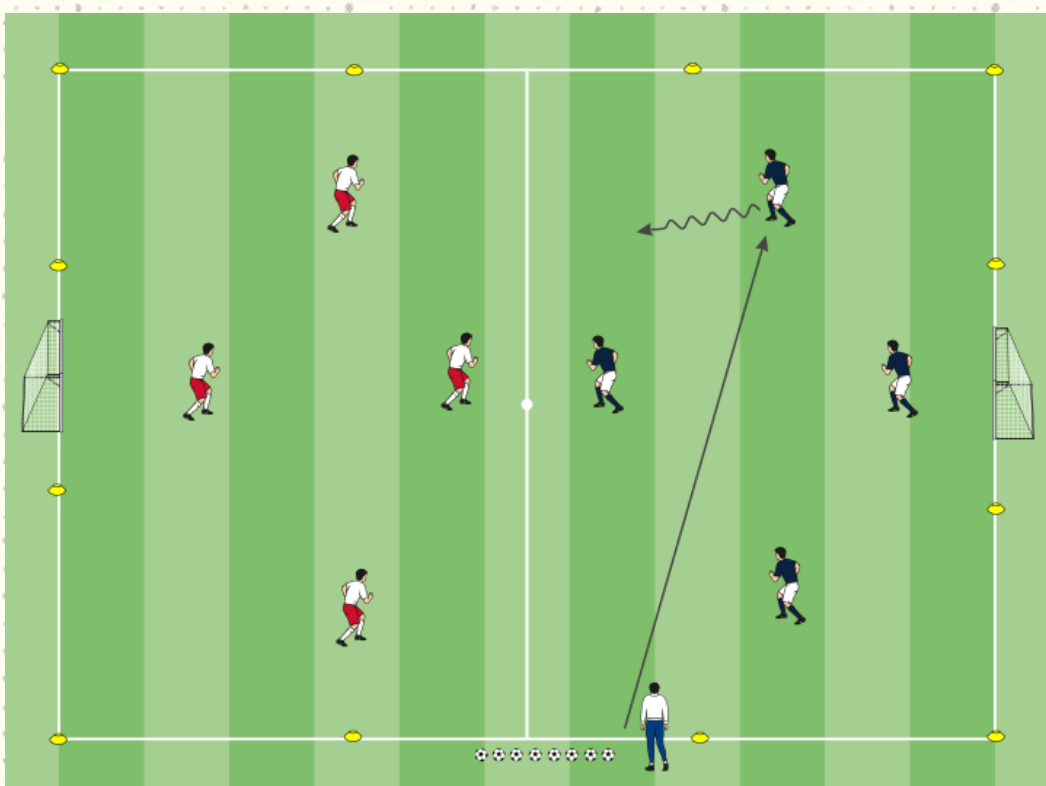
Players are numbered 1-4. Coach calls out #1 and passes ball into Blue #1 who plays 1v1 with Red #1 to goal. If red wins ball attack opposite goal. Talk about defending, how to press (quickly then slow down, get low, move your feet, steal ball)

#### MORE CHALLENGING

Call out 2 numbers for 2v2. 1 player pressures other player covers and protects the goal.

### PHASE 4 – GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Play 4v4 game

Encourage players to look up and find space by dribbling with close control. Encourage defenders to pressure and steal the ball working together.

#### MORE CHALLENGING

Make field smaller



## Week 9

## Passing to find a teammate

### OBJECTIVE | Improve how to pass to a teammate

#### COACHING POINTS

1. Make eye contact with the receiver
2. Balanced when contacting the ball
3. Lock ankle, high toe/heavy heel

#### 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?


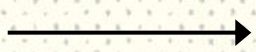

#### KEY WORDS

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



## 4 v 4

*Play to have fun*

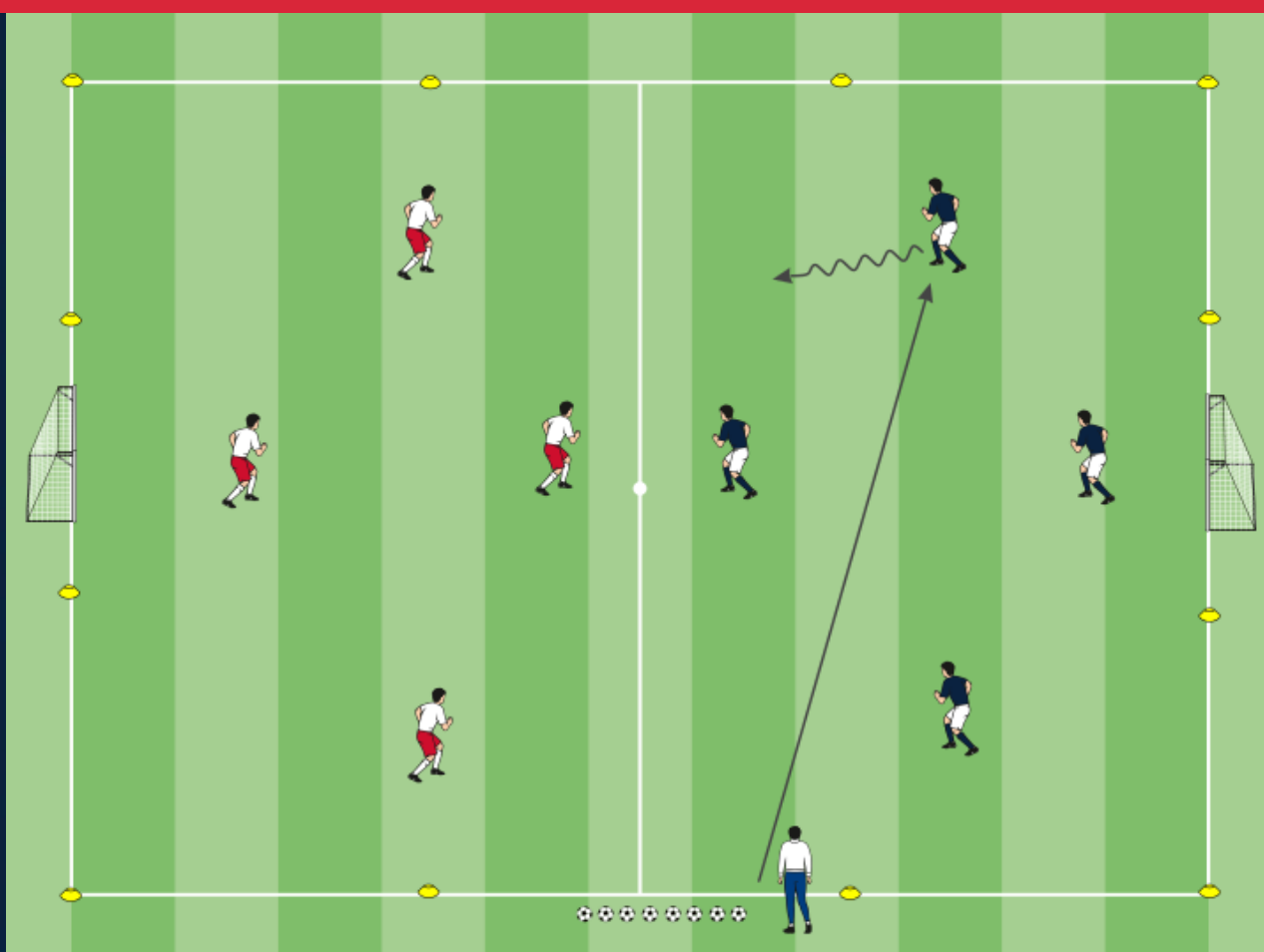
Me and my friends

Learn the basic functions of attacking, defending and transition

Passing  
Block 2

### PHASE 1 – PLAY | 15 MINS

### 3 MINUTES PLAY | 1 MINUTE REST



#### AREA

20 x 30 yard field

#### DESCRIPTION

Players play 1v1, 2v2, 3v3, 4v4 as they arrive with the focus on passing. Speak to players during a break about how and when to pass.

#### SCORING

Score on mini goal for 1 point

#### MORE CHALLENGING

Make fields smaller

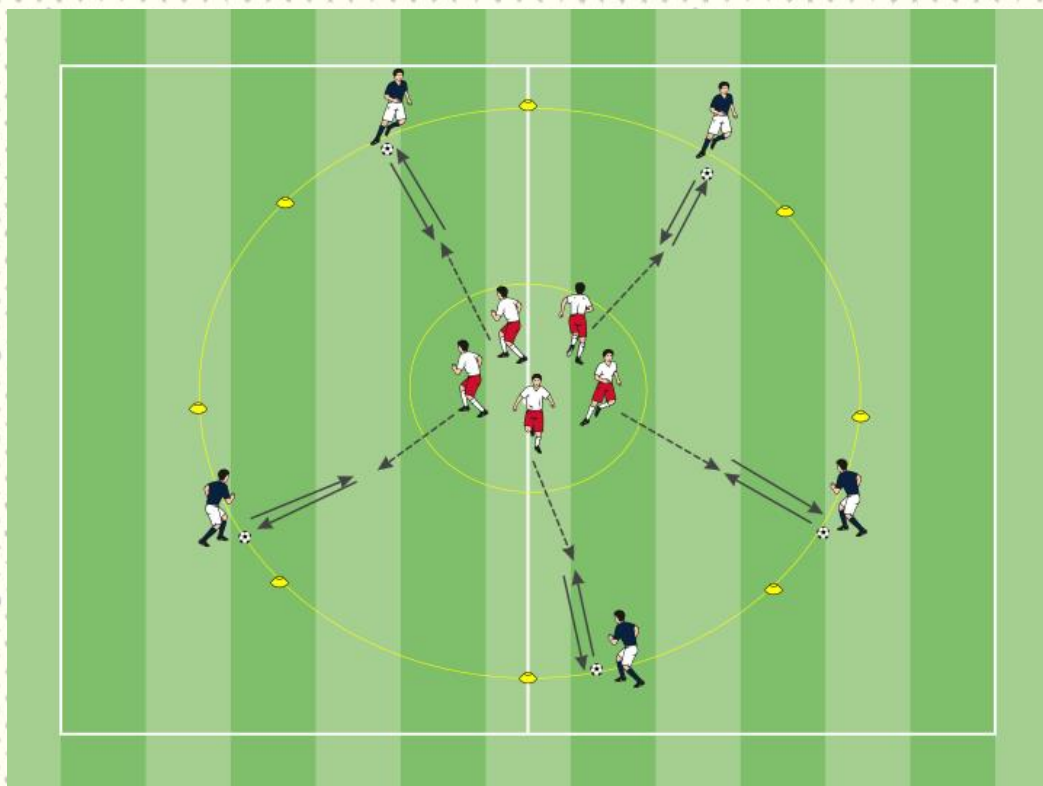


## Week 9

## Passing to find a teammate

### PHASE 2 – PASSING GATES | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

Large circle inside 20x30 yard field smaller circle inside.

#### DESCRIPTION

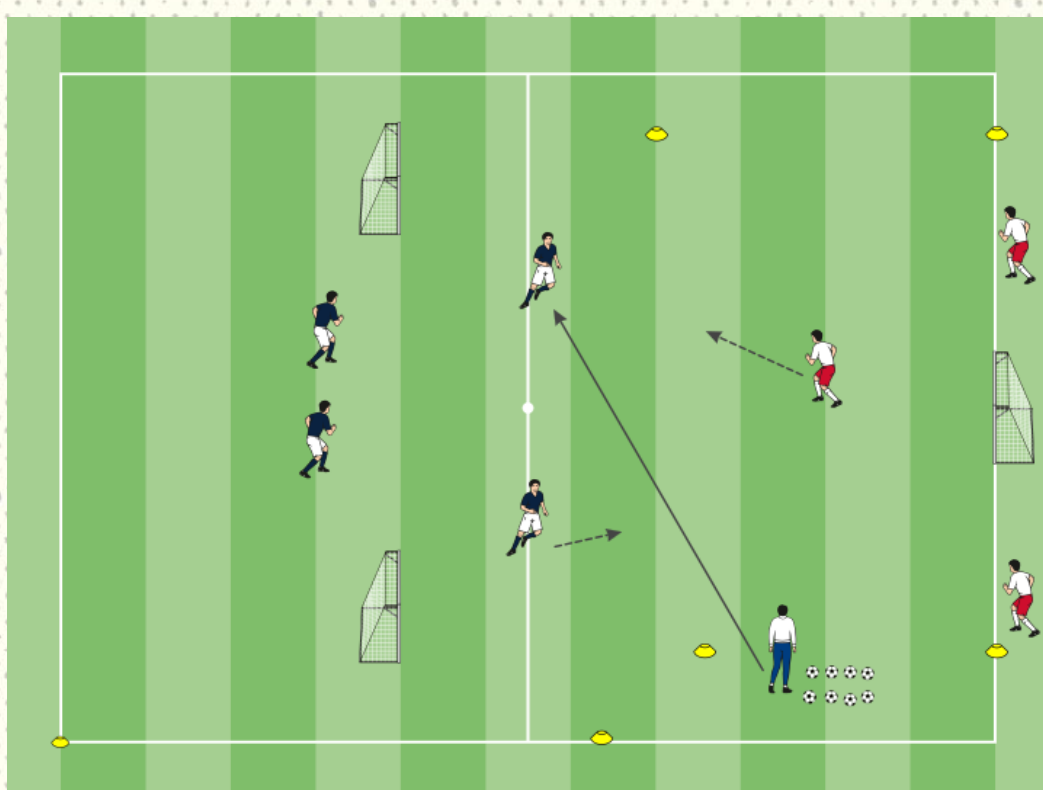
Split group into 2. One group with ball on outside of circle, one group without ball inside small circle. Players in middle looks for open blue player and must communicate before blue players passes to red. Red player controls ball and passes back to blue player returning to center circle. Repeat for 2 minutes before switching reds and blues.

#### MORE CHALLENGING

Red players start with ball and must pass to blue, receive ball back and dribble through center circle.

### PHASE 3 – 3v1 PASSING TO GOAL | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

18 x 20 Grid with Goal and two counter goals/gates

#### DESCRIPTION

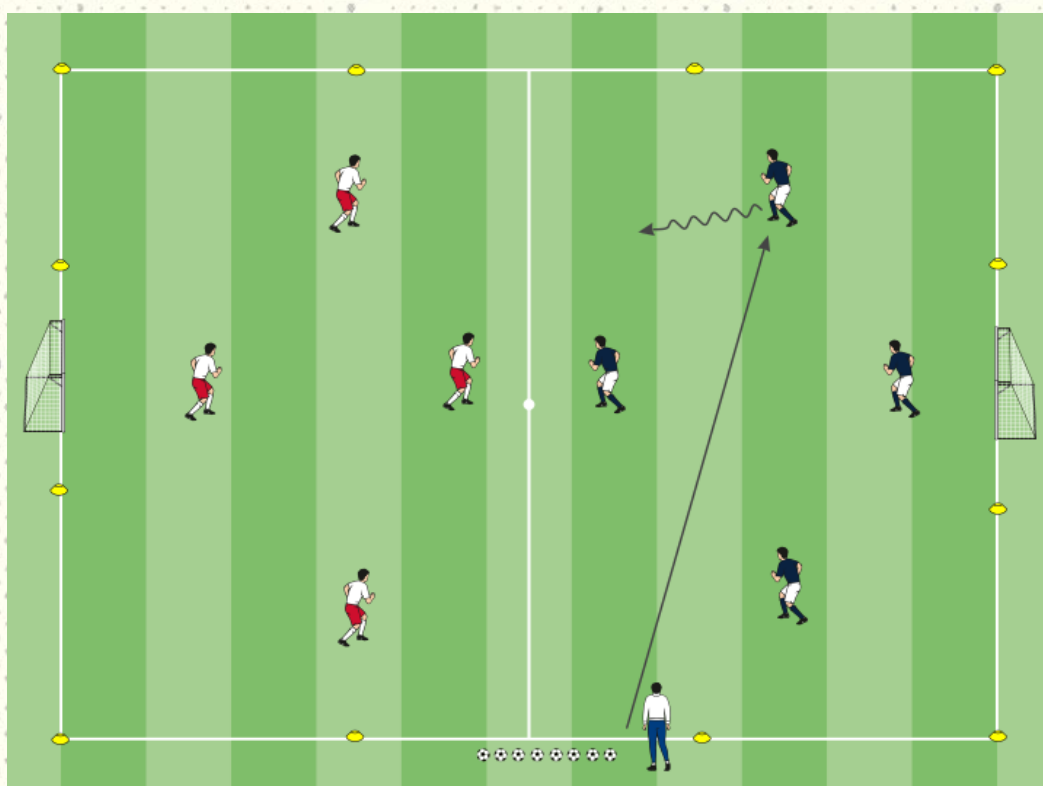
Split group into 2 teams. Blue team attacks with 2, red defends with 1. Coach passes ball into an attacker creating a 2v1. Blue score on middle goal, red can counter to two mini goals. Pass or dribble to score.

#### MORE CHALLENGING

Play 3v2, 3v3

### PHASE 4 – GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Play 4v4 game

Encourage players to spread out and support teammate by being open. Ask players when to pass v dribble.

#### MORE CHALLENGING

Make field smaller



## Week 10

## Dribbling to gain space

**OBJECTIVE** | Learn how to accelerate with the ball

### COACHING POINTS

1. Toe down, use laces to dribble
2. Head up to see opponent, space and teammate
3. Dribble into open space

### GUIDED QUESTIONS

1. Where should we keep ball when dribbling? Why?
2. How can you find open space?
3. How should you dribble into space?




### KEY WORDS

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

### PLAYER ACTIONS

Dribbling

### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 

### TECHNICAL TOOLS

**Block 1:** Keep the ball close; **Block 2:** Different Surfaces;

**Block 3:** Accelerate, Ready Position; **Block 4:** Shield, Scan, Correct foot



## 4 v 4

*Play to have fun*

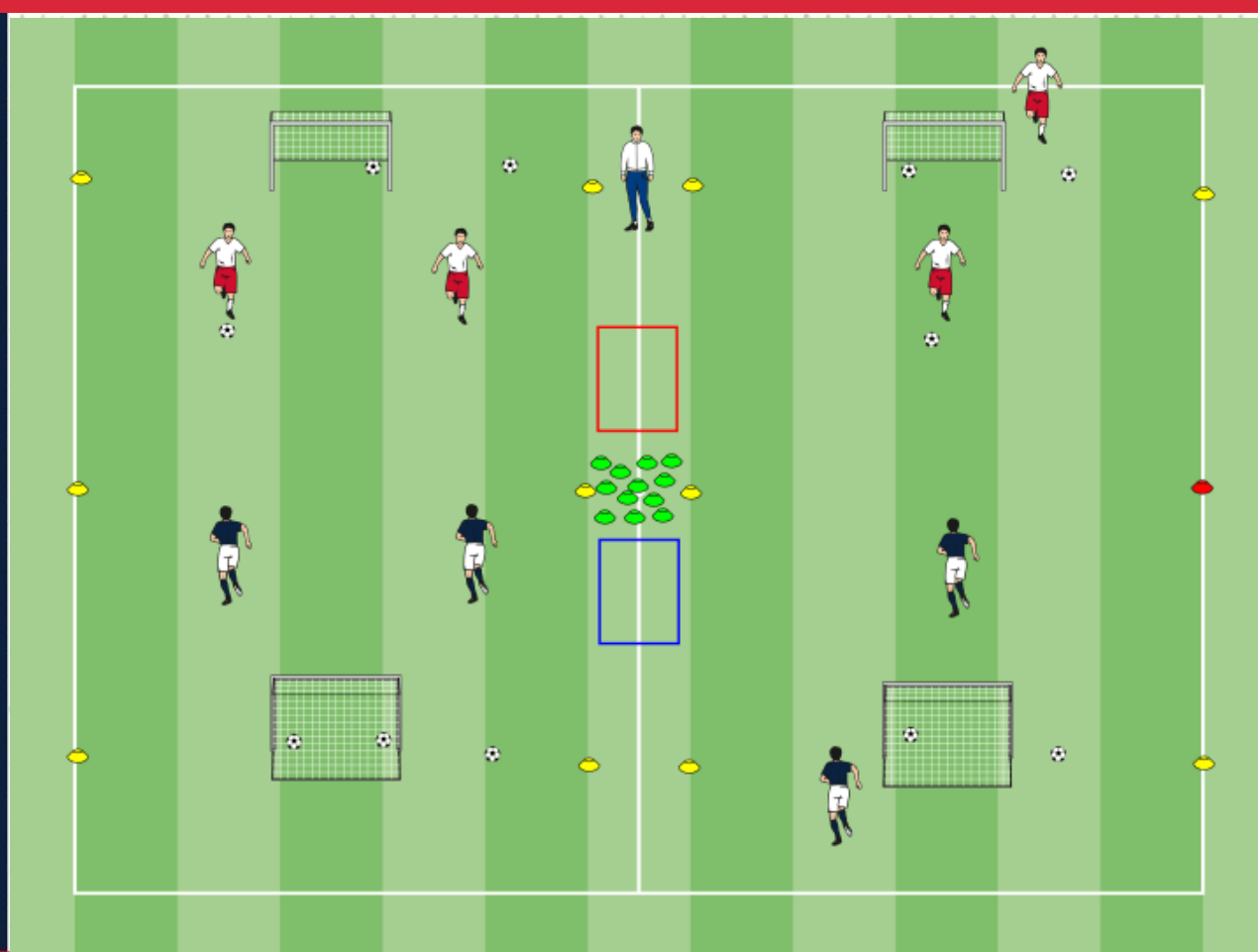
Me and my friends

Learn the basic functions of attacking, defending and transition

Dribbling  
Block 3

**PHASE 1 – PLAY | 15 MINS**

**3 MINUTES PLAY | 1 MINUTE REST**



### AREA

20 x 15-yard fields (x2)

### DESCRIPTION

Play 1v1 on each field. If a player scores a goal they put in a coin in their team's bank (cone in red or blue square). Both fields go at the same time. First combined team score of 5 coins wins. Rotate players on each field. Start with large supply of balls in between fields. Talk about 1v1 attacking, looking up, finding space and attacking space.

### MORE CHALLENGING

Play 2v2

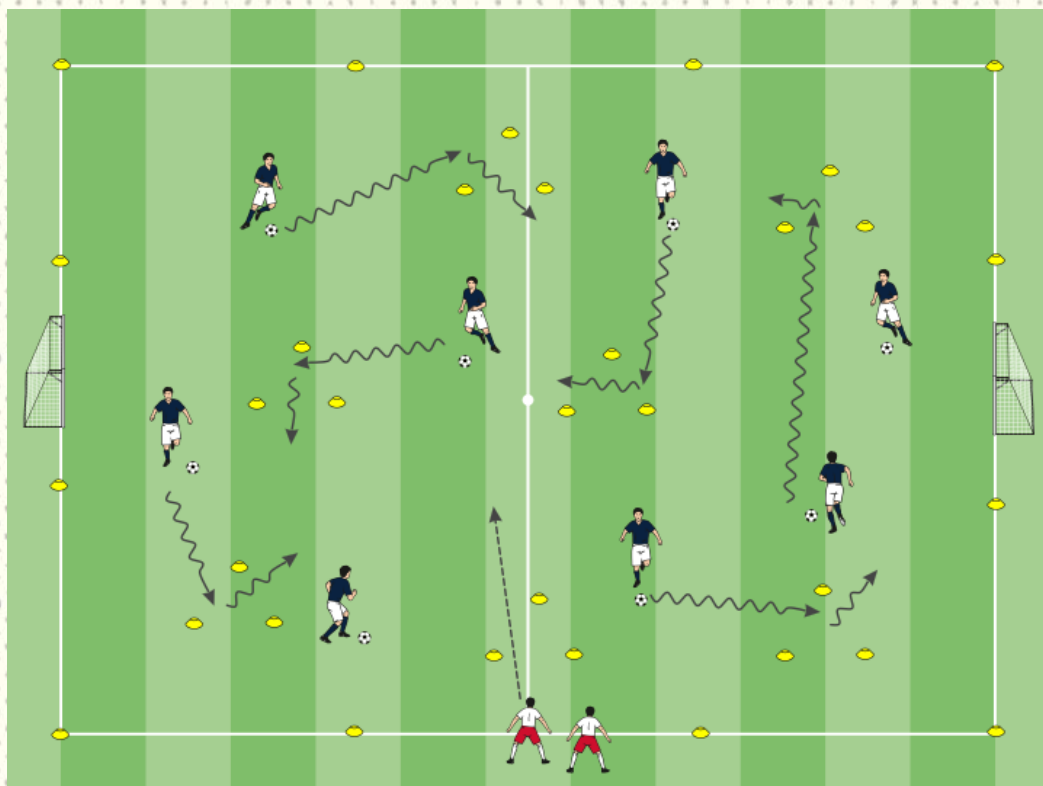


## Week 10

## Dribbling to gain space

### PHASE 2 – SAFE BASE | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 15-yard area with several 3-yard triangles.

#### DESCRIPTION

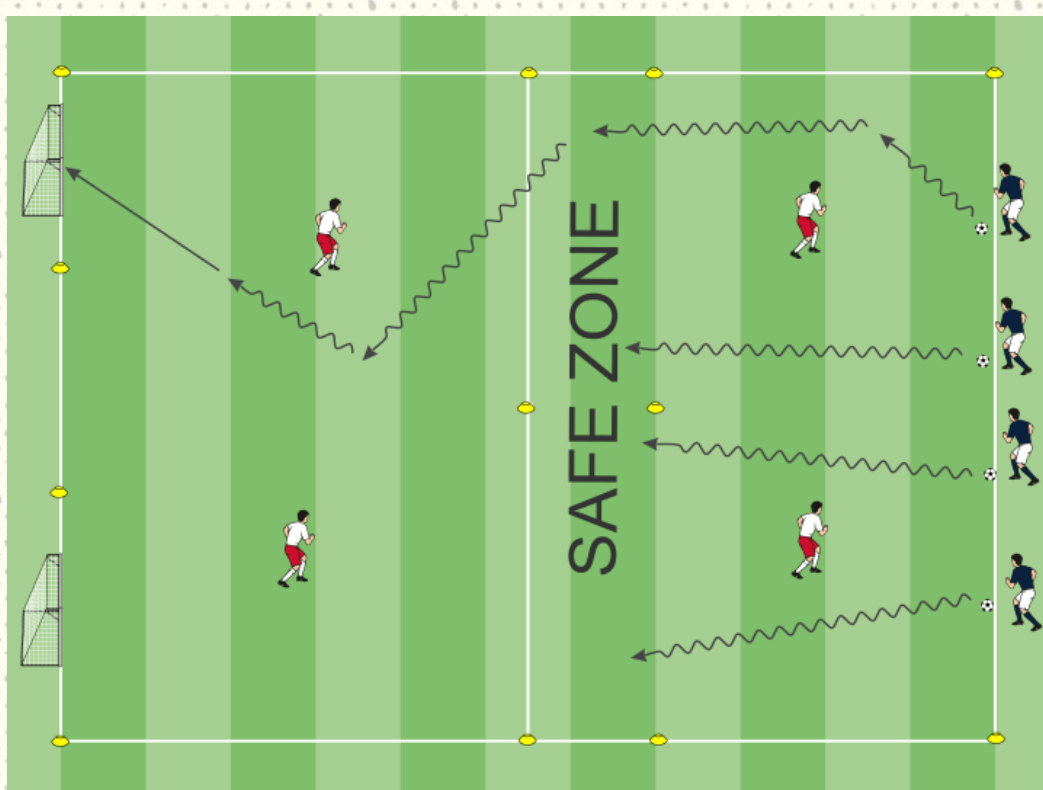
Players dribble ball away from red player stopping in a safe base (triangle) Red player attempts to tag player which freezes them for 10 seconds. 1 point for every base visited. Set a target number of bases for the team to score Change Red player each time

#### MORE CHALLENGING

Add more defenders.

### PHASE 3 – GAUNTLET | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

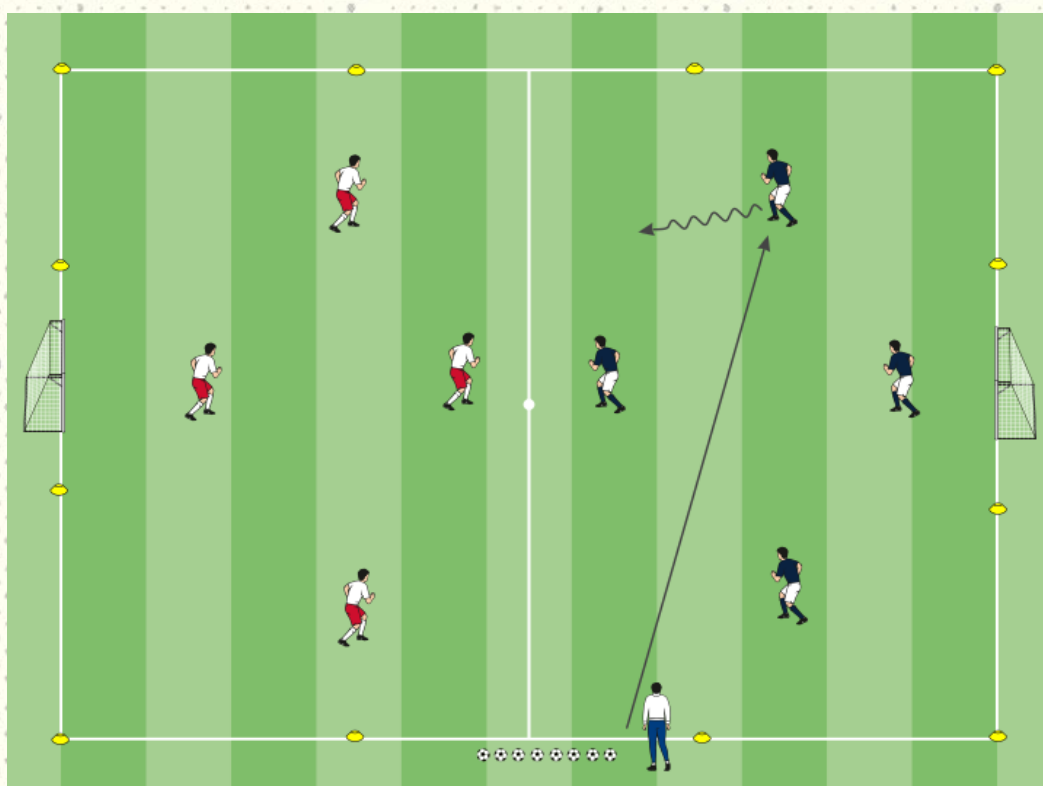
On "Go" blue players attempt to get past first gauntlet, dribbling and stopping ball in safe zone (less defenders based on level) 2 red defenders try to win ball and dribble out of grid, if ball goes out blue player starts again. Next phase is to beat next set of defender/s and score on goal. If you score OR your ball is dribbled out, start back at beginning. After a completed round, red and blue team switch.

#### MORE CHALLENGING

Add more defenders. Start with 1 and increase.

### PHASE 4 – GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Play 4v4 game

Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space or beats an opponent.

#### MORE CHALLENGING

Make field smaller



AGE: U10  
BUILDUP

LEVEL: GRASSROOTS

AREA OF FIELD:

GAME PRINCIPLE: PENETRATION

# Ages and stages

## Social Development

- Able to work with and help other players.
- Begin to understand social norms and team rules.
- Become opinionated and learn to voice opinions.

## Emotional Development

- Extremely sensitive to opinions of others.
- Increased self-awareness (ego).
- Can be jealous of others.

## Language Development

- Language becomes more mature (e.g. use of metaphors).
- Can better articulate questions.
- Able to have conversations and fit language to the situations.

## Cognitive Development

- Continuing to develop the concept of time and space relationship.
- Beginning to think logically and understand cause and effect to be able to problem solve.
- Learn from each other.

## Physical Development

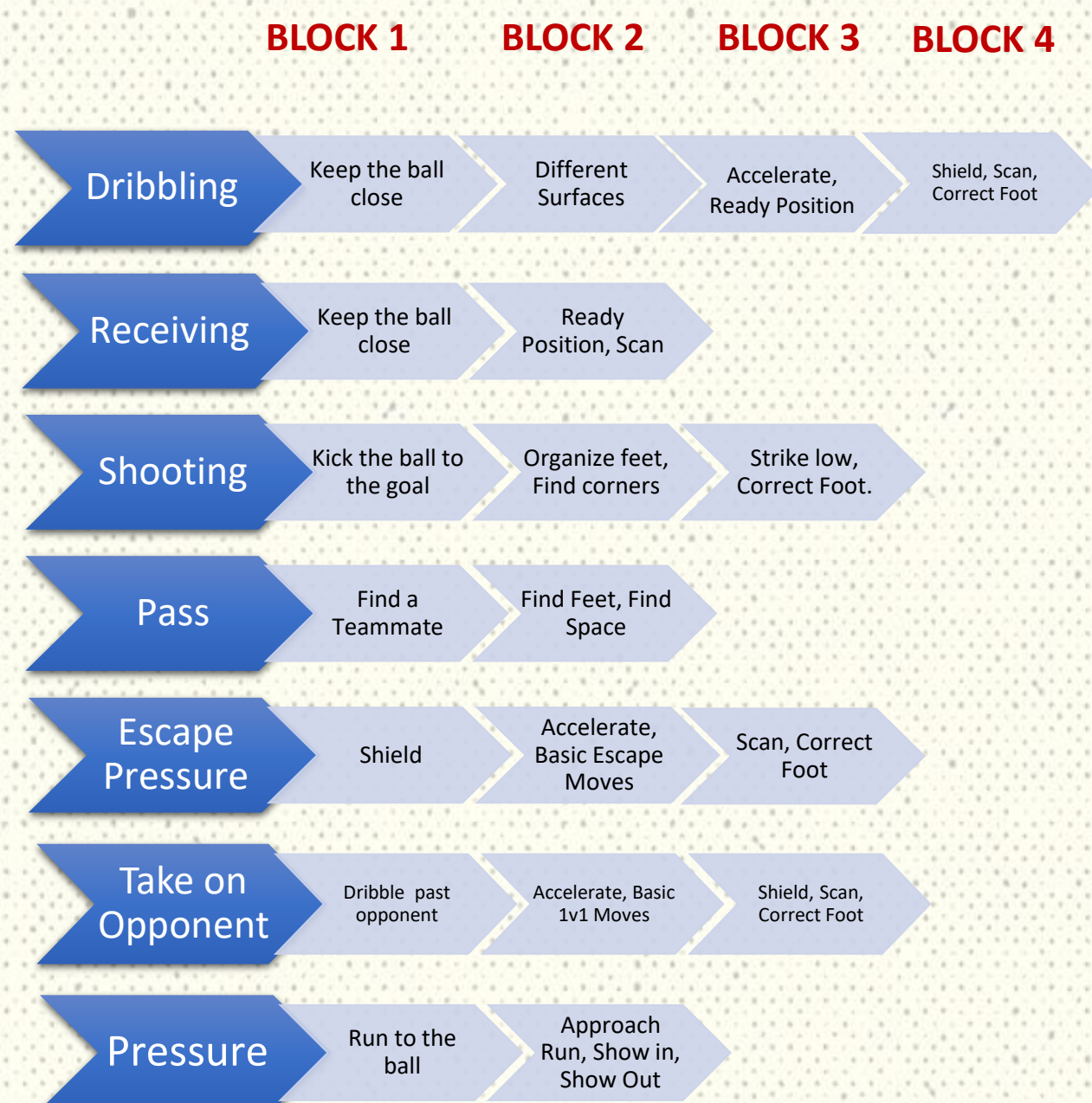
- Continued development of both fine and gross motor skills.
- Increased ability to optimize movement in all directions (agility).
- Basic development of endurance.



# 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.





AGE: U18

LEVEL: GRASSROOTS

AREA OF FIELD:

Buildup

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?”



# COACHING



- Learn players names
- Get to know players
- Ask about their day / hobbies
- Take knee, get to their level
- Laughter is a sign a session is going well

- Keep a supply of balls
- Entry Pass to different players in game
- DEMONSTRATE!
- High five at beginning and end of session
- No laps, lines or lectures!





AGE 12-13 • 90 MIN • 11-12 PLAYERS • 11-12 FIELD • 8-10 INDS

# 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