

Orchard Park Soccer Club



4th/5th Grade (Under 10) Coaching Manual

CHARACTERISTICS OF U - 10 PLAYERS

- Gross and small motor skills becoming more refined and reliable.
- Boys and girls begin to develop separately.
- Ability to stay on task is lengthened. They have the ability to sequence thought and actions.
- Greater diversity in playing ability and physical maturity.
Skills are emerging and are becoming more predictable and recognizable.
- Some children begin moving from concrete thinking to abstract thinking.
- Able to pace themselves, to plan ahead.
- Increased self-responsibility. They remember to bring their own equipment.
- Starting to recognize basic tactical concepts, but not exactly sure why certain decisions are better.
- Repetition of technique is very important, but it must be dynamic, not static.
- Continued positive reinforcement needed.
- Explanations must be brief, concise, and mention "why".
- Becoming more "serious". Openly, intensively competitive, without intention of fouling.
- Still mostly intrinsically motivated. Peer pressure starting to be a factor.
- Adult outside of the family may take on added significance.
- Prefer identification with a team. Like to have good uniforms, equipment, balls.
- More inclined towards wanting to play instead of being told to play.
- Will initiate play more.

THINGS YOU CAN EXPECT

Some coaches say that the 9 and 10 year-old players are beginning to "turn the corner" and starting to look like real soccer players. However, games are still frantically paced and unpredictable for the most part. These players are starting to find out how much fun it is to play the game skillfully, but they will still stop and laugh if the referee gets hit in the backside with the ball during a game. Some other things that we can expect when working with this aged player are:

- They start to understand offsides, but still forget themselves when the goal is in front of them.
- They will really beat up on each other during practice... especially boy's teams.
- During a game, the parents will scream out "HAND BALL" or "COME ON REF, CALL IT BOTH WAYS" at least fifteen times.
- They might cry after the game if they loose, but will forget it if you ask them if you want to go out for burgers and fries.
- You might actually catch them practicing on their own without you telling them to do so.
- Their parents are telling them to do one thing during the game, you are telling them another thing, but what they end up doing might be what their friend is telling them to do.
- You will see a pass that is deliberate. You might even see a "back pass".
- You will see your first \$100 pair of cleats during practice. They will call the other team bad names... really bad names.

COACHING RATIONAL

Some of the players that are playing as U- 10's are seasoned veterans of the youth soccer scene. Some of them may have already been involved in traveling to play in tournaments. As a result, some of them might be very nervous about the whole process. It is our job to keep things in perspective for these young, developing players. True, some of them are becoming quite skillful and are seeing how fun it is to play the game when they can really control the ball. However, many of them are still learning the ropes. Even the more experienced players need to have the game be fun!!!

Emphasis is still placed on having players learn how to control the ball with his/her body, but now, they need to find themselves in more game-like situations. Training is more dynamic and starting to have players make simple, basic decisions such as "Which way is there more space?" or "Who should I pass to?".

Following are some more items that a coach of U-10 players should consider:

- Use small sided games as the main teaching vehicle. Not only will they get more touches on the ball, but the full 11-a-side game is still too complicated for them to understand.
- How we group players during training takes on even added significance because of the wide margins of ability levels. We need to mix players up often.
- Stretching is becoming more important, along with a good warm-up.
- Since the game is faster, make sure that they also have good shinguards. Safety and preventive measures take on added significance.
- Training twice a week is plenty. Sessions need not go longer than one hour, fifteen minutes.
- They should all come with their own size #4 ball. In fact, they still need to be encouraged to play with it by themselves.
- Put them into competitive environments as much as possible. This will not only keep them focused, but, it will allow the game itself to teach them. It also will keep things fun for them, and allow you to deal with issues such as 'winning' and 'loosing' which is now a very big concern for them.
- Now it is possible to teach them positional play with the expectation that they will get it some of the time. However, it is absolutely necessary that you do not allow players to specialize in any one position. They need to learn basic principles of the game, first. Having them play all of the positions is best for their individual development.
- Remember, our first responsibility is to develop players and let them have fun.
- Whenever possible, allow them to solve their own puzzles. Don't immediately give them solutions on how they can play better.

INVOLVING THE PARENTS

It is imperative that coaches get the parents involved. Not only are they are a major resource for your team, but the U-10 player still views their parents as the most significant people in their lives. A pre-season meeting should be held with the parents so that objectives and team policies can be addressed.

Some topics that you may want to address at this meeting are:

- A means of contacting everyone without one person doing all of the calling. (Phone chains.)
- Choosing a team administrator-someone to handle all of the details.
- Complete all paperwork required by your league or club.
- Discuss the laws of the game.
- Carpool needs.
- Training and game schedules. How you feel about starting and ending on time, what your attendance expectations are, what you think is a good excuse to miss training.
- What each player should bring to training: inflated ball, filled water bottle, soccer attire, shin guards (Cleats are not mandatory.)
- Most importantly, your philosophy about coaching U-6 players. Let them know that everyone plays; that the game does not look like the older player's games; that you are there to ensure that their player is safe and has a good time, as well as learn about soccer.
- What your expectations for them is during game time. How do you want them to cheer? Do they know that they should not coach from the sidelines?
- Above all, try to enjoy yourself. If you do they probably will too.

TYPICAL TRAINING SESSION

Here are some items that should be included in a U-10 training session:

WARM-UP:

A brief warm-up is appropriate in order to get the players thinking about soccer and to prepare them physically for the time ahead. This should involve individual body activities that involve the ball. Since there can be one theme to the session, hopefully, the warm-up will lead into the theme of the day. Static stretching is also appropriate at this time after the players have broken a sweat, again, hopefully done with the ball. Again, the warm-up should get the players ready to play. It should be lively, fun, and engaging as well as instructional. There is nothing like a good, fast paced activity to grab the player's attention and make them glad that they came to practice.

INDIVIDUAL OR SMALL GROUP ACTIVITIES:

Follow the warm-up with some kind of individual activity, not necessarily a real 1v.1 game, but some kind of activity where players act as individuals or cooperate in small groups in a game environment. An example would be a kind of tag game, or a keep-away game. Keep players in motion at all times. Avoid having them wait on lines. Play games of "inclusion" instead of games where the loser sits". Be creative. These players like "crazy" games with a lot of action.

PLAY THE GAME:

Small sided soccer can be used to heighten intensity and create some good competition. Play 4 v.4 up to 6 v.6. Be creative. Play with 4 goals, or 2 balls. Play with or without boundaries. Perhaps play to emphasize a particular skill (can only dribble the ball over a goal line in order to get a point). Use cones if you don't have real goals. Keep players involved. Have more than one game going on at a time if necessary. Switch teams often, give everyone a chance to win. Also, it is important that every player has a chance to shoot on goal as often as possible.

Week 1

OBJECTIVE: To improve dribbling and shielding technique and inspire the confidence in our players to keep the ball (possess the ball) under pressure with the intention to delay play until help arrives, beat an opponent or simply keep possession for your team.

1) Free Dribble (10 minutes): Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session; kids dribble the ball towards someone and try a move. **Version 2:** As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. **Version 3:** Make the game a knockout game in which players try to knock each other's soccer balls out of the grid while maintaining possession of their own. **Note:** You may wish to have them perform a skills task before re-entering such as 10 sole of the foot touches or juggling 5 times. You do not want players sitting out.

Coaching Points:

- Bend your knees and get down low
- Use your arms to keep balance
- Keep the ball close using the inside, outside and sole of the foot
- Keep your head up

2) Shield-Steal (10 minutes): use entire space, half of players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If the ball goes out of bounds, the person who touched it last LOSES possession. When the coach yells freeze, those who have possession of a ball receive a point. Play multiple games. Go over technical points as a group and at the start of the activity, show the shielding technique. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield. **Version 2:** make the activity competitive by creating two teams; the team who has possession of the most soccer balls at the end of time is the winner.

Coaching Points:

- Reinforce the coaching points from the Free dribble activity
- Survey the area
- Recognize when and where to change direction
- Body sideways between defender and the ball when shielding. The arm providing protection when shielding. Ball on outside foot when shielding. Spin/turn as defender attacks when shielding Hands become your eyes; use them to feel for defender

***3) 5 Goal Game (15 minutes):** 4v4+2 or 5v5+2 in 35x40 yard grid. Five 2-yard goals are spread out throughout the grid. The 2 neutral players are always on the attacking team. Each team can score by dribbling through any of the 5 goals. The first team to 10 points wins. Players need to be able to see where the open goals are, and receive the ball with a "picture" of what is around them.

Coaching Points:

- Dribbling to keep the ball "Shielding"
- Dribbling to beat an opponent "Inviting a tackle, change of speed, change of direction, feints"
- When to dribble to break pressure: This is used most commonly by midfielders and by forwards. It involves simply getting beside the pressuring defender for a split second. Once beside a defender, sudden, explosive changes in pace or direction and feints are the most common means of breaking pressure.
- Where to dribble to gain space "With any sort of space ahead of him, an attacker will run with the ball forward to gain territory"
- Recognizing what goal is open

4) 4v4 or 5v5 to Four Goals (15 minutes): Teams defend one goal and have the opportunity to score on the other three; you must dribble through a goal to score a point. The goals are on the ends of a large cross in a square grid roughly 25yd X 25yds. Have one team of 4 or 5 on deck, they come on when a team gets scored on twice. Game is continuous, they must run on immediately. Look for open space and attack it with speed.

Coaching Points: Reinforce coaching points covered in previous activities.

5) 3 vs. 3 to 6 vs. 6 (includes GK's) Game (25 minutes)**Coaching Points:**

- Stress dribbling & shielding technique

6) Cool Down (5 minutes) – Controlled juggling (thigh-thigh-foot-foot). Statically stretch the large muscle groups.

Week 2

Objectives: To improve the technique of receiving soccer balls played on the ground. To help players see different methods of receiving ground balls (inside of foot, outside of foot, across body, through legs, etc.).

1) Dutch Circle (Warm-up – 15 minutes):

Half of the players create a 25-35 yd outer circle and have soccer balls at their feet. These players must always be alert and on their toes. The other half of the players are in the middle of this circle and do not have soccer balls. The inner players check to players on the outside to receive a pass from them. They receive the pass and then play to any player on the outer circle who does not have a ball (except player who passed to them). They then check to another person on the outside that has a ball and repeat this process for about 2-3 minutes until coach switches players on outside and inside. Focus on both front foot and back foot receptions and add in feints (i.e. ball runs through legs, ball runs across body, or take ball early). Work on receiving with both feet and receiving sideways-on.

Coaching Points:

- get body behind the ball and be on toes
- go to the ball, do not wait for it
- keep ankle of receiving foot locked
- cushion ball as it arrives (as you would catching an egg)
- point of contact is the middle of the ball
- keep feet moving before ball arrives
- make your first touch active by pushing the ball in the direction in which you want to go (typically away from pressure)
- get head up before and after receiving
- always try to receive the ball facing the way you want to play

2) Numbers Passing (15 minutes):

Split the team into groups of 4-5 players. Give every player a number. Have them spread out and pass the ball from number 1 to 2, from 2 to 3, etc. through the whole group. The highest numbered player simply passes back to number 1 and the activity continues. Tell all the players that the ball cannot stop moving, and they cannot stop moving. As they become proficient at the activity, introduce another ball to the group; they now have to pay attention to where they are receiving the ball from as well as where they need to play the ball next. **Version 2:** Have the whole team as one group and follow the same information above (but can add more than one soccer ball to group).

Coaching Points:

- Reinforce the coaching points listed in activity #1
- Player receiving must have head up to know what they are going to do with the ball before they get it

3) Four Square Passing (15 minutes):

Form a grid 35yds x 35yds with squares roughly 4 yds across in each corner. Two teams of 4 to 6 players try to score by passing the ball to a teammate who makes a run into one of the four squares. Only players from the attacking team can enter a corner square. Once a player in the square receives a ball, they can pass to a teammate or dribble the ball out for a point. Balls out of play can be passed or dribbled back into play.

Coaching Points:

- Reinforce the coaching points listed in activity #1 and #2

4) Bread and Butter (15 minutes):

Typical 4 vs. 4 but with an additional 4 players who stand on outside of field and can be used by either team as outlets (can limit the touches of these players if they have the ability (ie: two touches)). If a team gets scored upon, they become the team on the outside and the outside team plays on the field. Use approximately a 20x25 yd area. May restrict the players to 2 or 3 touches to force quicker decisions, and better body position before the ball arrives. Keep score and make the game competitive.

Coaching Points:

- Reinforce the coaching points listed in activity #1 and #2
- when receiving balls with back to goal or in midfield, try to receive sideways on (with body sideways to the length of the field) and look over shoulder before receiving the ball

5) 3v3 to 6v6 Scrimmage (25-30 minutes)

Play a regular game with goalkeepers.

Coaching Points:

- Reinforce the coaching points listed in activity #1 and #2
- Highlight the technique of receiving
- Reinforce positive decision making opportunities (how they receive the ball in relation to where they are on the field and the options they have)

6) Cool-down (5 minutes):

Top cross bar chip. All players, each with a soccer ball on the penalty mark try to chip the ball to hit the crossbar. Can have them then try from the edge of the penalty area (and farther if they need to be challenged more). Coach can make a competition out of it – when team hits top crossbar certain number of times, they can go home, etc.

Week 3

OBJECTIVE: Improve passing technique with the inside and outside of their feet. Recognize the correct timing and opportunity to pass.

1) Gates Passing (10 Minutes)--- Randomly place many pairs of cones making small goals (1 yard wide) in a large space (30 x 20 yards). Players are paired up and must successfully pass the ball through the cones to their teammate to earn a point. Again, players try to accumulate as many points as possible in the time allotted. Have them pass only with their left foot or right foot, or the outside of their foot.

Coaching Points:

Kicker

- Stress passing techniques
- Point your toe side-ways and with up locked ankle
- Strike the middle of the ball
- Follow thru to partner
- Knees bent
- Head down...eyes on ball at moment of contact
- Placement foot pointed to target and parallel to ball; pay attention to proper weight and angle

Receiver

- Support – get to an angle at which passing lane is clear and have your hips open to the playing field
- Communicate...call for the ball
- Head up
- Move toward pass (check to ball)

2) 3 vs. 1 keep away (10 Minutes)---In a grid 10x15 yards, play 3 vs. 1 continuous keep away. Three attackers combine to keep the ball away from one defender. When the defender wins the ball, he or she immediately combines with the attackers he or she did not win the ball from and the attacker who lost the ball becomes the defender. Balls out of play are dribbled in or passed in. **Version 2:** Add another defender and play 3v2 keep away.

Coaching Points:

- Stress coaching points from above
- Read the situation

Receiver

- Support – position yourself at an appropriate angle and distance so that you are a good option for the passes.

3) 5 Goal Game (10 Minutes)---4v4 in 25x30 grid. Five 2-yard goals are spread out throughout the grid. The teams score by passing through any of the goals to a teammate. First team to 10 points wins.

Coaching Points:

Kicker

- Players need to be able to see where the open goals are

Receiver

- Receive with a “picture” of who is around them.

4) 4 vs 4 To Four Small Goals (10 Minutes)---In a 35 X 30 yard grid with a small goal in each corner teams attack the two opposite goals and defend their two goals. The coach will set up as many grids as needed to accommodate the players. When the ball goes out of bounds it can be passed or dribbled in to play. The teams should be rotated every three minutes until all groups have played against each other.

Coaching Points:

- Stress recognizing opportunities
- Timing of passes
- Playing away from pressure by changing the point of attack
- Efficiency of touches

5) 5 vs. 5 + GK's Game (30 Minutes)

Coaching Points:

- Stress passing technique
- Stress recognizing opportunities
- Timing of passes
- Playing away from pressure by changing the point of attack
- Efficiency of touches
- Movement of the ball

6) Cool Down (5 minutes) – Juggling,” in the next two minutes, let’s see who can juggle the most touches without letting your ball hit the ground. If hits the ground, start a new count.” Statically stretch the large muscle groups.

Week 4

Objectives: To improve the technique of shooting with the insides and instep of both feet. To foster the confidence to shoot!

1) Shooting through the Cones (Warm-up - 15-20 minutes):

Set up a line of cones about 6 yards apart, representing goals for the players to shoot through. Position two players about 10-15 yards away from, and on opposite sides of the line of cones. Players opposite each other proceed to kick (shoot) the ball through their cone goal, back and forth, working on correct shooting technique. It is important that the players work to perfect their preparation touch and that they strike a moving ball. The players should be using both feet to shoot. Scatter extra soccer balls around the playing area.

Coaching Points:

- Keep ankle of shooting foot locked with toe down
- Non-kicking foot is placed parallel to ball (not behind it or ahead of it) and far enough away that it is comfortable to hit ball and that both ball and non-kicking foot are underneath your hips
- Non-kicking foot should be pointing towards your target
- Your weight should be on the ball of your non-kicking foot
- Both knees bent
- Strike through the middle of the ball...if you made a cross in the back of the ball, hit where the two lines intersect
- Follow through to your target
- Land on your kicking foot
- Keep head down to see what you are kicking
- Lean over ball as you kick, do not stand upright
- Strike ball with laces so that ball strikes hard bone on top of foot
- Encourage players to strike through the ball
- Players may need to make a slightly angled approach towards ball in order to prevent them from kicking ground...this will result in hip of the same leg as the kicking foot being higher than non-kicking foot

2) Popcorn (15-20 minutes):

Set up a grid about 30 yds. X 20yds. With a goal on each end. Coach plays balls into 4-5 players who are all competing against each other to get the ball and score in either goal. First to five goals wins. Coach should manipulate service in order that all players are able to have shots and feel some success.

Coaching Points:

- Reinforce the coaching points listed in activity #1
- Gives players more opportunities for scoring chances

- Encourage a risky mentality to shoot

3) Four (4) Corner Shooting (20min)

On a field 20 yards wide x 25 yards long, position two goals at each end. Split group into two teams (red and blue). Position half of the red team in a line behind one corner of the field and the other half of the red team in a line behind the other corner of the field, at the same end. Organize the blue team in the same manner at the other end of the field. Select a goalkeeper for each goal and rotate that player every 5 minutes. The coach is positioned at the midfield line, outside the field, with all the soccer balls. When the coach kicks a ball into the field, the first person in each of the four (4) corner lines enters the field to play. The game becomes a 2v2 + keepers activity. Play continues until the ball goes out of play or a goal is scored. When this happens, the players on the field quickly get back into their original lines, keepers stay on, and the assistant coach kicks the next ball in for the next 4 players. The coach should play the ball toward one of the corner lines (risk/safety management).

Coaching Points:

- Reinforce coaching points listed in activity #1
- Players looking to go to goal quickly

4) 4 vs 4 + 4 on deck (15-20 minutes):

Two teams playing to one goal each. First team to two goals stays or if two minutes pass by, the longest team on gets off and new team comes on. Captains on each team keep score.

Coaching Points:

- Reinforce the coaching points listed in activity #1
- Help players to recognize when to use the inside of foot vs. the instep (laces)

5) 6v6 scrimmage (25-30 minutes):

Depending upon numbers, space will change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers.

Coaching Points:

- Highlight the technique of shooting
- Reinforce positive decision making opportunities (when, how and where to shoot the ball, etc.).

6) Cool-down (5 minutes):

Individual juggling. Have players compete to see who gets the most in a 2 minute period.

Week 5

Objectives: To improve the technique of dribbling, help with confidence to take players on and allowing players to recognize when to take players on versus using other options (passing, shooting, shielding).

1) Technical Box (Warm-up - 15-20 minutes including dynamic stretching):

Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session; players carry the ball towards someone and try a move.

Version 2: As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. **Version 3:** Make the game a knockout game in which players try to knock each other's balls out of the grid while maintaining possession of their own. Note: You may wish to have them perform a skills task before re-entering such as 10 toe touches or juggling 5 times. You do not want players sitting out.

Coaching Points:

- Keep ball within 1 giant step and maintain balance at all times, use arms to help maintain balance
- Try to keep your head up (once comfortable with ball at feet)
- Keep both knees bent and lean over the ball, do not stand upright with ball
- Slow down to change direction
- After making a move, dribbling into an open space or changing direction, you need a burst of speed
- Stress movement of body and burst of speed when doing moves
- Use outside of foot or laces when dribbling for speed
- Use all parts of your feet
- Try new things and be creative

2) 1v1 to lines (15 minutes):

In a 15x10 yard grid, two players play 1v1 and try to score by beating the defender and dribbling over the line opposite them. They play toward the ten-yard lines and use their favorite feints. When the ball goes out of bounds it is dribbled in. Switch partners between grids every 2-3 minutes. Keep score.

Coaching Points:

- Reinforce the coaching points listed in activity #1
- When taking on the defender the attacker will have bent knees, the ball close to his or her dribbling foot and be balanced
- He or she will execute a feint or combination of feints to unbalance the defender and dribble behind him or her
- Players should look to attack the defenders front foot to off balance the defender
- Players who are dribbling past an opponent should dribble past them with the foot furthest from the defender

3) 2v2 to Four Cross Goals (15-20 minutes):

Teams defend one goal and have the opportunity to score on the other three goals; you must dribble through a goal to score a point. The goals are on the ends of a large cross in a square grid roughly 10yd X 10yd. Have one team of 2 on deck; they come on when a team gets scored on twice. Game is continuous, they must run on immediately.

Coaching Points:

- Help players to recognize where the open space is and when to attack it on the dribble
- Assist players in recognizing when to dribble at speed (there is open space ahead), and when to slow down (they need to make decisions, combine with 2nd attacker, or are getting closer to opponents)
- The first attacker (player with the ball) needs to make a decision on whether to combine with the second attacker or attack the space themselves
- This decision is based on where the first defender is in relation to the field, the goal, the first attacker, and the second attacker

4) 4v4 to lines (15-20 minutes):

In a 25x30 yard grid, two teams play to the opposite 30 yard lines. They score by dribbling the ball over end-line in control. When the ball goes out of bounds it can be passed or dribbled in to play.

Coaching Points:

- Reinforce the coaching points listed in #1, #2 and #3
- Stress attacking the open space on the dribble and recognition of one versus one opportunities.

5) 3v3 to 6v6 scrimmage (25-30 minutes):

Depending upon numbers, space will change and numbers will change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers.

Coaching Points:

- Reinforce the coaching points listed in #3
- Highlight the technique of dribbling
- Reinforce positive decision making opportunities (recognizing opportunities to take players on, how they attack –get in and behind for a shot / attack end line and get cross off, etc.).

6) Cool-down (5 minutes):

Groups of 5 heading challenge. One player in the middle, four players circle around them. Player in the middle tosses ball to player on the outside who heads in back to player in the middle. Player in the middle then heads to next player on the outside, who then heads it back to player in the middle and so on. Give player in the middle multiple chances to get the ball all the way around the circle, and then switch up players to ensure everyone gets a chance to be the middle player.

Week 6

OBJECTIVE: This session is designed to teach players the technical points of pressuring the ball. The 1st defender's speed of approach, body shape and tackling technique.

1.) Defensive Stance Warm-up (5-7 minutes): In pairs passing about 10-15 yds away. When coach signals one player stops ball with the sole of their foot, the other player approaches to defend. Then players back up and passing resumes. **Variation 2:** After a few passes, one of the players lets the ball go through their legs, the other player approaches to defend and 'force' the player in the direction they are facing

Coaching Points:

- Angle of approach – We want to direct the player one way on the field
- Speed of approach – Approach fast arrive slow
- Body Shape- knees bent, on the balls of their feet
- Mobility – able to make a quick change or adjustment

Mistakes to watch for: *(these are common mistakes that we want to watch for and correct.)*

- Planting their feet once they get to defender
- Sprinting straight at the attacker (diving in)
- Standing straight up

2.) 1v1 to two small goals: (15 minutes): Set up a multiple 15yd x 10yd grids with small goals at each end. Play multiple 1v1 games for 45-60 seconds per game. Rotate players from field to field.

Coaching Points:

- Same as above
- Reading the attackers body language- try to anticipate their next move
- Deciding how to win possession of the ball...block tackle or toe poke (see coaching points below)

Coaching Points: (Block Tackle)

- Attack the player fast, closing the distance between yourself and the ball as fast as possible
- Position your feet in a staggered stance, one foot slightly further than the other.
- Your knees should be slightly bent, allowing you to quickly extend your feet either way, in case the attacker tries to dribble past you.
- Extend your arms sideways, to gain some balance and always stay on the balls of your feet, so you can block the ball with either foot
- When you decide it's time to move in for the block, keep your body low and drag the inside of your tackling foot through the ball. It's important that the ankle of your tackling foot is locked and your non-kicking foot is planted firmly near the ball. Otherwise you risk injuring yourself.

Coaching Points: (Poke Tackle)

- Attack the player fast, closing the distance between yourself and the ball as fast as possible
- Position your feet in a staggered stance, one foot slightly further than the other.
- Your knees should be slightly bent
- If you get close to the attacker and there is an opening to poke the ball away with your toe, do so quickly!

Visual Cues to Tackle: opponent has their head down; just as the ball leaves the foot on the dribble; the ball gets stuck under the opponent; the opponent touches the ball too hard and loses control.

3) 2v2 to lines (20 minutes):

Create multiple fields that are 20yds x 15yds with 4 cones outlining the field (enough so all players are playing), break all of the players into teams of 2. Each team will defend the end line behind them. Players have to dribble across the end line to score. Play a tournament format where teams will play 2 minute games and then rotate to another field. Scoring goes as follows: 3 pts for the win, 1 pt for the tie, 0 for a loss and, if they have a shut-out, they get 2 bonus pts.

Coaching Points:

- Same as above
- Reading the game – Do the players recognize when they become the first defender and if, when and how to tackle

Mistakes to watch for:

- Players hanging back and not pressuring the ball when they become the 1st defender

4) 3v3 to 4 goals (15 minutes):

Create a few fields that are 30yds x 20yds with two goals at each end. Split all of the players in to teams of 3. Two teams will play on each field with each team defending a goal. Scoring will be normal: 1 point for a goal. Have the players call out when they are the first defender as they close down the ball.

Coaching Points:

- Same as above

5) 3v3 to 6v6 Game (15minutes):

Break the group in to 2 teams and play an unrestricted game. You will receive 1pt for a goal scored normally. While the game is going on, praise successful defending by the pressuring defender.

COOL- DOWN (5 minutes): Juggling in 2's and 3's only using their feet or head. Static stretching of the major muscle groups.

Week 7

OBJECTIVE: To improve dribbling technique and inspire the confidence in our players to keep the ball (possess the ball) under pressure with the intention to delay play until help arrives, beat an opponent or simply keep possession for your team.

1) Grid Dribble Warm-up (10 minutes) All players, with a ball each, dribbling in confined space. Brief demonstrations of a move or two (pull back, step over, etc.). The coach will call out commands. The players follow the commands given by coach while staying inside a grid:

- Stop, go, change directions
- Change (change balls with someone)
- Number dribble- call out a number and players get in groups of that number.
- Math dribble- add two numbers together and players form groups of that number. (2+2=4 players form groups of four)
- Designate a color for each corner of the grid. Players then have to go to that color.

Coaching Points:

- Keep ball close to body
- Keep head up
- Use the inside and outside of foot
- Look for change of pace

2) Knee Tag (10 minutes): Knee tag- Each player has a ball and is dribbling in the grid. Players try to touch the back of another player's knee. Each time you do that you get a point. Play two minute games.

3) Crab Soccer (10 minutes): All the players are in a grid dribbling their soccer ball. All the players must do their best to keep the ball inside the grid while dribbling. One or two players are designated as the "crab". The crabs must walk like a crab trying to kick the other player's soccer balls outside the grid. If a crab kicks a ball outside the grid then the player must then join the crabs. The objective is to keep your ball away from the crabs. The winner is the last player in the grid with their ball.

4) Multiple Goal Game 6v6 (15 minutes): Set up four or five small goals (about 5ft. apart) throughout about a space 50x40 yards. There are two teams. Players dribble the ball through one of the small goals for a point for their team. Start out playing with two to three soccer balls. Encourage players to try to dribble the ball and take on an opponent.

5) 6v6 Game (15minutes):

Break the group in to 2 teams and play an unrestricted game. You will receive 1pt for a goal scored normally. While the game is going on, praise players attempts to dribble the soccer ball.

COOL- DOWN (5 minutes): Pick a quick dribbling/dribbling game. Static stretching of the major muscle groups.

Week 8

OBJECTIVE: This session is designed to teach players the technical points passing the ball.

1) Circle Passing (10 minutes): Form a large circle with half of the player in the middle and the other half of the player forming a large circle. The players on the outside have a soccer ball. The players on the inside move around and receive a pass from a player on the outside. Once the player in the middle receives the ball they pass it back to the person that gave it to them. Switch after 45 seconds in the middle. **Version 2:** The players on the inside now have the ball. They are dribbling the ball inside the circle and pass to a player on the outside of the circle. The player on the outside then gives it back to the person that gave it to them. Switch after about 45 seconds. **Version 3:** Restrict the same above activities to one, two, or three touch.

Coaching Points:

- Lock your ankle when passing
- Follow through at target
- Keep body over the ball
- Make eye contact with teammate
- Communication: Verbal and non-verbal

2) Pac Man (12-15 minutes) Place all of the soccer balls into a corner of the playing area that you have designated. One or two players start out with a ball, and all the other players do not have a ball. The players with a ball try to **pass** the ball and hit another player in the **foot**. If a player is hit in the **foot** then they get a ball, and they now try to hit other players in the **foot**. The object is to not get hit with the ball and be the last person that wasn't hit.

Coaching Points:

- Stress Accuracy
- Ball must hit player in the foot only
- Lock ankle
- Strike ball above the center to keep it low
- Safety first

3) The Gauntlet (12 -15 minutes) Divide your group into two teams. Half of the players form two lines facing each other about 10 yards apart. All of these players have a ball. The other team gets at one end of the lane that was created by the players. On the coaches signal the players at the end run through the gauntlet, while the players on the outside (in lines) try to **pass** the ball and hit them in the **foot** as they run between each line. If a player gets hit in the **foot**, then they join the players on the outside. The objective is to avoid the ball and not get hit. The last person in the middle is the winner. Switch teams, the players that started running through the gauntlet now form the two lines.

Coaching Points:

- Stress accuracy over power
- Players should not just run through, but try to jump and dodge ball as it is coming through
- Lock ankle
- Ball must be on the ground

Bread and Butter (15 minutes):

Typical 4 vs. 4 but with an additional 4 players who stand on outside of field and can be used by either team as outlets (can limit the touches of these players if they have the ability (ie: two touches)). If a team gets scored upon, they become the team on the outside and the outside team plays on the field. Use approximately a 20x25 yd area. May restrict the players to 2 or 3 touches to force quicker decisions, and better body position before the ball arrives. Keep score and make the game competitive.

Coaching Points:

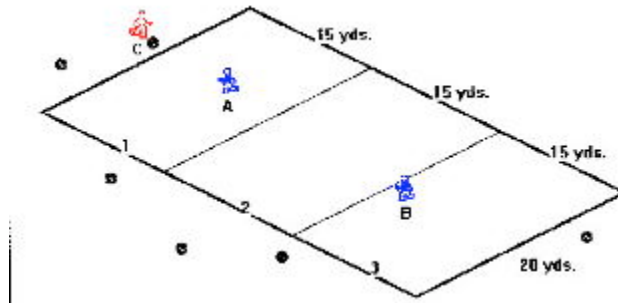
- Reinforce the coaching points listed in activity #1 and #2
- when receiving balls with back to goal or in midfield, try to receive sideways on (with body sideways to the length of the field) and look over shoulder before receiving the ball

5) 6v6 Game (15 minutes):

Break the group in to 2 teams and play an unrestricted game. You will receive 1pt for a goal scored normally. While the game is going on, praise successful passing.

COOL- DOWN (5 minutes): Juggling in 2's and 3's only using their feet or head. Static stretching of the major muscle groups.

1 v. 1 v. 1



The Game

- ☒ Player "C" starts on the end line and dribbles into Zone 1, trying to get past Defender "A".
- ☒ If "A" steals the ball, "A" tries to dribble past "C" and over the end line.+
- ☒ If "C" manages to get past "A", "C" continues through Zone 2 and tries to beat "B" over the end line.
- ☒ If "B" steals the ball, he takes on Player "A" who has been waiting in Zone 1.

Coaching Points

- ☒ Individual Attack and Defense
- ☒ Attack: Try to unbalance defender, attack at pace, try to face the defender as much as possible, change pace and direction.
- ☒ Defense: Try to channel the attacker towards the sideline, use sideline as a second defender.

Variations

- ☒ Allow defender "A" to chase "C" into Zone 2 if beaten. "C" must then hold "A" off while at the same time moving towards player "B". This also makes "C" not give up on the ball after being beaten, teaching how to recover "goalside".

The Shooting Square



The Game

- ☒ Set up game with 4 shooters (A, B, C & D), 4 Servers (corner passers) and 4 "Shaggers" (behind each goal).
- ☒ Shooters A & B check towards opposite corners of the field, receive a pass from the server, turn and shoot with as few touches as possible.
- ☒ After their shots are taken, shooters C & D repeat the sequence while A & B get ready to go again.
- ☒ After a set time, shooters become shaggers, shaggers passers and passers shooters.

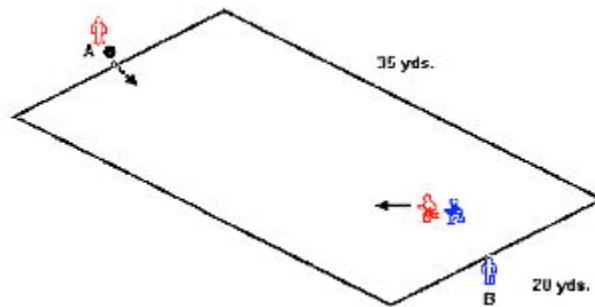
Coaching Points

- ☒ Good shooting technique, ankle locked, toe pointed, hit top half of ball, proper follow through, plant foot pointing towards target, etc.

Variations

- ☒ There are many possibilities, use your creativity.
- ☒ After receiving the ball, shooter passes to a target at the other end of the field, who lays it back to the shooter, who then takes a one time shot on goal.
- ☒ Play the ball to a server on the sideline who dribbles down the line and crosses it into the shooter.
- ☒ Shooters and passers play a "give and go".

1 + 1 v. 1 + 1



The Game

- ☒ The object of the game is to get the ball from one target "A" to the other, "B" without losing possession.
- ☒ Each time this is done, it is worth one goal.
- ☒ The attacking team keeps this sequence up until possession is lost (they can score as many goals in a row as possible).
- ☒ If the ball goes out of bounds, it belongs to the other team.
- ☒ Targets can move back and forth along their line.

Coaching Points

In Attack

- ☒ Encourage combination play between the players
- ☒ Have targets look for the player farthest from the ball
- ☒ Check away from the ball to create space for yourself, check back for the ball at angles.
- ☒ Receive the ball "sideways on" whenever possible.

In Defense

- ☒ Make the attackers play the ball back whenever possible.
- ☒ Keep the play in front of you.
- ☒ Never get flat with each other.
- ☒ Take away options for the attackers, make the play predictable, use sideline as extra defenders.

Variations

- ☒ Limit target players to one touch.
- ☒ Limit field players to two touches.
- ☒ Do not allow field players to play the ball back to the target they received it from.
- ☒ Play 2 v. 2 or 3 v. 3 in the middle.
- ☒ Make field players play it to each other at least once before they make a goal.

Gates



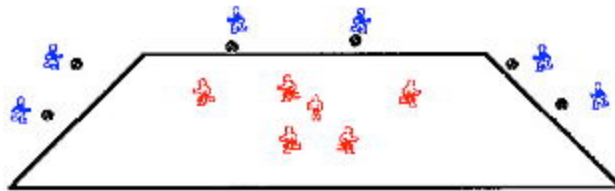
The Game

☒ Two players per gate. The gates are approximately two steps apart. One ball per group. First player must play the ball on the ground through the gate to second player. Second player must receive and play back through the gate within two touches. The game continues until players can not get ball back through the gate on the ground within two touches.

Coaching Points

- ☒ Player receiving the ball should get in path of ball before it arrives.
- ☒ First touch should help player to get a good kick back through the gate.
- ☒ Keep score and rotate stations.
- ☒ Vary the serve to start the game: Long balls, short balls, inside of foot, instep, outside of foot, weak foot only, etc.
- ☒ Players should receive with one foot, play back with the other.

Foxes & Hunters



The Game

- ☒ Players on the inside are "Foxes". Players on the outside are "Hunters".
- ☒ Hunters dribble into the grid and try to dribble their ball into the Foxes so that it hits them below the knees.
- ☒ If a Fox is hit, the Fox drops down to one knee and tries to kick the ball away from the Hunters that are dribbling by.
- ☒ Once all of the Foxes are down, the teams switch roles.
- ☒ Time each team. The team that "stays alive" longest wins.

Coaching Points

- ☒ Discourage long range shooting at Foxes.
- ☒ Try feinting at the Foxes, trying to make them jump into the air, then get them when they come down.
- ☒ Work in pairs to try and corner elusive Foxes.

Bread & Butter



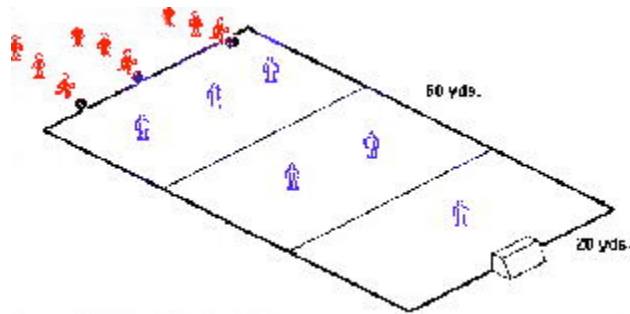
The Game

Three teams of 4 (A, B, C) and two keepers (X, Y). Team A attacks against keeper Y. If they score, they then quickly try to attack keeper X. At this time, team B leaves the field and takes the place of team C who were the supporting players on the end lines, supporting both teams. The supporting players support for both teams and can move along the end line. They are limited to one touch one the ball. Have an ample supply of balls ready in each net.

Coaching Points

- ☒ After scoring a goal, attacking players look to play quickly before the other team has a chance to come on and get organized.
- ☒ Try to play the ball to target players.
- ☒ Attacking and defending principles of play.

War



The Game

- ☒ Dribblers (in Red) try to dribble through the three zones occupied by the blue defenders.
- ☒ Defenders must stay in their zones and try to kick any ball they intercept out of bounds.
- ☒ Dribblers go three at a time. If the dribbler ahead of you in your line gets their ball knocked out, you may start right away.
- ☒ As soon as the dribbler in front of you moves to the next zone, you can also go.
- ☒ After beating the last defender, the dribbler must shoot the ball into the goal to get a point for their team.

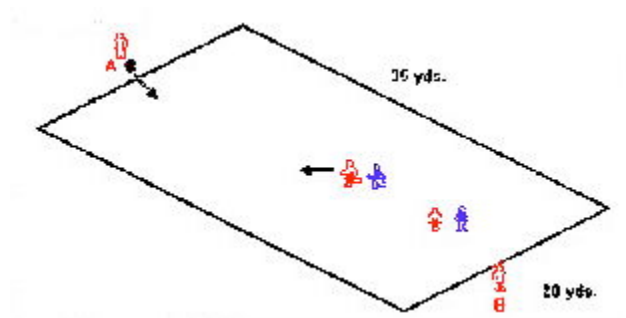
Coaching Points

- ☒ Good dribbling technique.
- ☒ Look for an opening...perhaps sending a teammate in early to act as a decoy, then, when the defense opens up, take that clue to penetrate.

Variations

- ☒ Put a "free zone" between each zone shown. The free zone can be 5 yards wide.
- ☒ Once the dribbler gets in the free zone, they can rest before they take on the next defender.
- ☒ You can also have people that make it into the free zone, leave their ball and assist the next person to try to get past the defender by passing.

1 + 2 v. 2 + 1



The Game

- ☒ The object of this game is to get the ball from one target, **A** to the other, **B**, without losing possession.
- ☒ Each time this is done it is worth one goal.
- ☒ The attacking team keeps this sequence up until possession is lost (ie. they can score many goals in a row).
- ☒ If the ball goes out of bounds, it belongs to the other team.
- ☒ Targets can move back and forth along their line.

Coaching Points

In Attack:

- ☒ Encourages combination play between the two field players
- ☒ Have targets look for the player farthest away.
- ☒ Check away from the ball to create space for yourself, check back for the ball at angles.
- ☒ Receive the ball sideways on when possible.

In Defense

- ☒ Make attackers play the ball back whenever possible.
- ☒ Keep the play in front of you.
- ☒ Never get flat with each other.
- ☒ Take away options for the attackers, make the play predictable.

: Variations

- ☒ Limit target players to one touch.
- ☒ Limit field players to two touches.
- ☒ Do not allow field players to play the ball back to the target they received from.
- ☒ Make field players play it to each other at least once before they make a goal.

The Triangle Goal Shooting Game



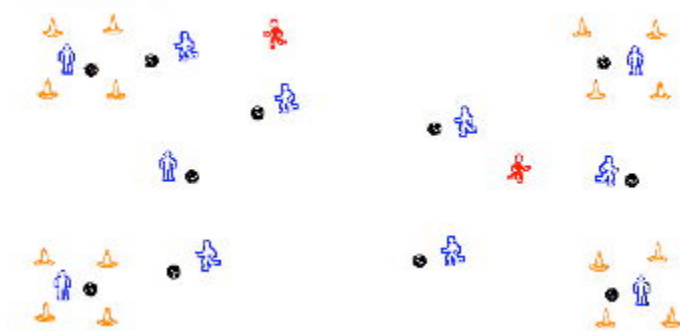
The Game

- ☒ Set up a triangular goal in the middle of a 50 x 50 grid.
- ☒ Play an even sided game with both teams having their own keeper.
- ☒ Both teams try to score through any one of the three sides of the triangular goal.
- ☒ It is best to place the goal in the center of a 20 yard in diameter circle, with only the keepers allowed inside the circle.
- ☒ If the keeper catches the ball, his or her team must take the ball outside of the grid before they may attack again.
- ☒ Play with 2 balls for real excitement.
- ☒ Goalkeepers may become attacking players when their team has possession.

Coaching Points

- ☒ Attacking and defending principles of play.
- ☒ Shooting
- ☒ Finishing
- ☒ Possession
- ☒ Goalkeeper positioning, shot saving and distribution.

Running Bases



The Game

- ☒ Players try to dribble their ball without being tagged. If they get tagged, they exchange places with the **"tagger"**
- ☒ Have taggers carry a pinnie to distinguish themselves. Hand pinnies over to the player that is tagged and use their ball to dribble.
- ☒ Players are save in any one of the 4 bases. Only one player allowed in a base at one time. If a new players enters a base, the old player must leave.

Variations

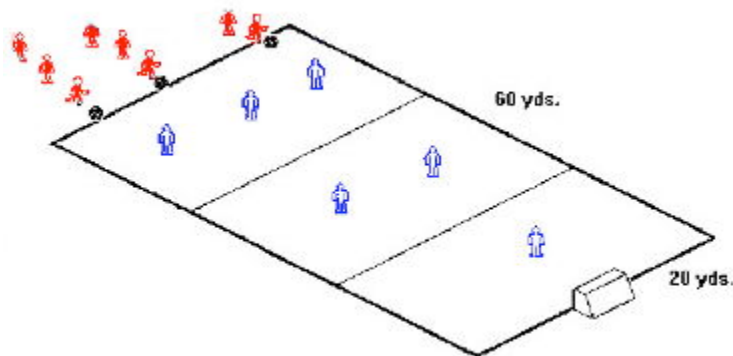
For younger players:

- Only one tagger
- Fewer bases
- Only one player in a base at a time

For older players:

- More bases and taggers.
- 2 players allowed in each base.
- Play with fewer balls: can only be tagged if you have the ball. or, if you don't have a ball (balls must be passed).

Dribble To Score



The Game

- ☒ Dribblers (in Red) try to dribble through the three zones occupied by the blue defenders.
- ☒ Defenders must stay in their zones and try to kick any ball they intercept out of bounds.
- ☒ Dribblers go three at a time. If the dribbler ahead of you in your line gets their ball knocked out, you may start right away.
- ☒ As soon as the dribbler in front of you moves to the next zone, you can also go.
- ☒ After beating the last defender, the dribbler must shoot the ball into the goal to get a point for their team.

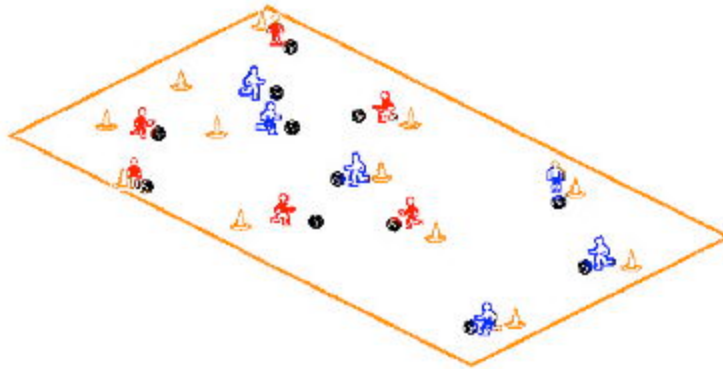
Coaching Points

- ☒ Good dribbling technique.
- ☒ Look for an opening..perhaps sending a teammate in early to act as a decoy, then, when the defense opens up, take that clue to penetrate.

Variations

- ☒ Put a "free zone" between each zone shown. The free zone can be 5 yards wide.
- ☒ Once the dribbler gets in the free zone, they can rest before they take on the next defender.
- ☒ You can also have people that make it into the free zone, leave their ball and assist the next person to try to get past the defender by passing.

Protect The Cone - Individual



The Game

Define a rectangular space. Each player starts with a ball and a cone. Each player must control their own cone while trying to attack and kick over other cones. Player must keep the ball under control while defending and attacking. When defending, try to block attackers by keeping your ball and body between the cone and the attacker. On attack, try to maneuver around defenders while controlling your ball to get a clear kick at their cone. If your cone is kicked over, you can set it up again after you do an exercise (sit-ups, pushups, etc.), dribbling move or juggling of the soccer ball.

Coaching Points

- ☒ This game allows players to stay included by doing some remedial exercise. Choose activities that can be performed quickly so players can get back involved.
- ☒ Vary the activity to include exercises like pushups, situps, cartwheels and also dribbling; pull backs, stepovers, touches on ball, hopping over ball, etc.
- ☒ Make sure players control the ball while defending and attacking.
- ☒ Watch for players who DEFEND or ATTACK more often.
- ☒ Watch and help players determine when to attack and when to leave the cone, also when to defend and stay at home around the cone.
- ☒ Help players remember to keep their body and the soccer ball between their cone and the attacker.
- ☒ Explosive, quick move will help attackers maneuver around defender.

Protect The Cone - Group



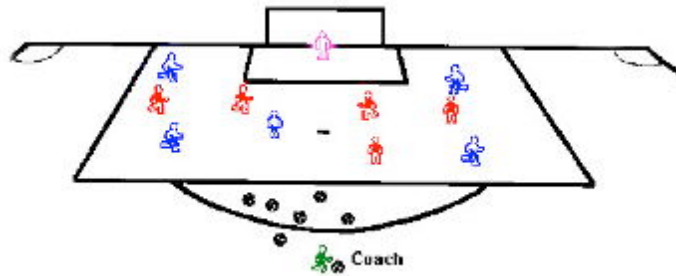
The Game

Same space as in previous activity. Divide the group into four teams. Each team sets up three or four cones to protect on one side of the space. Each player must have a ball. Group leader can choose a group captain. Captain must organize the group; which players will defend and/or attack. On command, the game begins with players defending their cones or attacking the other team's cones, while controlling their own soccer ball. When your cones are knocked down, your team can no longer attack. The team with the last standing cone is the winner.

Coaching Points

- ☒ Allow players to organize themselves with as little interference from group leader as possible. This will be a valuable experience for when they are playing in an organized soccer game.
- ☒ Watch which players have the most success at organizing their group. But make sure all get plenty of opportunities to be the leader.
- ☒ Watch the group dynamics and switch players so all get to work together.

Penalty Box Shootout



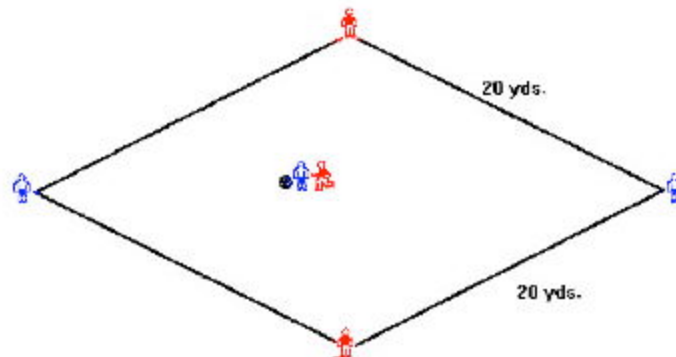
The Game

- Play takes place inside the penalty box.
- Play continues until keeper makes a save and maintains possession or until the ball goes out of bounds.
- Coach immediately serves a new ball when this happens.
- The team in possession attacks, the other teams defends. When possession is won, that team immediately tries to score.

Coaching Points

- ☒ Teams are encouraged to shoot rather than play "good soccer".
- ☒ Look for half chances and rebounds.
- ☒ If play becomes too bunched around goal, prohibit players from entering keeper's box unless in pursuit of a rebound..

1 v. 1 Possession/Penetration



The Game

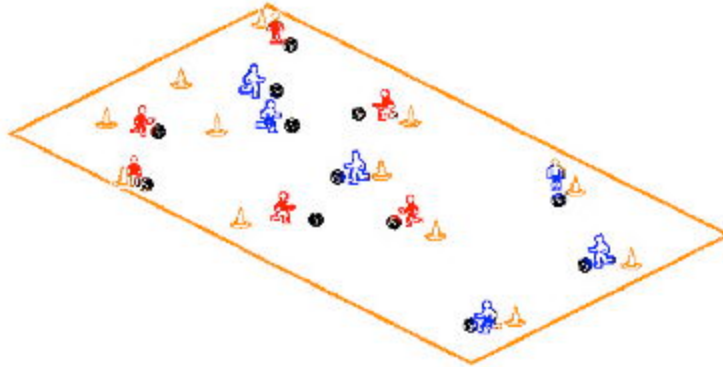
- ☒ 1 v. 1 in the middle. Offensive player attempts to receive ball from one of their target players and then play it to the other target on the opposite end of the diagonal.
- ☒ Whenever they play the ball out, to one of the targets, they switch positions with the player they passed to. The target brings the ball into play and become the field player.
- ☒ If defender wins possession of the ball, they start by playing it to any one of their targets, changing places with them when they do so.
- ☒ Score can be kept by allowing a goal every time the ball is played out to the opposite target.

Coaching Points

For younger players:

- Focus on possession vs. penetration decisions of the field players.
- First attacker penetrates if possible, possesses when penetration is not possible.
- Start the activity having the field player just try to keep it from the defender, not allowing them to play the ball back. Teach escape moves at this stage as well as sideways on shielding.
- First attacker can then work on dribbling the ball sideways, across the field:
 1. This allows the attacker to possess the ball individually.
 2. It also opens up space for the second attacker who can thus immediately penetrate once a back pass is made, which often happens in a real game setting.
 3. Attacker decides to penetrate with a dribble if they are able to:
 - Face the defender
 - If the defender is "lunging out"
 - Has open space in front
- Defenders must look to constantly recover goal side and in line of penetrating passes.

Hospital Tag



The Game

All players with one ball in a defined space. Set up a second space for the hospital. Players must dribble around in the main space and try to tag other players while controlling the ball. If tagged, player must hold the part of the body that was touched by the ball. After player is tagged for the third time, he must go to the hospital. While in the hospital space, the players practice more dribbling. After competition, they come back to the game and begin to play with a fresh start.

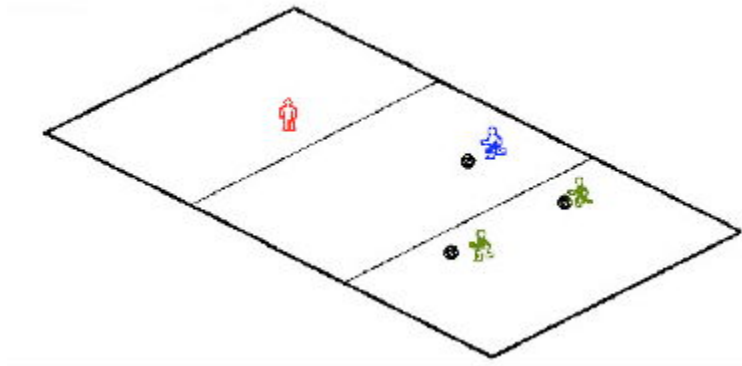
Coaching Points

- ☒ Make sure players are controlling the ball while tagging others.
- ☒ Encourage rapid changes of speed and direction. This will help them catch the other players by surprise.
- ☒ Encourage players to attack while they have free hands, but when both hands are holding tagged body areas, they must employ defensive dribbling and go away from attackers.
- ☒ Give players various dribbling moves, such as pull backs, step overs or quick feet.

Try These Variations

1. Can only dribble with one foot. Use one sock up, the other down to help players remember.
1. Can only use the inside of foot to dribble.
2. Can only use the outside of foot to dribble.

Red Light, Green Light



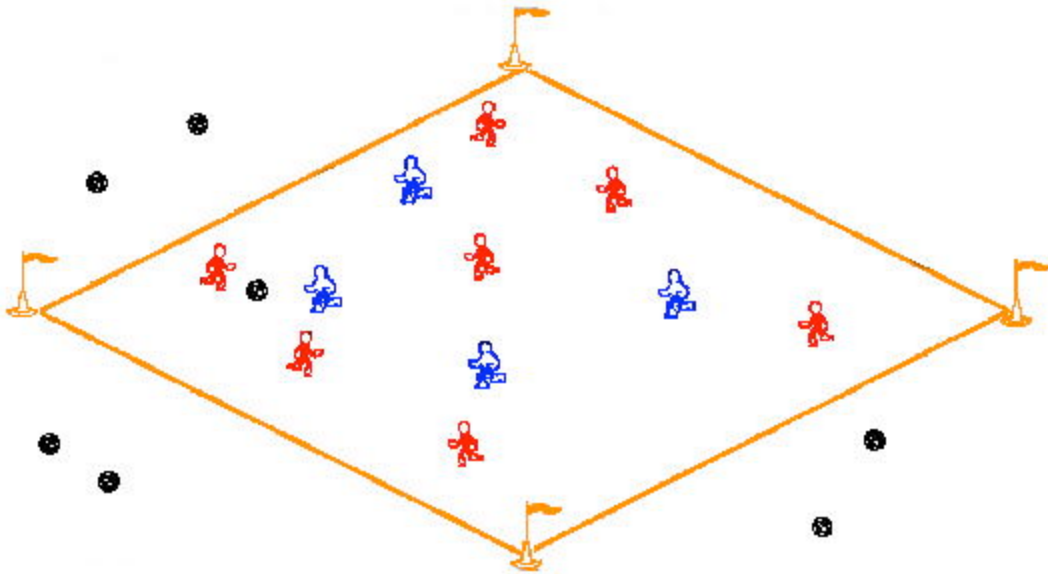
The Game

Each player has a ball except the player designated as the light. Lines from start to finish should be approximately 20-30 yards. Players start a line opposite the light. The player who is the light faces away from the group and calls out "green light". Players begin to dribble towards the light. When the light turns around and calls out "red light", players must freeze their bodies and the ball. If the light catches players still moving, or dribbling, he send them back tot he starting line. The first player to cross the line where the light is standing is the winner and becomes the new light.

Coaching Points

- ☒ Encourage players to dribble under close control.
- ☒ This drill promotes quick reactions and dynamic balance..

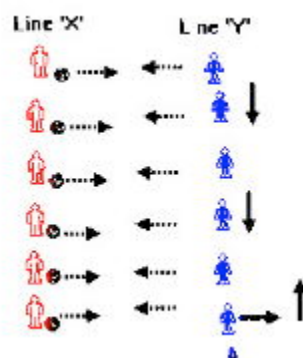
Escape



The Game

Seven players try to possess the ball. 15 passes equals 1 goal. 4 players are collectively trying to gain possession and get the ball out of the space. One goal each time they get it out. 3 points wins the game

Gauntlet



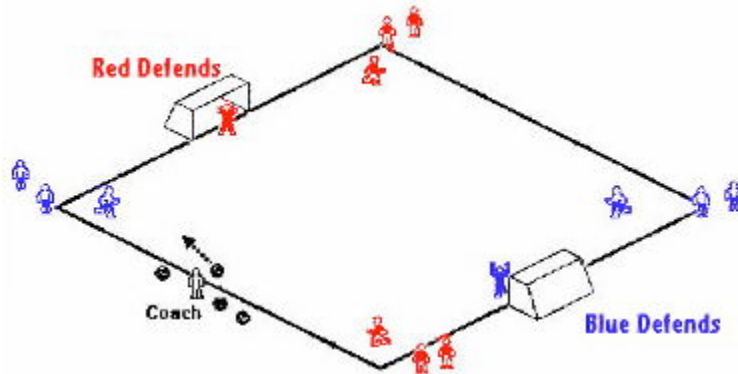
The Game

- Each player starts with an activity as shown, facing their partner. Players on Line X each have a ball.
- Each player starts the activity with their partner and advances down the line, repeating the activity at each successive player. Line Y players receive the ball and return it to the player in Line X that gave it to them.
- When a player gets to position A, they recycle and start again at the top of the line.

Try These Activities

- ☐ One touch back with either foot. (Make sure players go in both directions, up and down.)
- ☐ Two touch returns, receiving with inside and outside of foot.
- ☐ Pass back with inside or outside of feet.
- ☐ Receive with thigh, pass back with instep.
- ☐ Chest - instep
- ☐ Chest - thigh - inside of foot.
- ☐ Outside of foot volley.
- ☐ Preparation touch with the head, back with head ("double header").
- ☐ Chest - head.
- ☐ The possibilities are endless.

2 v. 2 From Corners



The Game

- First player on each line comes into the game and plays 2 v. 2.
- Coach serves ball to one of the four corners.
- Game continues until goal is scored or the ball goes out of bounds.
- Coach immediately puts a new ball into play when ball is out of bounds.

Coaching Points:

Attacking

- Playing quickly, one or two touch.
- Finding the open player with the best opportunity to score.
- Recognizing passing "seams".
- Passing and receiving.
- Combination play.

Defending

- Goalkeeping
- Recovery runs.
- Pressure, cover (first and second defender principles).

Try These Variations:

1. Vary the type of the serve to each corner (high, low, hard, chipped, driven).
2. Increase the size of the grid for greater fitness demands (44 X 40).
3. Decrease the size of the grid to make the attackers play quicker (20 X 20).

Monkey in the Middle



The Game

- Three teams, A, B and C.
- Teams A and B attempt to keep the ball from Team C by:
 1. Possessing the ball using their own players.
 2. Passing the ball over or through the middle zone to the other team waiting in their own zone. (Team A can pass to Team B as shown in the diagram)
- The defending team (Team C) is able to get out of the middle by:
 1. Replacing the team that loses the ball out of bounds.
 2. Dispossessing a team and making a pass into the other grid to the waiting team. (eg. Staling it from A and passing it to B).
- The defending team is only allowed to send three players into one of the grids at one time. The three remaining players must be back in the "middle" before the ball is sent into the other grid. They can not enter the grid until the ball does.
- If a ball is lost out of bounds, the coach immediately puts a ball into play in the other grid area, making the new defending team run to put immediate pressure on the ball.
- Make the grids bigger to allow attacking team more success, smaller to challenge them more.

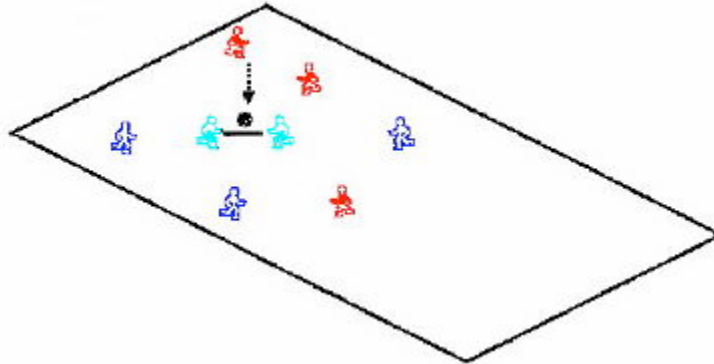
Coaching Points:

1. Transition
2. Attacking principles: Long passing, attacking shape, receiving long passes, support.
3. defending principles: Pressure, cover, balance, compactness, immediate chase.

Make Sure:

1. If teams are not even, it is OK for a team to play one player down.
2. Keep the game flowing, if a ball goes out of bounds, immediately call out who is in the "middle" and put the next ball into play.
3. Defending team defends as a unit and keeps compact.
4. If the attacking team loses possession of the ball, they try to win it back before the defending team plays it out of their grid.

Moving Goal



Moving Goal Game

Two equal teams. Select two players to become the "moving goal". These players take the ends of a rope or beach towel and stretch it out as they move around the space. The other players play a game trying to score in the moving goal.

Coaching Points:

1. Players should look at the ball during shooting motion.
2. Strike the ball with the instep (laces) with toe pointing down and ankle locked. This will give the players a firm hitting surface.
3. Hips should face the goal.

Try These Variations:

1. Add two balls.
2. Add a second goal. With more goals, players will get more shooting chances and must play with their eyes off the ball. This will present more complex decision making.

Steal The Bacon



The Game

- ☒ Two teams, each player is designated a number.
- ☒ The coach calls out the numbers of the players. These players then run out from the end line to play the game.
- ☒ The coach serves balls in from the sideline if the ball goes out of bounds or into a goal.
- ☒ Each group should play for about one and a half minutes of continuous action.
- ☒ Players waiting to come on should return loose balls to the coach, or act as "support" players for those that are playing, able to return passes made to them.
- ☒ The number of players playing at one time depends on the coach's objectives. However, this game is best when played in groups of 2 v. 2, or 3 v. 3.

Coaching Points

- Combination Play
- Seeking and taking shots
- Attacking and defending principles of play

Receiving Through Gates



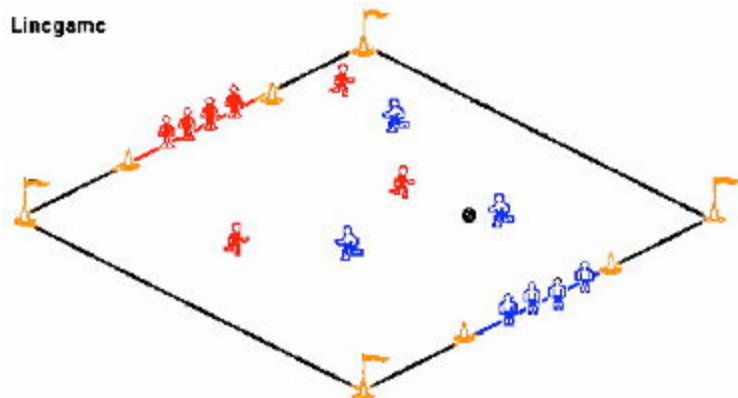
Receiving Through Gates

Two players per gate. The gates are approximately two steps apart. One ball per group. First player must play ball on ground through gate to second player. Second player must receive and play back through the gate within two touches. The game continues until players cannot get ball back through the gate on the ground within two touches.

Coaching Points:

1. Player receiving the ball should get in the path of the ball before it arrives.
2. First touch should help player to get a good kick back through the gate.
3. Keep score and rotate stations.
4. Vary the serve to start the game: Long balls, short balls, inside of foot, instep, outside of foot, weak foot only, etc.
5. Players should receive with one foot, play back with the other.

Line Game



The Game

Two teams of equal numbers. Coach calls out a number and that number of players goes out into the field. The remaining players stay on the goal line, hold hands, and try to prevent goals. After a goal, or a period of play, coach calls out another number..

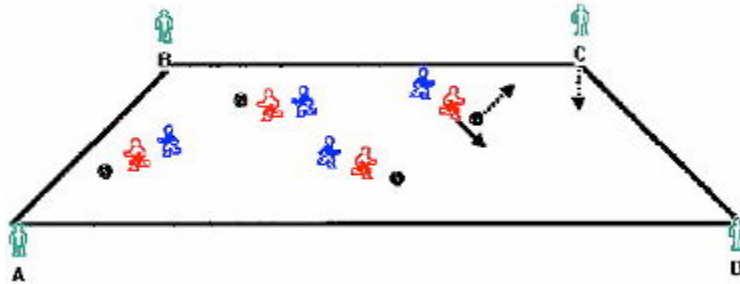
Coaching Points:

1. Call out different numbers, so players learn to interact with different subsets..
2. Give advantages to certain teams so players can learn to deal with numbers of up and down situations (for example, red team 3 players, blue team 4 players).
3. After players understand the game, have them switch quickly. it is important that players control who comes out and how. This helps develop organizational skills and team dynamics.

Try These Variations:

1. Three touch: each player can use up to three touches.
2. Double points if scored off a head ball.
3. Double points if scored off combination (ie. give and go, take over, etc.).
4. Setup: Only one player from each team is allowed to score.

1 v. 1 with Support



The Game

1. Players in the grid play 1 v. 1.
2. Players A, B, C and D are support players, outside the corners, without a ball.
3. Attacking players get a goal when they make a pass to a support player and get the return pass.
4. Whoever has the ball is attacking, whomever doesn't is trying to win the ball.
5. Rotate support players with field players.

Coaching Points:

1. Good dribbling, shielding and passing technique.
2. Make passes to support players when eye contact is made.
3. Play away from your defender.
4. Make sure you are keeping space open to receive the pass back.

Try These Variations:

1. Make support players play with one touch.

Notice to Parents

It should be understood children are exposed to certain risks inherent in the sport of soccer when allowing them to play. All players play at their own risk. Such risks are body contact, getting knocked down and kicked to name a few. For safety reasons players will not be allowed on the field unless they are in uniform and have shin guards, soccer socks and cleats (no metal or toe cleats).

Regarding health issues, make sure you noted any medical conditions of your child.

*Parents are asked to bring snacks for the end of the game celebration. We highly recommend that snacks containing peanuts or peanut oil are **NOT** brought to the soccer field. There can be players who are allergic to nuts and the mere smelling them can send them into a life-threatening allergic reaction.*

Code of Conduct

Parents, spectators, coaches and referees have responsibilities and obligations to keep our all-volunteer soccer program a fun sport for all. With this in mind, please observe the following:

- 1. Cheer positively for the things you like and encourage your team. Have fun!*
- 2. Never put down the other team or any of the players on either team.*
- 3. Please leave the sideline coaching to the coach. Spectators frequently yell instructions to the players - these instructions often contradict those of the coach and only confuses the players.*
- 4. Our referees like all our officials and coaches, are volunteers, not professionals. While their decisions might not always be agreeable to all participants and spectators, they are final. No useful purpose is served by shouting disagreement or derogatory remarks. Please refrain from any degrading comments. We want positive comments only.*
- 5. For the safety of all, coaches and spectators must stand at least one yard from the sideline. Players will go to mid field for substitution. No one is allowed behind the goal or within 18 yards of the goal line on either side of the field. Coaches and referees are asked to enforce this condition.*
- 6. All players present and in proper uniform will play at least half the game, no matter what their skill level.*
- 7. Please use the fields and other facilities properly and keep the fields clean and free from litter. If you see anyone misusing the facilities (hanging on goals, littering the fields, throwing stones) please bring the matter to the attention of a coach, referee or OPSC official. Children are not allowed to play on the earth berm dividing the fields from the Recycling site. This is for their safety.*
- 8. No alcoholic beverages are allowed at the practices/games. Pets are never allowed on the fields, must be supervised, remain behind the team benches and on a lease at all times (bring supplies to discard their waste).*

Players' Code of Conduct (From the American Youth Soccer Organization):

- **Play** for the fun of it, not just to please your parents or coach.*
- **Play** by the Laws of the Game.*
- **Never argue** with or complain about referees' calls or decisions.*
- **Control** your temper. Most of all, resist the temptation to retaliate when you feel you have been wronged.*

- **Concentrate** on playing soccer with your best efforts. Work equally hard for your team as for yourself.
- **Be a good sport** by cheering all good plays, whether it's your team or your opponent's.
- **Treat all** players as you like to be treated.
- **Remember** that the goals of the game are to have fun, improve your skills and feel good. Don't be a showoff or a ball hog.
- **Cooperate** with your coaches, teammates, opponents and the referees.